

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## WHITNALL PARK SQUARE

## January 2026

## Program &amp; Location Key

RED – Music Therapy; BLUE– Physical Mobility; GREEN – Special Events; PURPLE - Special TV Programs;  
MP – Multipurpose Room

9:30 Sunday Stretches 9:45 Hydration and News 10:00 Word Game – MONTH CATEGORIES 11:00 Mass in Chapel 1:30 Strength and Balance 2:30 Bingo MP Room 3:30 Relaxation Social 4:00 CH 41 DISCOVERY 5:00 CH 19 ME-TV WBME Packers vs Vikings	4	9:30 Morning Moves 10:00 Hydration and News 10:15 Trivia – National Trivia Day 11:00 Mass in Chapel 1:30 Active stretching/Movement 2:00 Mr. ED, the talking horse day discussion 2:30 Music Therapy 3:30 Meditation and Hydration 4:00 CH 2 WTMJ - NBC 5:00 CH 41 DISCOVERY	5	9:00 Ballroom Dance in the Guadalupe chapel Alcove 10:15 Hydration and News 11:00 Mass in Chapel 1:00 Yoga MP Room 2:00 ART CLUB Cathedral den 3:15 Book club in the DEN 4:00 CH 61 TV LAND 5:00 CH CH 72 TRAVEL 5:30 Noodle Ball 6:00 Drama Club 6:30 Hydration Social	6	9:30 Ageless Grace with Jenny Z in Lake Park 10:00 Rosary Club – Den 11:00 Mass in Chapel 1:30 Walking and Wheeling Club 2:15 Carolyn Wehner on Piano and vocals with “Hooray for Hollywood” – MP Room 3:30 Meditation/Relaxation social 4:00 CH 61 TV LAND 5:00 CH CH 72 TRAVEL	7	9:30 Morning Moves 10:00 Hydration and News 10:15 “We can work it out” Beatles discussion 11:00 Mass in Chapel 1:30 Walking and Wheeling Club 2:15 You Pick Sing Along – MP Room 2:15 YOU TUBE Documentary 3:30 Day in Review Social 4:00 CH 62 Hallmark 5:00 CH 61 TV LAND	8	9:30 Morning Moves 10:00 Daily news/Hydration 10:15 Boogie Day – Andrews sisters discussion 11:00 Mass in Chapel 1:30 Exercise/Strength 2:15 Happy Hour – Carolyn & Yuri Discords Ukulele Group –Guadalupe Chapel 3:30 Highlights of the day 4:00 CH 72 TRAVEL 5:00 CH 61 TV LAND 5:30 Word ball pass 6:00 Music Discussion 6:30 Hydration social	2	9:30 Saturday Stretches 9:45 Morning News & Hydration 10:30 Cranium Crunches - Phrases 11:15 Tic-Tac-Toe 1:30 Walking and Wheeling Club 2:30 Creativity – The Colors of Christmas 3:30 Afternoon Social & Manicures 4:00 CH 19 ME-TV WBME 5:00 CH CH 72 TRAVEL 7:00 CH 7 Bucks vs Hornets	3
9:30 Sunday Stretches 9:45 Hydration and News 10:00 Puzzles/Uno 11:00 Mass in Chapel 1:30 Strength and Balance 2:30 Bingo MP Room 3:30 Trivia 4:00 Movie - Lassie 5:00 CH CH 72 TRAVEL 7:00 CH 310 Bucks vs Nuggets	11	9:30 Morning Moves 10:00 Hydration and News 10:15 Drumming Experience 11:00 Mass in Chapel 1:30 Walking Club 2:00 Hot Tea Day discussion 2:30 Music Therapy 3:30 Hot Tea Social 4:00 CH 62 Hallmark 5:00 CH 19 ME-TV WBME	12	9:00 Ballroom Dance in the Guadalupe chapel Alcove 10:15 Hydration and News 11:00 Mass in Chapel 1:00 Yoga MP Room 2:00 ART CLUB Cathedral den 3:15 Book club in the DEN 4:00 CH 16 WMTV - PBS 5:00 CH 72 TRAVEL 5:30 Golf 6:00 Life History Reviews 6:30 Stretch and Relaxation 7:00 CH 2 Bucks vs Timberwolves	13	9:30 Ageless Grace with Jenny Z in Lake Park 10:00 Rosary Club – Den 11:00 Mass in Chapel 1:30 Walking and Wheeling Club 2:15 Bingo – MP Room 2:45 Music & Sensory Focus Group (Whitnall Den) 3:30 Breathe/Let Go/Relax 4:00 CH 61 TV LAND 5:00 CH 2 WTMJ - NBC	14	9:30 Morning Moves 10:00 Hydration and News 10:15 It's a Happy Day Trivia 11:00 Mass in Chapel 1:30 Walking and Wheeling Club 2:15 You Pick Sing Along – MP Room 2:15 YOU TUBE Documentary 3:30 Something good today share ball toss 4:00 CH 62 Hallmark 5:00 CH 39 History 7:00 CH 310 Bucks vs Spurs	15	9:30 Morning Moves 10:00 Daily news/Hydration 10:15 Sing a long 11:00 Mass in Chapel 1:30 Exercise/Strength 2:15 “WI Supper Club” Happy Hour MP - Room 3:30 Restorative Stretch and Breathe 4:00 CH 48 FOX NEWS 5:00 CH 61 TV LAND 5:30 Music Ball 6:00 Coloring/Art Club 6:30 Hydration and Movie	16	9:30 Saturday Stretches 9:45 Morning News & Hydration 10:30 Snowflake Day discussion 11:15 Snowflake crafts/art 1:30 Walking and Wheeling Club 2:30 Ice Cream Social – MP Room 3:30 Afternoon Social 4:00 CH 16 WMTV - PBS 5:00 CH 19 ME-TV WBME	17
