

January 2026 - Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>NorBella CHAMPLIN</p> <p><small>Schedule is subject to change.</small></p>	<p>EM Emotional IN Intellectual PH Physical VO Vocational SO Social SP Spiritual</p>	<p>AL Assisted Living</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 10:30 PH Sit & Be Fit (TV) 2:00 IN Lifelong Learning 3:30 SO Best of: America's Got Talent (TV)</p>	<p>Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request</p>
<p>Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request</p>	<p>4 10:00 SP Catholic Mass (TV) 5 11:00 IN Daily Chronicles 11:15 PH Chair Aerobics 2:30 EM Music with Kristin [AL] 3:30 SO Timeless TV Reruns</p>	<p>10:00 IN Daily Chronicles 6 10:15 PH Seated Stretches 10:30 EM Antler Matching & Animal Trivia 3:00 SO Candy Bingo 4:15 SP Rest & Relaxation</p>	<p>10:00 IN Daily Chronicles 7 10:15 PH Chair Yoga 10:30 EM Indoor Snowball Fight 2:00 VO 2026 Resolutions 5:30 SO MN Vikings Replay</p>	<p>10:00 IN Daily Chronicles 8 10:15 VO Resident Council Meeting 11:00 EM Funniest Animals (TV) 2:00 SO January Random Trivia 4:00 PH Cardio Drumming</p>	<p>9:45 IN Daily Chronicles 9 10:00 EM Pet Visits with Sam or Gus! 10:30 PH Sit & Be Fit 2:30 VO Bus Outing: Shopping at Dollar Tree 4:00 SO Movie Matinee</p>	<p>Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request</p>
<p>Mardene's Birthday! Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request</p>	<p>11 10:00 SP Catholic Mass (TV) 11:00 IN Daily Chronicles 11:15 PH Chair Aerobics 1:00 SP TRYathlon Rules Meeting 2:30 EM Music with Kristin 4:00 VO Jimmy's Gentleman's Club</p>	<p>10:00 IN Daily Chronicles 12 10:15 PH Seated Stretches 10:30 SP Church Service (TV) 1:00 SP TRYathlon: Walking Competition 3:00 SO Candy Bingo</p>	<p>10:00 EM Folk Song Sing-A-Long 14 10:30 PH Chair Yoga with Allison 2:00 IN Daily Chronicles 2:15 VO Let's Make: Winter Kabobs 4:00 SO National Geographic (TV)</p>	<p>10:00 IN Daily Chronicles 15 10:15 SO January A-Z 1:00 SP TRYathlon Competition 2:30 SP Rest & Relaxation 4:00 PH Cardio Drumming</p>	<p>Bethany Off Donna DeMars' Birthday! 10:00 EM Pet Visits with Sam or Gus! 10:30 PH Sit & Be Fit (TV) 1:00 SP Competition Results Show! 3:00 SO The Price is Right</p>	<p>Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request</p>
<p>Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request</p>	<p>18 Martin Luther King Jr. Day 19 10:00 SP Catholic Mass (TV) 11:00 IN Daily Chronicles 11:15 PH Chair Aerobics 2:30 EM Music with Kristin 3:30 SO "I Have A Dream" Speech</p>	<p>10:00 IN Daily Chronicles 20 10:15 PH Seated Stretches 10:30 EM Winter Whiteboard Games 1:00 SP TRYathlon: Walking Competition 3:00 SO Candy Bingo</p>	<p>10:00 IN Daily Chronicles 21 11:00 SP Church with Pastor Cullen 2:00 SP All Lifespark Annual Memorial 2:45 SO NorBella Memorial for Gloria 6:30 EM Pet Visits with Jax & Claire</p>	<p>9:30 SO Morning Movie 22 11:00 IN Daily Chronicles 11:15 PH Walkin' & Rollin' Club 1:00 SP TRYathlon Competition 2:30 VO Crafternoon: Create a Snowflake</p>	<p>9:45 IN Daily Chronicles 23 10:00 EM Pet Visits with Sam or Gus! 10:30 PH Sit & Be Fit 12:00 VO Lunch Outing: Pizza Ranch 1:00 SP Competition Results Show! 3:30 SO 1:1 Visits</p>	<p>Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request</p>
<p>Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request</p>	<p>25 Bethany on Vacation 10:00 SP Catholic Mass (TV) and Communion 11:00 PH Exercise with Peace! 2:30 EM Music with Kristin 3:30 SO Timeless TV Reruns with Theresa!</p>	<p>26 Bethany on Vacation (cont.) 9:00 SO Morning Game Shows with Sando! 11:00 PH Exercise with Peace! 1:00 SP TRYathlon: Walking Competition 6:00 EM Evening Unwind with Joyce!</p>	<p>Bethany on Vacation (cont.) 10:00 EM Manicures with Sallay! 10:30 PH Chair Yoga with Allison 3:00 SO January Birthday Party with Vinnie Rose</p>	<p>Bethany on Vacation (cont.) 11:00 PH Chair Dancing with Edwina! 1:00 SP TRYathlon Competition 3:00 SO America's Got Talent (TV) with Theresa! 6:00 EM Evening Unwind with Joyce!</p>	<p>Bethany on Vacation (cont.) 10:00 EM Manicures with Sallay! 11:00 PH Chair Dancing with Edwina! 1:00 SP Competition Results Show! 3:00 SO Friday Films with Frankcia!</p>	<p>Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request</p>