

January 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				New Years Day 1 11:00am New Years Wishes 1:30pm First Bingo of 2026! (CR)	2 10:00am Daily Reading 10:30am Weightlifting 1:00pm Leave the Past Behind Workshop	3 10:00am One-on-Ones 1:30pm Post-Lunch Walk 4:45pm Dinner Comedy Hour
4 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Activity Table 6:30pm Wind Down w/ Essential Oils	5 10:00am Daily Reading 10:30am Chair Exercise 11:00am Bingo (CR) 3:30pm Manicures & Hand Massages	6 10:00am Daily Reading 10:30am Leg Stretches 1:30pm Cat Bingo 3:45pm One-on-Ones	7 10:00am Daily Reading 10:30am Chair Yoga 1:30pm Cat Visits with Mo LifeSkills: Help Set the Table	8 10:00am Daily Reading 10:30am Balloon Toss 1:30pm Bingo (CR) 3:00pm One-on-Ones	9 10:00am Daily Reading 10:30am Weightlifting 3:00pm Spintopia	10 10:00am One-on-Ones 1:30pm YouTube Trivia 6:30pm Walk the Community
11 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Meet Your Neighbors 6:30pm Wind Down	12 10:00am Daily Reading 10:30am Chair Exercise 1:30pm Bingo (CR) 3:30pm Manicures & Hand Massages	13 10:00am Daily Reading 10:30am Leg Stretches 1:30pm Name That Tune 3:45pm One-on-Ones	14 10:00am Daily Reading 10:30am Chair Yoga 1:30pm Dog Visits with Chewie LifeSkills: Help Set the Table	15 10:00am Daily Reading 1:30pm Bingo (CR) 3:00pm One-on-Ones	16 10:00am Daily Reading 10:30am Weightlifting 1:30pm Music 'n' Mocktails with Marty Noss (CR)	17 10:00am One-on-Ones 1:30pm Post-Lunch Walk 4:45pm Dinner Comedy Hour
18 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Activity Table 6:30pm Wind Down w/ Essential Oils	19 Martin Luther King Jr. Day 10:00am Daily Reading 10:30am Chair Exercise 11:00am Bingo (CR) 3:30pm Manicures & Hand Massages	20 10:00am Daily Reading 10:30am Chair Yoga 1:30pm Make Your Own Kind of Music 3:45pm One-on-Ones	21 10:00am Daily Reading 10:30am Chair Yoga 1:30pm Cat Visits with Mo LifeSkills: Help Set the Table	22 10:00am Daily Reading 10:30am Balloon Toss 1:30pm Bingo (CR) 3:00pm One-on-Ones	23 10:00am Daily Reading 10:30am Weightlifting 2:30pm Bug Bingo	24 10:00am One-on-Ones 1:30pm YouTube Trivia 6:30pm Walk the Community
25 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Meet Your Neighbors 6:30pm Wind Down	26 10:00am Daily Reading 10:30am Chair Exercise 1:30pm Bingo (CR) 3:30pm Manicures & Hand Massages	27 10:00am Daily Reading 10:30am Chair Yoga 1:30pm Dog Bingo 3:45pm One-on-Ones	28 10:00am Daily Reading 10:30am Chair Yoga 1:30pm Dog Visits with Chewie LifeSkills: Help Set the Table	29 10:00am Daily Reading 10:30am Balloon Toss 1:30pm Bingo (CR) 3:00pm One-on-Ones	30 10:00am Daily Reading 10:30am Weightlifting 1:30pm Birthday Celebration with Dan the Piano Man (CR)	31 10:00am One-on-Ones 1:30pm Post-Lunch Walk 4:45pm Dinner Comedy Hour

Calendar Key:

BW - Boardwalk

CR - Community Room

HD - Harbor Dining

** Sign-up w/ Life Enrichment Director