

Grace Haven Assisted Living and Memory Care

Memory Care

January 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy New Year! 1 10:30 2026 Bi Annual Chatting (MC) 1:00 Snow Safety Chat (L) 2:00 Vacuuming (MC) 3:30 Exercise (MD) 5:45 Wind Down Hydration Mobile Cart	2 10:30 Craft: Rock Art and Clean Up (MC) 1:15 Bingo (MD) 3:30 Chair Synchronized Swimming (MC) 5:45 Hymns and Tea with Honey (MC)	3 10:30 Golden Zumba Exercise (MC) 1:15 After Lunch Kitchen Clean Up (MC) 2:45 Crosswords and Cocktails (L) 5:45 Chicken Soup Stories (MC)
Agnes’s Birthday 4 10:30 Rise and Shine Exercise Group (MC) 11:15 Tammy’s Trivia (MC) 2:30 Church Group Singing and Chat (MD) 5:45 Resident Chat and Hydration (MC)	5 10:30 Whipped Cream Taste Testing (MC) 1:15 Bingo (MD) 2:00 Organizing (MC) 3:30 Exercise (MD) 5:45 2026 Bi Annual Chatting (MC)	6 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Dinner Set Up (MC) 5:45 Meditation Exercise and Calm Sounds (MC)	7 10:30 Exercise From the Holidays (MC) 1:00 Manicures (PD) 3:15 Music with Wendy (MC) 5:45 Happy Hour: Bubble Bath Bubbly (MC)	8 10:30 Men’s Group with DJ/ Haden (MD) 1:00 Resident Activity Meeting (PD) 2:00 Dusting (MC) 3:30 Exercise (MD) 5:45 Family Spa Night (MC)	9 10:30 Playing in the Snow(O) 11:15 Lunch Set Up (MC) 1:15 Bubble Bath Items Bingo (MD) 4:00 Music with Marty (MC) 5:45 Resistance Band Exercise (MC)	10 10:30 Houseplant Plant Wall Revamping (MC) 1:30 Suzanne’s Dog Therapy 2:30 Balloon Badminton (MC) 5:45 Calm Music (MC)
11 10:30 Church Service (MC) 11: 15 Sweeping (MC) 1:00 Learn Your Name in Morse Code (L) 2:00 Sweet Welcome (PD) 5:45 Meditation Exercise and Calming Sounds (MC)	12 10:30 Don’t Spill the Hot Tea Mobile Cart 1:15 Bingo (MD) 2:00 Closet Clean Up (MC) 3:30 Exercise (MD) 5:45 January Humor and Comedy (MC)	13 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Zumba with Margie (MD) 5:45 Aromatherapy (MC)	14 10:30 Haden’s Safety Talk(L) 11:15 Simple Stretches (MC) 1:00 Manicures (B) 3:30 Craft: Hat’s and Clean Up (MC) 5:45 Happy Hour: Life Enrichment Choice (MC)	Joan B.’s Birthday 15 10:30 Mini Bagel Day Mobile Cart 2:00 Laundry (MC) 3:30 Exercise (MD) 5:45 2026 Bi Annual Chatting, Candy, and Cocktails (MC)	16 10:30 Dewitt Culver’s Outing 11:15 Lunch Set Up (MC) 1:15 Bingo (MD) 3:00 Groovin’ Zumba (PD) 5:45 Warming Words and Warm Drinks (MC)	17 10:30 Exercise From the 50's and 60's (MC) 11:15 Hug Handouts (L) 1:30 National Handing Out Hugs Day Mobile Cart 5:45 Relaxing Drinks and Hand Massages (MC)
18 10:30 Church Service and Songs (MC) 1:15 Tammy’s Tech Time and Learn (L) 3:30 Snowball Exercise (MC) 5:45 Movie Night and Popcorn (MC)	MLK Jr. Day 19 10:30 A-Maize-ing Popcorn Mobile Cart 1:15 Bingo (MD) 2:00 Declutter (MC) 3:30 Exercise (MD) 5:45 MLK Holiday Jeopardy Game (MC)	20 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 2:30 Tin Can Party, Cheese Bar and Pick Up (MC) 5:45 Sit and Stretch (MC)	21 11:30 Music with Tess (MC) 1:00 Circuit Training Exercises (MC) 1:30 More Manicures (B) 3:00 Vacuuming (MC) 5:45 Happy Hour: Pie Cocktails (MC)	22 10:30 Culinary Showcase with Our New Chef Jenelle (MC) 2:00 Dusting (MC) 3:30 Exercise (MD) 5:45 2026 Bi Annual Chatting (MC)	23 10:00 Denise and Ruby 12:00 Rebel Without a Pie Lunch 1:15 Bingo (MD) 4:00 Dinner Set Up (MC) 5:45 After Dinner Meditation (MC)	24 10:30 Don’t Burst My Bubble Game (MD) 1:15 Saturday Bingo Store Sale and Clean Up (MC) 5:45 Essential Oils, Relaxation Exercise, and Hydration (MC)
25 10:30 Church Service and Songs (MC) 11:30 Oil and Massage Allergy Relief (MC) 1:15 Indoor Walking Club and Pick Up (MC) 5:45 Crosswords (PD)	26 10:30 Jen and Frankie Therapy 1:15 Bingo (MD) 2:00 Laundry (MC) 3:30 Exercise (MD) 5:45 Seasonal Movie with Snacks and Drinks (MC)	27 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Zumba with Margie and Clean Up (MD) 5:45 Affirmations (MC)	28 10:30 Morning Moves (MC) 12:00 Pancake Birthday (MC) 1:00 Resident Council (PD) 2:30 Manicures (B) 4:00 Sweeping (MC) 5:45 Happy Hour: Warm Up Cocktail (MC)	29 10:00 Food Committee (L) 11:00 Tactile Ball Exercise/ Breath Control(MC) 2:00 Clean Closet (MC) 3:30 Exercise (MD) 5:45 Punch, Popcorn, and Puzzles (MC)	30 10:30 Craft: V-Day Cards(PD) 12:45 Dishes (MC) 1:15 Bingo (MD) 3:30 Marching Exercise (MC) 5:45 2026 Bi Annual Chatting (MC)	31 10:30 Hot Chocolate Happy Hour Mobile Cart 1:00 Craft: Homemade Valentine’s and Clean Up (MC) 5:45 Meditation Exercise and Calm Sounds (MC)

Calender Key:
MD – Main Dining
MC – Memory Care
PD – Private Dining

CD – Cooking Room
L – Lobby
P - Patio
O - Outside

B- Beauty Salon
H- Hall

Breakfast:
7:30am-9:00am

Lunch:
12:15pm-1:30pm

Dinner:
4:45pm- 6:00pm

