

January 2025

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Years Day 1 11:00am New Years Wishes (HD) 1:30pm First Bingo of 2026! (CR)	2 11:00am Weightlifting (CR) 11:30am Daily Reading (CR) 2:00pm Leave the Past Behind Workshop (CR)	3 10:00am Activity Table 1:30pm YouTube Trivia 6:30pm Walk the Community
4 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Activity Table 6:30pm Wind Down with Essential Oils	5 11:00am Bingo (CR) 1:30pm Manicures (CR) 2:00pm Manicures (HD)	6 11:00am Hand Exercise (CR) 11:30am Daily Reading & Hymn Sing (CR) 2:30pm Fill Out Your '26 Calendars Together (CR)	7 11:00am Board Games (CR) 11:30am Daily Reading (CR) 2:30pm Jeopardy (CR) 3:30pm Dog Visits with Chewie (CR)	8 11:00am Arm Exercises (HD) 11:30am Manicures (HD/RV) 1:30pm Bingo (CR) 3:00pm "Wheelie Good Moments" One-on-One Cart (Harbor RV*)	9 11:00am Weightlifting (CR) 11:30am Daily Reading (CR) 2:00pm AI Scam Awareness Program (CR)	10 10:00am Morning Movie 1:30pm Post-Lunch Walk 4:45pm Dinner Comedy Hour
11 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Meet Your Neighbors to the Left	12 11:00am Soccer (HD) 11:30am Daily Reading (HD) 1:30pm Bingo (CR)	13 11:00am Hand Exercise (CR) 11:30am Daily Reading & Hymn Sing (CR) 2:30pm '26 Quilt Planning (CR)	14 11:00am Board Games (CR) 11:30am Daily Reading (CR) 2:30pm Activity Forum (CR) 3:30pm Cat Visits with Mo (CR)	15 1:30pm Bingo (CR) 3:00pm "Wheelie Good Moments" One-on-One Cart (Pier RV*)	16 11:00am Weightlifting (CR) 11:30am Daily Reading (CR) 2:00pm Music 'N' Mocktails with Marty Noss (CR)	17 10:00am Activity Table 1:30pm YouTube Trivia 6:30pm Walk the Community
18 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Activity Table 6:30pm Wind Down with Essential Oils	19 Martin Luther King Jr. Day 11:00am Bingo (CR) 1:30pm Manicures (CR) 2:00pm Manicures (HD)	20 11:00am Hand Exercise (CR) 11:30am Daily Reading & Hymn Sing (CR) 2:30pm Ice Painting (CR)	21 11:00am Board Games (HD) 11:30am Daily Reading (HD) 3:30pm Dog Visits with Chewie (CR) 6:30pm Music with Russ (LH)	22 1:30pm Bingo (CR) 3:00pm "Wheelie Good Moments" One-on-One Cart (Lighthouse RV*)	23 11:00am Weightlifting (CR) 11:30am Daily Reading (CR) 2:00pm Name That Tune with Disability Network Capital Area (CR)	24 10:00am Morning Movie 1:30pm Post-Lunch Walk 4:45pm Dinner Comedy Hour
25 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Meet Your Neighbors to the Right 6:30pm Wind Down with Essential Oils	26 11:00am Soccer (HD) 11:30am Daily Reading (HD) 1:30pm Bingo (CR)	27 11:00am Hand Exercise (CR) 11:30am Daily Reading & Hymn Sing (CR) 2:30pm Marshmallow Igloo Building Contest (CR)	28 11:00am Resident Council (CR) 2:30pm Spintopia (CR) 3:30pm Cat Visits with Mo (CR)	29 1:30pm Bingo (CR) 3:00pm "Wheelie Good Moments" One-on-One Cart (Harbor RV*)	30 11:00am Weightlifting (CR) 11:30am Daily Reading (CR) 1:30pm Birthday Celebration with Dan the Piano Man (CR)	31 10:00am Activity Table 1:30pm YouTube Trivia 6:30pm Walk the Community

Calender Key:

BW - Boardwalk

CR - Community Room

CT - Cottage

HD - Harbor Dining

LH - Lighthouse Dining

PL - Pier Lobby

RV - Room Visits*

*Room visits may happen
at an earlier OR later time
than the calendar says
depending on where LE
starts

** Sign-up w/ Life
Enrichment Director in
advance