


January 2026 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div> <b>NorBella</b> CHAMPLIN</div><div>Schedule is subject to change.</div></div>	<div><div>EM</div> Emotional</div> <div><div>IN</div> Intellectual</div> <div><div>PH</div> Physical</div> <div><div>VO</div> Vocational</div> <div><div>SO</div> Social</div> <div><div>SP</div> Spiritual</div>	MC Memory Care	Happy Birthday to 1/11 135 Mardene 135 Eichhorn 1/16 126 Donna 126 DeMars	New Year's Day 1	Bethany Out of Town 2 11:30 <div>PH</div> Sit and Be Fit (TV) 2:00 <div>IN</div> Lifelong Learning	<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 3
<div><div>SO</div> Exercise Equipment in TV Lounge, Table Games &amp; Adult Coloring Available in Activity Area 4</div>	10:00 <div>SP</div> Catholic Mass (TV) and Communion 5 11:30 <div>PH</div> Chair Aerobics 2:30 <div>EM</div> Music with Kristin	10:00 <div>SP</div> Church Service (TV) 6 11:30 <div>PH</div> Seated Stretches 3:00 <div>SO</div> Candy Bingo	10:00 <div>EM</div> "Gabbing Gals" with Peggy 7 11:30 <div>PH</div> Chair Yoga 4:00 <div>SO</div> Happy Hour & Trivia	10:00 <div>VO</div> Food Committee Meeting 8 11:00 <div>VO</div> Resident Council Meeting 4:00 <div>PH</div> Cardio Drumming	10:30 <div>EM</div> Pet Visits with Gus & Ranger 9 11:30 <div>PH</div> Sit and Be Fit with Bethany 2:30 <div>VO</div> Bus Outing: Shopping at Dollar Tree	<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 10
Mardene's Birthday! <div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 11	10:00 <div>SP</div> Catholic Mass (TV) 12 11:30 <div>PH</div> Chair Aerobics 1:00 <div>SP</div> TRYathlon Rules Meeting 2:30 <div>EM</div> Music with Kristin [MC] 4:00 <div>VO</div> Jimmy's Gentleman's Club	11:30 <div>PH</div> Seated Stretches 13 1:00 <div>SP</div> TRYathlon: Walking Competition 3:00 <div>SO</div> Candy Bingo	10:00 <div>EM</div> "Gabbing Gals" with Peggy 14 10:30 <div>PH</div> Chair Yoga with Allison 4:00 <div>VO</div> Let's Bake: Garlic Parmesan Breadsticks	11:00 <div>SO</div> Manicures 15 1:00 <div>SP</div> TRYathlon Competition 4:00 <div>PH</div> Cardio Drumming	Bethany Off Donna DeMars' Birthday! 16 10:30 <div>EM</div> Pet Visits with Gus & Ranger 11:30 <div>PH</div> Sit and Be Fit (TV) 1:00 <div>SP</div> Competition Results Show!	<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 17
<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 18	Martin Luther King Jr. Day 19 10:00 <div>SP</div> Catholic Mass (TV) 11:30 <div>PH</div> Chair Aerobics 2:30 <div>EM</div> Music with Kristin [MC] 3:30 <div>IN</div> Coffee with Megan	11:30 <div>PH</div> Seated Stretches 20 1:00 <div>SP</div> TRYathlon: Walking Competition 3:00 <div>SO</div> Candy Bingo	10:00 <div>SO</div> "Gabbing Gals" with Peggy 21 11:00 <div>SP</div> Church with Pastor Cullen 2:00 <div>SP</div> All Lifespark Annual Memorial 2:45 <div>SO</div> NorBella Memorial for Gloria 6:00 <div>EM</div> Pet Visits	11:30 <div>PH</div> Chair Yoga 22 1:00 <div>SP</div> TRYathlon Competition 4:00 <div>IN</div> Crafternoon: Button Snowman Canvas	10:30 <div>EM</div> Pet Visits with Gus & Ranger 23 11:30 <div>PH</div> Sit and Be Fit with Bethany 12:00 <div>VO</div> Lunch Outing: Pizza Ranch 1:00 <div>SP</div> Competition Results Show!	<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 24
<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 25	Bethany on Vacation 26 10:00 <div>SP</div> Catholic Mass (TV) and Communion 11:30 <div>PH</div> Chair Aerobics 2:30 <div>EM</div> Music with Kristin [MC]	Bethany on Vacation (cont.) 27 11:30 <div>PH</div> Seated Stretches 1:00 <div>SP</div> TRYathlon: Walking Competition	Bethany on Vacation (cont.) 28 10:00 <div>EM</div> "Gabbing Gals" with Peggy 10:30 <div>PH</div> Chair Yoga with Allison 3:00 <div>SO</div> January Birthday Party with Vinnie Rose	Bethany on Vacation (cont.) 29 11:30 <div>PH</div> Seated Core Exercise 1:00 <div>SP</div> TRYathlon Competition	Bethany on Vacation (cont.) 30 11:30 <div>PH</div> Sit and Be Fit (TV) 1:00 <div>SP</div> Competition Results Show!	<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 31

MC Memory Care