


Activities Calendar - January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Governor's Bend reserves the right to change the schedule due to CDC protocol updates, unexpected events, lack of interest, time restraints, weather or need.</i></p> <p>Activity locations: GR= Garden Room AR=Activity Room L=Lobby DR=Dining Room C=Chapel FP=Front Porch CR=Conference Room</p> 				<p>NEW YEAR'S DAY 1</p> <p>9:00– Chair Exercise (AR) 10:30– Noodle Ball (AR) 2:00– Bingo (AR) 3:00– Watching I Love Lucy with hot chocolate (AR)</p>	<p>2</p> <p>9:00– Chair Exercise (AR) 10:30– Beach Ball Battle Game (AR) 2:00– Cardio Drumming (AR) 3:00– Charades Game (AR)</p>	<p>3</p>
<p>4</p> <p>10:00– Worship Service (C)</p>	<p>5</p> <p>9:00– Chair Exercise (AR) 10:30– Bible Study (C) 11:00– Finish the Phrase Game (AR) 2:00– Penny Game (AR) 3:00– Hand & Neck Massages (AR)</p>	<p>6</p> <p>9:00– Chair Exercise (AR) 10:30– Balloon Volleyball Game (AR) 2:00– Making Paper Snowflakes Craft (AR) 3:00– Resident Council Meeting (AR)</p>	<p>7</p> <p>9:00– Chair Exercise (AR) 10:15– Worship Service (C) 2:00– Newspaper Race Game (AR) 3:00– Hangman: Winter Edition (AR)</p>	<p>8</p> <p>9:00– Chair Exercise (AR) 10:30– Noodle Ball (AR) 2:00– Bingo Birthday Bash & Celebrating Elvis Presley's Birthday with banana pudding, music & trivia (AR)</p>	<p>9</p> <p>9:00– Chair Exercise (AR) 10:30– Winter Coloring with Hot Chocolate (AR) 2:00– Making Painted Wooden Winter Door Hangers (AR) 3:00– Wii Bowling Tournament (GR)</p>	<p>10</p>
<p>11</p> <p>10:00– Worship Service (C)</p>	<p>12</p> <p>9:00– Chair Exercise 10:30– Bible Study (C) 11:00– Snowflake Scavenger Hunt (meet in activity room to get your bag to collect snowflakes) 2:00–Fun with Madison from the Unicoi County Health Department (AR) 3:00–Snowman Party Mix Making & Winter Memories Story Circle (AR)</p>	<p>13</p> <p>9:00– Chair Exercise (AR) 10:30– Noodle Ball (AR) 2:00– Decoupage Winter Can with Greenery Craft with Elizabeth (AR) 3:00– Remote Control Car Race (long hallway in between chapel and activity room)</p>	<p>14</p> <p>9:00– Chair Exercise (AR) 10:15– Worship Service (C) 2:00– Name 5: Winter Edition (AR) 3:00– Bingo with Susan from Christian Care (AR)</p>	<p>STAFF MEETING AT 10AM 15</p> <p>9:00– Chair Exercise (AR) 10:30– Jigsaw Puzzles (GR) 2:00– Noodle Ball (AR) 3:00– Get to Know Your Neighbor Game (AR)</p>	<p>16</p> <p>9:00– Resident Walmart Shopping Trip (you must sign up with Brian) 10:30– Groovin' to the Oldies with coffee (AR) 2:00– Jack Frost Drinks & Winter Legends (AR) 3:00– Winter Olympic Games (AR)</p>	<p>17</p>
<p>18</p> <p>10:00– Worship Service (C)</p>	<p>MARTIN LUTHER KING JR. DAY 19</p> <p>9:00– Chair Exercise (AR) 10:30– Bible Study (C) 11:00– Story Circle: Where were you in the 1960's? (AR) 2:00– Reflection of Dr. Kings Life & The Impact He Made (AR) 3:00– Concert: Willie Manning & Friends (C)</p>	<p>20</p> <p>9:00– Chair Exercise (AR) 10:30– Playing UNO Game (AR) 2:00– Unicoi County Public Library (CR) 2:30– Concert: Glaymorgan Chapel Quartet in Wise, VA (L)</p>	<p>21</p> <p>9:00– Chair Exercise (AR) 10:15– Worship Service (C) 2:00– Making Snowman Card Craft with Elizabeth (AR) 3:00– Blackout Bingo (AR)</p>	<p>GOLDEN YEARS SLUMBER PARTY 22</p> <p>*Wear your pajamas, robe, or something comfy. 9:30– Chair Exercise (AR) 10:30– Would You Rather: Sleepover Edition & Story Circle (AR) 2:00– Slumber Party Snacks, Eye Gel Masks, and Movie (AR)</p>	<p>23</p> <p>9:00– Chair Exercise (AR) 10:30– Noodle Ball (AR) 2:00– Chef Circle: Making Individual Pies with Dietary Staff (DR) 3:00– Chonda Pierce Comedy Show (AR)</p>	<p>24</p>
<p>25</p> <p>10:00– Worship Service (C)</p>	<p>26</p> <p>9:00– Chair Exercise (AR) 10:30– Bible Study (C) 11:00– Headbanz Game (AR) 2:00– Cardio Drumming (AR) 3:00– Craft with Sabrina from Home Instead (AR)</p>	<p>27</p> <p>9:00– Chair Exercise (AR) 10:30– Noodle Ball (AR) 2:00– Hot Chocolate Bar with "Cup of Kindness Devotional" (AR) 3:00– Singing Old Hymns (AR)</p>	<p>28</p> <p>9:00– Chair Exercise (AR) 10:15– Worship Service (C) 2:00– Coconut Snowball Cupcakes & America's Funniest Home Videos: Winter Edition (AR) 3:00– Snowball Bucket Toss Game (AR)</p>	<p>29</p> <p>9:00– Chair Exercise (AR) 10:30– Hangman: Let's Reminisce (AR) 10:30– Lunch Bunch Trip to Portobello's Italian Bistro (you must sign up with Brian) 2:00– Bingo (AR) 3:00– Noodle Ball (AR)</p>	<p>30</p> <p>9:00– Chair Exercise (AR) 10:30– Making Sock Snowman Craft (AR) 2:00– Erwin History Class (AR) 3:00– Bucket Ball Toss (AR)</p>	<p>31</p>