

Activities Calendar - January 2026—Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>				NEW YEAR'S DAY NO SCHEDULED ACTIVITIES	NO SCHEDULED ACTIVITIES	
Activity locations: <i>GR=Garden Room</i> <i>AR=Activity Room</i> <i>L=Lobby</i> <i>DR=Dining Room</i> <i>C=Chapel</i> <i>FP=Front Porch</i> <i>CR=Conference Room</i>						
						
10:00– Worship Service (C)	4 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Color Therapy 2:00– Noodle Ball 3:00– Mystery Monday	5 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Memory Games 2:00– Snowball Fight 3:00– Music with Whitney	6 9:00– Good Morning Chat 10:15– Worship Service 2:00– Beach Ball Battle Game 3:00– Nerf Gun Battle Game	7 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Brain Teasers 2:00– Bingo Birthday Bash 3:00– Hand Massages	8 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Devotions & Hymns 2:00– Snowball Trail Mix 3:00– Snowball Craft	9 10
10:00– Worship Service (C)	11 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Puzzles 2:00– Cardio Drumming 3:00– Penny Game	12 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Puzzles 2:00– Hot Chocolate Bar with Movie	13 9:00– Good Morning Chat 10:15– Worship Service 2:00– Noodle Ball 3:00– Winter Craft	14 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Painting 2:00– Snowball Fight Game 3:00– Making Pizzas	15 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Devotions & Hymns 2:00– Coffee & Donuts Social with music 3:00– Beach Ball Battle	16 17
10:00– Worship Service (C)	18 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Devotions & Hymns 2:00– Beach Ball Battle 3:00– Concert: Willie Manning & Friends (C)	19 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Painting 2:00– Concert: Glaymorgan Chapel Quartet in Wise, VA 3:00– Snowball Fight Game	20 9:00– Good Morning Chat 10:15– Worship Service 2:00– Noodle Ball 3:00– Greeting Card Craft	21 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Finish the Phrase Game 2:00– Movie with Popcorn & Soda	22 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Devotions & Hymns 2:00– Cardio Drumming 3:00– Hand Massages	23 24
10:00– Worship Service (C)	25 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Coloring Therapy 2:00– Noodle Ball 3:00– Mystery Monday	26 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Puzzles 2:00– Beachball Battle Game 3:00– Music with Whitney	27 9:00– Good Morning Chat 10:15– Worship Service 2:00– Snowball Fight Game 3:00– Nerf Gun Battle Game	28 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Brain Twisters Game 2:00– Dancing to the Oldies 3:00– Noodle Ball	29 9:00– Good Morning Chat 10:00– Chair Exercise 10:30– Devotions & Hymns 2:00– Movie with Popcorn & Soda	30 31