

January 2026- Assisted Living

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