# January 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | 1<br> <br><br>New Year's Day | 2<br>9:00-STRETCH & STRENGTHENING<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-RILEY-THERAPY DOG<br>10:15-ONE ON ONES<br>1:30-HALLWAY WALK<br>**2:45-HAPPY HOUR-RICK CHINISCHI**<br>5:30-FRIDAY NIGHT MOVIE | 3<br>10:00-SIT & BE FIT<br>10:20-WATER BREAK<br>10:30-HAVE A BALL<br>1:30-AYLEEN'S CHOICE<br>2:30-DOWNTON ABBEY<br>5:30-PAINTING WITH WATER |
| 4<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-CHURCH TV<br>1:30-VOLLEY BALLOON<br>2:15-LAYLA'S CHOICE<br>5:30-WEEKLY MOVIE | 5<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15- DOCUMENTARIES<br>1:30-ICE CREAM SOCIAL<br>2:30-BINGO<br>5:30-MATCHING/SORTING GAMES | 6<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-RILEY-THERAPY DOG<br>10:15-PRETTY NAILS<br>1:30-SNACK TIME<br>3:15-ONE ON ONES<br>5:30-PUZZLE TIME | 7<br>**HAPPY BIRTHDAY HELEN**<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15-SPIRITUAL ELDER CARE-TV CHURCH SERVVICE<br>1:00-PAINTING WITH JAYNE<br>**2:15-RESIDENT COUNCIL MEETING**<br>**3:00-SING FIT**<br>5:30-VOLLEY BALLOON | 8<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15-SING ALONG<br>**1:30-MUSIC THEREAPY**<br>3:00-BINGO<br>5:30-THROWING AXES | 9<br>9:00-STRETCH & STRENGTHENING<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-RILEY-THERAPY DOG<br>10:15-ONE ON ONES<br>1:30-HALLWAY WALK<br>**2:45-HAPPY HOUR-DUNCAN**<br>5:30-FRIDAY NIGHT MOVIE | 10<br>10:00-SIT & BE FIT<br>10:20-WATER BREAK<br>10:30-HAVE A BALL<br>1:30-AYLEEN'S CHOICE<br>2:30-DOWNTON ABBEY<br>5:30-PAINTING WITH WATER |
| 11<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-CHURCH TV<br>1:30-VOLLEY BALLOON<br>2:15-LAYLA'S CHOICE<br>5:30-WEEKLY MOVIE | 12<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15- DOCUMENTARIES<br>1:30-ICE CREAM SOCIAL<br>2:30-BINGO<br>5:30-MATCHING/SORTING GAMES | 13<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-RILEY-THERAPY DOG<br>10:15-PRETTY NAILS<br>**1:30-COFFEE, COOKIES & CONVERSATION**<br>3:00-FOOTBALL TOSS<br>5:30-PUZZLE TIME | 14<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15-SPIRITUAL ELDER CARE-TV CHURCH SERVVICE<br>1:00-PAINTING WITH JAYNE<br>**2:30-JANUARY BIRTHDAY PARTY**<br>5:30-VOLLEY BALLOON | 15<br>**NATIONAL STRAWBERRY ICE CREAM DAY**<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15-SING ALONG<br>**1:30-STRAWBERRRY ICE CREAM**<br>2:30-BINGO<br>5:30-STACKING CUPS | 16<br>9:00-STRETCH & STRENGTHENING<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-RILEY-THERAPY DOG<br>10:15-ONE ON ONES<br>1:30-HALLWAY WALK<br>**2:45-HAPPY HOUR-TIM HORTON**<br>5:30-FRIDAY NIGHT MOVIE | 17<br>10:00-SIT & BE FIT<br>10:20-WATER BREAK<br>10:30-HAVE A BALL<br>1:30-AYLEEN'S CHOICE<br>2:30-DOWNTON ABBEY<br>5:30-PAINTING WITH WATER |
| 18<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-CHURCH TV<br>1:30-VOLLEY BALLOON<br>2:15-LAYLA'S CHOICE<br>5:30-WEEKLY MOVIE | 19<br>**NATIONAL POPCORN DAY**<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15- DOCUMENTARIES<br>**1:30-POPCORN & SODA**<br>2:30-BINGO<br>5:30-MATCHING/SORTING GAMES<br>Martin Luther King Jr. Day | 20<br>**HAPPY BIRTHDAY DELIA**<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-RILEY-THERAPY DOG<br>10:15-PRETTY NAILS<br>1:30-SNACK TIME<br>3:15-ONE ON ONES<br>5:30-PUZZLE TIME | 21<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15-SPIRITUAL ELDER CARE-TV CHURCH SERVVICE<br>1:00-PAINTING WITH JAYNE<br>2:30-SNACK TIME<br>**3:00-SING FIT**<br>5:30-VOLLEY BALLOON | 22<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15-SING ALONG<br>**1:30-SENSORY GARDEN**<br>3:00-BINGO<br>5:30-FOOTBALL TOSS | 23<br>9:00-STRETCH & STRENGTHENING<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-RILEY-THERAPY DOG<br>10:15-ONE ON ONES<br>1:30-HALLWAY WALK<br>**2:45-HAPPY HOUR-LARRY O'CONNOR**<br>5:30-FRIDAY NIGHT MOVIE | 24<br>10:00-SIT & BE FIT<br>10:20-WATER BREAK<br>10:30-HAVE A BALL<br>1:30-AYLEEN'S CHOICE<br>2:30-DOWNTON ABBEY<br>5:30-PAINTING WITH WATER |
| 25<br>**HAPPY BIRTHDAY BRIAN**<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-CHURCH TV<br>1:30-VOLLEY BALLOON<br>2:15-LAYLA'S CHOICE<br>5:30-WEEKLY MOVIE | 26<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15- DOCUMENTARIES<br>1:30-ICE CREAM SOCIAL<br>2:30-BINGO<br>5:30-MATCHING/SORTING GAMES | 27<br>**NATIONAL CHOCOLATE CAKE DAY**<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-RILEY-THERAPY DOG<br>11:00-OUT TO LUNCH<br>10:15-PRETTY NAILS<br>**2:00-CHOCOLATE CAKE**<br>3:00-FOOTBALL TOSS<br>5:30-PUZZLE TIME | 28<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15-SPIRITUAL ELDER CARE-TV CHURCH SERVVICE<br>1:00-PAINTING WITH JAYNE<br>2:30-SNACK TIME<br>**3:00-SING FIT**<br>5:30-VOLLEY BALLOON | 29<br>9:00-SIT & BE FIT<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:15-SING ALONG<br>**1:30-WORD GAMES**<br>3:00-BINGO<br>5:30-BOWLING | 30<br>9:00-STRETCH & STRENGTHENING<br>9:30-WATER BREAK<br>9:40-HAVE A BALL<br>10:00-RILEY-THERAPY DOG<br>10:15-ONE ON ONES<br>1:30-HALLWAY WALK<br>**2:30-HAPPY HOUR-ALAN VAIL**<br>5:30-FRIDAY NIGHT MOVIE | 31<br>10:00-SIT & BE FIT<br>10:20-WATER BREAK<br>10:30-HAVE A BALL<br>1:30-AYLEEN'S CHOICE<br>2:30-DOWNTON ABBEY<br>5:30-PAINTING WITH WATER |

*ALL OUTINGS ARE WEATHER PERMITTING*  *CALENDAR IS SUBJECT TO CHANGE*