9:30 Sunday Stretches 9:45 Hydration and News 10:00 First College Basketball Game discussion/trivia/word games 11:00 Mass in Chapel 1:30 Strength and Balance 2:30 Bingo MP Room 3:30 Afternoon Social 4:00 CH 19 ME-TV WBME 5:00 CH 41 DISCOVERY	18	9:30 Morning Moves 10:00 Hydration and News 10:15 First Intercollegiate Hockey Game/noodle hokey 11:00 Mass in Chapel 1:30 Active stretching 2:15 ADA Ensemble – MP room 3:30 Hydration Social 4:00 CH 72 Travel 5:00 CH 373	19	9:00 Ballroom Dance in the Guadalupe chapel Alcove 9:45 Jesuit Troubadours Perform 10:15 Hydration and News 11:00 Mass in Chapel 1:00 Yoga MP Room 2:00 ART CLUB Cathedral den 2:15 Baking Club 3:15 Book club in the DEN 4:00 CH 41 DISCOVERY 5:00 CH 19 ME-TV WBME 5:30 Noodle Ball 6:00 Arts and Crafts 6:30 Life Lesson shares	20	9:30 Ageless Grace with Jenny Z in Lake Park 10:00 Rosary Club – Den 11:00 Mass in Chapel 12:00 Winter Wonderland Luncheon 1:30 Walking and Wheeling Club 2:15 Bingo – MP Room 2:45 Music & Sensory Focus Group (Whitnall Den) 3:30 Stretch/Breathe 4:00 CH 62 Hallmark 5:00 CH CH 72 TRAVEL	21	9:30 Morning Moves 10:00 Hydration and News 10:15 Pick up a Hobby Day – discussion/word fit 11:00 Mass in Chapel 1:30 Walking and Wheeling Club 2:15 You Pick Sing Along – MP Room 2:15 YOU TUBE Documentary 3:30 Hobby interactive Trivia/quiz 4:00 CH39 History 5:00 CH 2 WTMJ - NBC	22	9:30 Morning Moves 10:00 Daily news/Hydration 10:15 1 <sup>st</sup> Rock & Roll Hall of Fame Inductions in 1986 11:00 Mass in Chapel 1:30 Exercise/Strength 2:15 “Call of the Wild: Songs of the Last Frontier” Happy Hour MP - Room 3:30 Stretch/Breathe and release 4:00 CH 19 ME-TV WBME 5:00 CH 41 DISCOVERY 5:30 Uno 6:00 Puzzles 6:30 Hydration Social	23	9:30 Saturday Stretches 9:45 Morning News & Hydration 10:30 Word Game – SHAPE CATEGORIES 11:15 Dice It Up! 1:30 Walking and Wheeling Club 2:30 Baking Club 3:30 Treat Tasting and Hydration 4:00 CH 2 WTMJ - NBC 5:00 61 TV LAND	24
9:30 Sunday Stretches 9:45 Hydration and News 10:00 Twister Toss 11:00 Mass in Chapel 1:30 Strength and Balance 2:30 Bingo MP Room 3:30 Relaxation Social 4:00 CH CH 72 TRAVEL 5:00 CH 61 TV LAND 6:00 CH 310 Bucks vs Mavericks	25	***WISH BR. ANDY LEWANDOWSKI A VERY HAPPY BIRTHDAY*** 9:30 Morning Moves 10:00 Hydration and News 10:15 Toad Hollow Day of encouragement 11:00 Mass in Chapel 1:30 Exercise dice game 2:00 Encouragement Craft 2:30 Music Therapy 3:30 Encouragement Social 4:00 CH 16 WMTV - PBS 5:00 CH 310 Sports	26	8:00 Men's Breakfast 9:00 Ballroom Dance in the Guadalupe chapel Alcove 10:00 Pet Visits with Chris and Udo 10:15 Hydration and News 11:00 Mass in Chapel 1:00 Yoga MP Room 2:00 ART CLUB Cathedral den 3:15 Book club in the DEN 4:00 CH 39 History 5:00 CH 16 WMTV - PBS 5:30 Pass the question ball 6:00 Reminisce pictures/music 6:30 Art Club	27	9:30 Ageless Grace with Jenny Z in Lake Park 10:00 Rosary Club – Den 11:00 Mass in Chapel 1:30 Resident Council/Calendar Review 2:15 Bingo – MP Room 2:45 Music & Sensory Focus Group (Whitnall Den) 3:30 Chair Stretch and relax 4:00 CH 72 TRAVEL 5:00 CH 62 Hallmark	28	9:30 Morning Moves 10:00 Hydration and News 10:15 Puzzle Day 11:00 Mass in Chapel 1:30 Walking and Wheeling Club 2:15 You Pick Sing Along – MP Room 2:15 YOU TUBE Documentary 3:30 Winter indoor hobby share hydration 4:00 CH 41 DISCOVERY 5:00 CH 62 Hallmark	29	9:30 Morning Moves 10:00 Daily news/Hydration 10:15 Favorite Sports Team Day 11:00 Mass in Chapel 1:30 Exercise/Strength 2:15 “Coca-Cola” Happy Hour MP - Room 3:30 Meditation/Relaxation live music 4:00 CH 16 WMTV - PBS 5:00 CH 72 TRAVEL 5:30 Cards to family/friends 6:00 Coloring 6:30 Hydration Social	30	9:30 Saturday Stretches 9:45 Morning News & Hydration 10:30 Noodle Ball 11:15 Crazy 4's 1:30 Walking and Wheeling Club 2:30 Baking Club 3:30 Music club 4:00 Destination Documentary 5:00 CH 61 TV LAND	31