

## January 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Years Day 1 9:00 Sit & Be Fit 1:30 BINGO 3:00 "Hopes For the New Year" Craft 6:15 Folding Club	2 9:00 Silver Sneakers 1:30 Neil Hewitt 2:00 Happy Hour: Shirley Temples 6:15 Soft Piano Hour	3 10:30 Sit & Be Fit 12:30 Chocolate Covered Cherry Bar 5:30 Singin in the Rain
4 10:15 Catholic Communion 11:00 Cookie Making 2:00 Church with Russ 5:30 Puzzles with Carestaff	5 9:00 Silver Sneakers 1:00 Uno Attack 3:00 Towel Folding 5:30 Movie: Up	6 9:00 Sit & Be Fit 12:30 Oldies Jukebox Hour 3:00 Sundae Bar 6:00 Music Night with Carol	7 10:30 Exercise with Kessa 12:30 Guess the Object 1:30 BINGO 5:30 Nature Night with Carestaff	8 9:00 Sit & Be Fit 12:30 Elvis Trivia 1:30 Live Entertainment with Paul Headley 4:00 Elvis Day Activity	9 9:00 Silver Sneakers 12:30 Would you Rather 2:00 Happy Hour: Strawberry Lemonade	10 11:00 Balloon Volleyball 12:30 Sorting By Color 5:30 Mamma Mia
11 10:15 Catholic Communion 1:00 Sunday Reset: Manicures 2:00 2nd Sunday Church	12 9:00 Exercise with Kessa 12:30 Hand Massages 2:30 Puzzle Time 5:30 Movie: Annie	13 9:00 Chair Yoga 12:30 Chit Chat And Story Telling 1:30 Live Entertainment with Neil Hewitt 6:00 Dementia Support Group	14 10:30 Exercise with Kessa 12:30 Indoor Bowling & Putting 5:30 Nature Night with Carestaff	15 9:00 Sit & Be Fit 1:30 BINGO 3:00 Live Entertainment with Davis Watson	16 9:00 Silver Sneakers 12:30 January Bouquets 3:00 Happy Hour: Mocktail Winter Punch	17 11:00 Balloon Volleyball 2:00 Bean Bag Tic Tac Toe 5:30 The Notebook
18 10:15 Catholic Communion 2:00 Church Worship with John 5:30 Puzzles with Carestaff	19 9:00 Silver Sneakers 12:30 Clay Craft 3:00 Popcorn and Games 6:15 Movie: The Sound Of Music	20 9:00 Exercise with Kessa 12:30 Paper Plane Contest 1:00 Cheese Lovers Day: Fondu, Queso and More! 6:00 Music Night with Carol	21 10:30 Exercise with Kessa 1:00 Penny Pinching 5:30 Nature Night with Carestaff	22 9:00 Sit & Be Fit 12:30 National Southern Food Day 1:30 BINGO 3:30 National Polka Dot Day	23 9:00 Silver Sneakers 12:30 Baking Club 3:00 Happy Hour: Mocktail Pina Coladas	24 11:00 Balloon Volleyball 1:00 National Compliment Day Activity 5:30 Sixteen Candles
25 10:15 Catholic Communion 1:00 Sunday Reset: Manicures 2:00 Church Worship with Pastor Dave	26 9:00 Silver Sneakers 1:00 Nurse Chat 2:00 Live Entertainment with Tom Hofer 6:15 Movie: Homeward Bound	27 9:00 Sit & Be Fit 2:00 Solo game 6:00 Music Night with Carol	28 10:30 Exercise with Kessa 1:00 Button Sorting Guessing Game 5:30 Nature Night with Carestaff	29 9:00 Sit & Be Fit 12:30 Old Country Sing Along 1:30 BINGO 3:30 National Hot Tea Day	30 9:00 Silver Sneakers 1:00 Carnival Mobil Cart 3:00 Happy Hour: Spiced Cranberry Mocktail Mules	31 11:00 Balloon Volleyball 1:00 Simon Says 5:30 The Lion King

## Calender Key:

AR - Activities Room

CYH - CyHawk Room

CH/TV - Chapel/TV Room

CY - Courtyard

IF-F - 1st Floor Fireplace

2F-F - 2nd Floor Fireplace

DR - Dining Room

PDR- Private Dining Room

PO - Patio

LIB - Library

CO - Community Outing

2F - 2nd Floor Area

\* - Sign Up for Activity!!

Please Note: Calendars are made far in advance and changes may be made throughout the course of the month. Check the daily notices posted & weekly calendars will also be distributed.