

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>January 2026</h1> <p>Assisted and Independent Living</p>				9:15- SD: Daily Chronicles 1 Living Room 10:30- Snowman Surprise Game Activities Center 3:00- SD: Bored Board Activities Center New Year's Day	9:15- SD: Daily Chronicles 2 Living Room 11:00- SD: Bored Board Activities Center 3:00- Movie & Popcorn [Snow Buddies-2008] Media Center	9:15- SD: Daily Chronicles 3 11:00- Seated Chair Work Out Activities Center 1:30- Bingo Activities Center 3:30- Needlepoint Club- 1st Meeting Activities Center
National Trivia Day 4 9:15- SD: Daily Chronicles LR 10:00- Alaska and Moose Trivia Activities Center 11:15- FST Church Service w/ Andrew Activities Center 3:00- Music w/ Paul Kidd LR 4:00- REST & RELAX	9:15- SD: Daily Chronicles LR 5 10:30- Painting w/ Ted from Affinity Activities Center 1:15- Scenic Bus Ride 3:00- SD: Bored Board Activities Center	9:15- Daily Chronicles 6 Living Room 10:30- Music: Gospel Sing WEUMC Living Room 1:30- Bingo Activities Center 3:15- Rhythm & Flow w/ Krista Multipurpose Room 4:00- Activity Surveys	9:15- SD: Daily Chronicles LR 7 11:00- Coloring in Spirit AC 1:30- Walking Club LR 2:00- Weekly Church Service w/ Chaplain Gary Living Room 3:00- Vested in Christ 6:30- Evening Bingo w/ Vicki Activities Center	Elvis's Birthday 8 9:15- SD: Daily Chronicles LR 10:00- Creative Expressions: Crumble Paper Art AC 11:15- Fitness & Therapy w/ Krista Multipurpose Room 3:00- Resident Council AC 4:00- Sparkling Winter Happy Hour & New Resident Welcome Mixer PDR	9:15- Daily Chronicles 9 Living Room 11:00- Allegro Music Therapy LR 1:30- Neuro Ninja Café 3:00- Movie & Popcorn [Toy Story 4- 2019] Media Center	9:15- SD: Daily Chronicles LR 10 11:00- Seated Chair Work Out Activities Center 1:30- Bingo Activities Center 4:00- Polar Bear Plunge Game Activities Center
January 11-17 National Pizza Week 11 9:15- SD: Daily Chronicles LR 11:15- FST Church Service w/ Andrew Activities Center 4:00- REST & RELAX	National Hot Tea Day 12 9:15- Daily Chronicles Living Room 10:45- Lunch Outing- Mellow Mushroom- Roanoke 1:30- Tea Party with FST Friends (Optional- Bring Your Own Tea) Activities Center 3:00- SD: Bored Board Activities Center	National Rubber Duck Day 13 9:15- Daily Chronicles Living Room 10:30- Read and Discuss: The Alaskan Moose Activities Center 1:30- Bingo Activities Center 3:00- Piano w/ Robbie Vance Living Room 4:00- Seated Chair Work Out Activities Center	9:15- SD: Daily Chronicles LR 14 10:30- Gratitude Group AC 1:30- Walking Club LR 2:00- Weekly Church Service w/ Chaplain Gary Living Room 3:00- Creative Expressions- Sparkling Snowflakes Study Activities Center 6:30- Evening Bingo w/ Vicki Activities Center	9:15- SD: Daily Chronicles LR 15 11:15- Fitness & Therapy w/ Krista Multipurpose Room 1:30- Bible Study w/ Eugene Activities Center 2:30- Music w/ Marc Baskind LR	National Fig Newton Day 16 9:15- SD: Daily Chronicles LR 10:00- Cardio Drumming w/ Kimberly -Gentiva Hospice Multipurpose Room 1:30- January Birthday Celebration and February Birthday Card Signing Café 3:00- Movie & Popcorn [Pillow Talk- 1959] Media Center	9:15- SD: Daily Chronicles LR 17 11:00- Seated Chair Work Out Activities Center 1:30- Bingo Activities Center 3:00-Technology Help Activities Center
9:15- SD: Daily Chronicles LR 18 11:15- FST Church Service w/ Andrew Activities Center 1:30- Lifelong Learning: The Alaskan Purchase Activities Center 4:00- REST & RELAX	National Popcorn Day 19 9:15- SD: Daily Chronicles LR 10:30- Health Talk w/ Enhabit Café 11:15- MLK Jr. Puzzles AC 1:15- Trip to Roanoke County Libraries 3:00- Gun Appreciation Day w/ Mike (Sign up) Multipurpose Room Martin Luther King Jr. Day	9:15- Daily Chronicles 20 Living Room 10:30- February Calendar Review Café 1:30- Bingo Activities Center 3:15- Rhythm & Flow w/ Krista Multipurpose Room 4:00- Activity Surveys	9:15- SD: Daily Chronicles LR 21 1:30- Walking Club 2:00- Weekly Church Service w/ Chaplain Gary Living Room 3:00- Vested in Christ LR 6:30- Sip and Paint w/ Rachelle Activities Center	9:15- SD: Daily Chronicles LR 22 10:00- Game Room Collective Activities Center 11:15- Fitness & Therapy w/ Krista Multipurpose Room 2:00- Card Stamping & Making w/ Lisa Activities Center 3:00- Polish & Pamper Activities Center	National Activities Professionals Day 23 9:15- Daily Chronicles Living Room 10:30- Creative Expressions- Collage Podge- Vision Board Edition Activities Center 1:30- Neuro Ninja Café 3:00- Movie & Popcorn [Up- 2009] Media Center	9:15- SD: Daily Chronicles LR 24 11:00- Seated Chair Work Out Activities Center 1:30- Bingo Activities Center 3:30- Needlepoint Club- Activities Center
9:15- SD: Daily Chronicles LR 25 11:15- FST Church Service w/ Andrew Activities Center 1:30- Light Debate: Questions for Conversations Activities Center 4:00- REST & RELAX	January 26th-30th National Activities Professionals Week 26 9:15- SD: Daily Chronicles LR 10:00- Refrigerator Poetry AC 1:15- Scenic Bus Ride 3:00- SD: Bored Board Activities Center Australia Day (Observed)	9:15- Daily Chronicles 27 Living Room 10:00- Music w/ Keith Campbell Living Room 1:30- Bingo Activities Center 3:00- Seated Chair Work Out AC 4:00- Gratitude Group Activities Center	9:15- SD: Daily Chronicles LR 28 10:30- FST Obstacle Course Multipurpose Room 1:30- Walking Club 2:00- Weekly Church Service w/ Chaplain Gary Living Room 3:00- Creative Expressions- Beaded Clay Charms AC 6:30- Evening Bingo w/ Vicki Activities Center	9:15- SD: Daily Chronicles LR 29 10:30- Salem Church of Christ Sing Along LR 11:15- Fitness & Therapy w/ Krista Multipurpose Room 1:30- Guess That Sound Café 4:00- Cozy Classics Happy Hour PDR	9:15- SD: Daily Chronicles LR 30 11:00- SD: Bored Board 11:00- FST Veteran's Hour Café 1:30- Neuro Ninja Café 3:00- Movie & Popcorn [Short Circuit- 1986] Media Center	National Hot Chocolate Day 31 9:15- SD: Daily Chronicles LR 11:00- Seated Chair Work Out Activities Center 1:30- Bingo Activities Center