

January 2026

Life Enrichment Monthly Calendar

Assisted Living

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Years Day 1 Trolley Cart is available with playing cards, puzzle, games, and a craft to create	2 10 am Exercise 10:30 am Taking down decorations 1 pm Finishing taking down decorations	3 Trolley Cart is available with playing cards, puzzle, games, and a craft to create
2 pm Chapel Hill UMC Trolley Cart is available with puzzle, playing cards, games, and a craft to create	4 10 am Exercise 10:30 am Ironing with Amy 1 pm Resident Forum	5 10 am Exercise 10:30 am Making bird feeders 1 pm Slide show of Birds	6 National Bird Day!	7 National Tempura Day! 10 am Exercise 10:30 am Japan facts 1 pm Making Tempura snacks 3:30 pm Coffee and chat	8 National English Toffee Day! 10 am Exercise 10:30 am English Toffee Coffee 1 pm English Toffee Snack	9 National Law Enforcement Day! 10 am Exercise 10:30 am Safety Jeopardy 1 pm Bingo 6:30 pm UNO with staff
11 Trolley Cart is available with playing cards, puzzle, games, and a craft to create	12 10 am Book Club 11 am Exercise 1 pm Nails with Amy 2:30 pm Snowflake suncatchers with Monica	13 National Korean American Day! 10 am Exercise 10:30 am Cooking with Amy 1 pm UNO 3:30 pm Cards	14 Wine and Canvas Day!	15 National Hat Day! 10 am Exercise 10:30 am Hat dazzling! 1 pm Hat Party!	16 10 am Exercise 10:30 am Sensory Activities 1 pm Bingo	17 Trolley Cart is available with playing cards, puzzle, games, and a craft to create
18 2 pm Chapel Hill UMC Trolley Cart is available with puzzle, playing cards, games, and a craft to create	19 Martin Luther King JR Day 3:30 pm "I Have A Dream" read by staff Craft Trolley will be available with puzzles, games, cards, and craft to complete.	20 10 am Exercise 10:30 am Baking with Amy German Apple Cake 1 pm UNO	21 10 am Exercise 10:30 am Sensory Activities 1 pm Guess what is in the cup 3:30 pm Checkers	22 National Polka Dot Day! 10 am Exercise 10:30 am Connect the dots 1 pm Silly pictures wearing your polka dots. 6:30 pm Connect the Dot puzzle	23 National Pie Day! 10 am Exercise 10:30 am Fill in the Blank game 1 pm The Great Pie-Off, Kelsey Edition	24 Trolley Cart is available with playing cards, puzzle, games, and a craft to create
National Give a Compliment Day! Let's give a kind gesture to someone! Trolley Cart is available with puzzle, playing cards, games, and a craft to create	25 National Opposite Day! 10 am Exercise 10:30 am Opposite Trivia 1 pm Opposite fun 3:30 pm Coffee and chat	26 National Green Juice Day! 10 am Exercise 10:30 am Uno 1 pm The Go-Go Green Cart	27 National Chocolate Cake Day! 10 am Exercise 10:30 am Baking with Amy 1:30 pm Culinary Showcase with Chef Tami	28 10 am Exercise 10:30 am Sensory Activities 1 pm I Love Lucy shows 6:30 pm UNO	29 National Corn Chip Day! 10 am Exercise 10:30 am Making Dips 1 pm Bingo with Corn Chips and Dip	30 Trolley Cart is available with playing cards, puzzle, games, and a craft to create

Birthdays:

Barb 1/19

Stacia 1/25

Bernice 1/31

Kent 1/31

Work Anniversaries:

Amy 1/17 celebrating 2 years