

## January 2026

## Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10am Havin' a Ball with Kate 11am Bloody Mary Bar 12:15pm Early Dinner Service 3pm Crossword 6pm Five Crowns	10am Balance in Action w/ Powerback Rehab 12pm Wii Bowling League 3pm Happy Hour 6pm Hillbilly Rummy	10am Exercise DVD 11am Open Wii Bowling 1pm Cornhole 3pm BINGO 6pm Saturday Theater Little Women
4 10am Sunday Stretch 12:15pm Sunday Dinner 2pm Outing: Mall Walking with Terry 3:30pm Netflix Series A Man on the Inside	5 10am Noodle-cise 11am Lunch Outing to The Boulevard 2:30pm Let's Create: Vision Boards 6pm Open Euchre	6 10am Hand Weights 11am Group Sudoku 1-3pm Un-Deck the Halls • Holiday Tree Take Down! 3pm Live Music by Michael Wechter 6:30pm Did You Know?	7 10am Stay Active w/ Ashley 10:30am Catholic Communion 11am Women's Bible Study 1pm The Crafter's Guild 3pm Calendar Review and Brainstorm w/ Katie	8 10am Cardiomelon 11am Crossword 12pm Pizza Party 3pm Discovering Dance Let's Learn: The Waltz 6pm Five Crowns	9 10am Balance in Action w/ Powerback Rehab 12pm Wii Bowling League 3pm Happy Hour 6pm Hillbilly Rummy	10 10am Sit n' Be Fit 11am Open Wii Bowling 1pm Pictionary 3pm BINGO 6pm Saturday Theater Heaven Is For Real
11 10am Sunday Stretch 12:15pm Sunday Dinner 2pm Sunday Strides with Terry 3:30pm Netflix Series A Man on the Inside	12 10am Noodle-cise 11am Manicures 1pm Health Talk w/ Stephanie "Personal Care & Navigator Services" 2:30pm Let's Create: Vision Boards 6pm Open Euchre	13 10am Hand Weights 11am Group Sudoku 3pm Live Music by Bob and Mark 6pm Resident Sing Along	14 10am Kickboxing 10:30am Catholic Communion 11am Women's Bible Study 1pm Zen Doodle Workshop with Kimberly Megoran 3pm Resident Forum	15 10am Havin' a Ball with Kate 11am Crossword 1pm Group Jeopardy 3pm Discovering Dance Let's Learn: The Rumba 6pm Five Crowns	16 10am Balance in Action w/ Powerback Rehab 12pm Wii Bowling League 3pm Happy Hour and Birthday Celebration 6pm Hillbilly Rummy	17 10am Exercise DVD 10am Outing: Brunch History/ Aviation & Naval History 11am Open Wii Bowling 3pm BINGO 6pm Saturday Theater A League Of Their Own
18 10am Sunday Stretch 12:15pm Sunday Dinner 2pm Outing: Mall Walking with Terry 3:30pm Netflix Series A Man on the Inside	19 10am Noodle-cise 11am Outing to Soaring Eagle Casino 2:30pm Let's Create: Vision Boards 6pm Open Euchre	20 10am Hand Weights 12pm The Pick-Me-Up Picnic • Good-Bye Winter Blues! 3pm Funny Money Auction 6:30pm Did You Know?	21 10am Stay Active w/ Ashley 10:30am Catholic Communion 11am Women's Bible Study 1pm Zen Doodle Workshop with Kimberly Megoran 3pm Balance Clinic with Powerback Rehab	22 10am Cardiomelon 11am Crossword 12:30pm Technology: The Cricut 3pm Discovering Dance Let's Learn: The Foxtrot 6pm Five Crowns	23 10am Balance in Action w/ Powerback Rehab 12pm Wii Bowling League 3pm Happy Hour 6pm Hillbilly Rummy	24 10am Sit n' Be Fit 11am Open Wii Bowling 1pm Pictionary 3pm BINGO 6pm Saturday Theater Fatherhood
25 10am Sunday Stretch 12:15pm Sunday Dinner 2pm Sunday Strides with Terry 3:30pm Netflix Series A Man on the Inside	26 8:30am Breakfast Outing to Big Boy Restaurant 10am Noodle-cise 11am Manicures 3pm Let's Share: Vision Boards 5-6:30pm Live Music by Blast from the Past	27 10am Hand Weights 11am Book Club 1pm Tea Time Gathering 3pm Historical Presentation The Bath School Disaster 6pm Dementia Education Series Engagement & Activities	28 10am Kickboxing 10:30am Catholic Communion 11am Women's Bible Study 1pm The Crafter's Guild 2:30pm Dirty Soda Bar with CorsoCare/Powerback 6pm Resident Sing Along	29 8:30am Breakfast Buffet with Local First Responders 10am Havin' a Ball with Kate 11am Crossword 3pm Discovering Dance Let's Learn: The Hustle 6pm Open Floor Dance Party	30 10am Balance in Action w/ Powerback Rehab 12pm Wii Bowling League 3pm 'No Where To Wear It' Happy Hour 6pm Hillbilly Rummy	31 10am Exercise DVD 11am Open Wii Bowling 12:30-2:30pm There's 'Snow' Place Like Home! 3pm BINGO 6pm Saturday Theater Walk. Ride. Rodeo.