

January 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Year's Day 9:45 The Perk 10:00 BINGO w/ Friends 3:30 Gentle Stretching 6:00 Evening Wind Down w/ Wellness	1 9:45 Perk Puzzle Grab 10:00 Seated Dodgeball 1:30 Movie Matinee - Call of the Wild 3:15 Hand Massages 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 10:30 Morning Movement 1:00 Short Stories 2:00 Puzzles & Music 6:00 Evening Wind Down w/ Wellness
4 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 1:00 Hand in Motion 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	5 9:45 The Perk 10:00 YouTube Yoga 10:30 Short Stories 1:30 Manicures 3:30 The Johnstons Performance 6:00 Puzzle Hour	6 9:45 The Perk 10:00 Morning Movement 10:30 National Take Down Christmas Tree Day 1:30 Bracelet Craft 3:30 Music w/Julie 6:00 Evening Wind Down w/ Wellness	7 8:30 Breakfast outing to Perkins 9:45 The Perk 1:30 Resident Council Meeting 2:30 Snack & Chat 3:30 Gentle Stretching 6:00 Evening Wind Down w/ Wellness	8 9:45 The Perk 10:00 BINGO w/ Friends 10:30 Hymns w/Lillian 1:30 Movie Matinee -Blue Hawaii 3:00 Elvis Snack time 6:00 Evening Wind Down w/ Wellness	9 9:45 The Perk 9:30 Take Donuts to Police Station Outing 10:30 Morning Movement 3:30 Music w/ Tim 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 10:30 Morning Movement 1:00 Short Stories 2:00 Bald Eagle Documentary 6:00 Evening Wind Down w/ Wellness
11 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 1:00 Hand in Motion 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	12 9:45 The Perk 10:00 Morning Movement 10:30 Visit w/Job 1:30 Let's Have a Tea Party 3:00 Afternoon Tea Snacks 6:00 Evening Wind Down w/ Wellness	13 9:45 The Perk 10:00 Morning Movement 10:30 Blow up Bowling 1:30 Lets Listen to vintage Radio 3:00 Spintopia 6:00 Evening Wind Down w/ Wellness	14 10:00 The Perk 10:30 Morning Movement 1:30 Crafting Hats w/Jalisa 3:00 Hand Jive Exercise 6:00 Evening Wind Down w/ Wellness	15 10:00 BINGO w/ Friends 11:00 Morning Movement 1:30 Hat Photo shoot 3:30 Movie: Selma 6:00 Evening Wind Down w/ Wellness	16 10:00 Perk Pick Up 10:30 Morning Movement 1:30 Spintopia 2:00 Popcorn snack 3:30 Aroma therapy 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 10:30 Morning Movement 1:00 Conversation Cards 3:30 Cleaning Placemats 6:00 Evening Wind Down w/ Wellness
18 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 1:00 Silver Shoes Walking 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	19 9:45 The Perk 10:00 Morning Movement 10:30 Manicure Monday 1:30 Gentle Stretching 3:00 Puzzle Hour 6:00 Evening Wind Down w/ Wellness	20 9:45 The Perk 10:00 Morning Movement w/weights 10:30 BINGO 1:00 Tan Grams (NEW) 6:00 Evening Wind Down w/ Wellness	21 10:00 The Perk 10:30 Morning Movement 1:30 Lite Trivia 3:00 Music w/Roy Fisher 6:00 Evening Wind Down w/ Wellness	22 10:00 Morning Perk 11:00 Gentle Stretching 1:30 Jig Jaw Puzzle 3:00 Spintopia 6:00 Evening Wind Down w/ Wellness	23 10:00 The Perk 10:30 Balloon Volleyball 12:00 January Birthday party 1:30 Charades 2:30 Bucket Ball 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 10:30 Morning Movement 1:00 Short Stories 2:00 Puzzles & Music 6:00 Evening Wind Down w/ Wellness
25 9:15 Bellevue Church Stream 11:00 Connection Pods with Wellness 1:00 Cleaning Place Mats 3:30 Aroma Therapy 6:00 Evening Wind Down w/ Wellness	26 9:45 The Perk 10:00 Morning Movement 10:30 Manicure Monday 1:00 Memory Lane Discussion: Spouses Edition 3:00 Spintopia 6:00 Evening Wind Down w/ Wellness	27 9:45 The Perk 10:00 Morning Movement 10:30 BINGO 1:00 Water Painting 3:30 Tim the Pianist 6:00 Evening Wind Down w/ Wellness	28 10:00 House Tour Outing 10:30 Morning Movement 1:30 Jig Jaw Puzzle 3:30 Music w/ Joe Boogie 6:00 Evening Wind Down w/ Wellness	29 9:45 The Perk 10:00 BINGO w/ Friends 1:30 Let's Bake Croissants 3:30 Gentle Stretching 5:30 Family Support Group 6:00 Evening Wind Down w/ Wellness	30 9:45 Perk Puzzle Grab 10:00 Seated Dodgeball 1:30 Movie Matinee -Snow Buddies 3:00 Hot Chocolate Station 6:00 Evening Wind Down w/ Wellness	10:00 The Perk 10:30 Morning Movement 1:00 Short Stories 2:00 Puzzles & Music 6:00 Evening Wind Down w/ Wellness

Connection Points
NeighborhoodLife Enrichment Director:
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Senior Living