


January 2026 - Memory Care						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Schedule is subject to change.</p>	<div> <div>EM</div> Emotional <div>IN</div> Intellectual <div>PH</div> Physical <div>VO</div> Vocational <div>SO</div> Social <div>SP</div> Spiritual </div>	AL Assisted Living	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 10:30 <div>PH</div> Sit & Be Fit (TV) 2:00 <div>IN</div> Lifelong Learning 3:30 <div>SO</div> Best of: America's Got Talent (TV)	Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request 3
Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request 4	10:00 <div>SP</div> Catholic Mass (TV) and Communion 5 11:00 <div>IN</div> Daily Chronicles 11:15 <div>PH</div> Chair Aerobics 2:30 <div>EM</div> Music with Kristin [AL] 3:30 <div>SO</div> Timeless TV Reruns	10:00 <div>IN</div> Daily Chronicles 6 10:15 <div>PH</div> Seated Stretches 10:30 <div>EM</div> Antler Matching & Animal Trivia 3:00 <div>SO</div> Candy Bingo 4:15 <div>SP</div> Rest & Relaxation	10:00 <div>IN</div> Daily Chronicles 7 10:15 <div>PH</div> Chair Yoga 10:30 <div>EM</div> Indoor Snowball Fight 2:00 <div>VO</div> 2026 Resolutions 5:30 <div>SO</div> MN Vikings Replay	10:00 <div>IN</div> Daily Chronicles 8 10:15 <div>VO</div> Resident Council Meeting 11:00 <div>EM</div> Funniest Animals (TV) 2:00 <div>SO</div> January Random Trivia 4:00 <div>PH</div> Cardio Drumming	9:45 <div>IN</div> Daily Chronicles 9 10:00 <div>EM</div> Pet Visits with Sam or Gus! 10:30 <div>PH</div> Sit & Be Fit 2:30 <div>VO</div> Bus Outing: Shopping at Dollar Tree 4:00 <div>SO</div> Movie Matinee	Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request 10
Mardene's Birthday! Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request 11	10:00 <div>SP</div> Catholic Mass (TV) 12 11:00 <div>IN</div> Daily Chronicles 11:15 <div>PH</div> Chair Aerobics 1:00 <div>SP</div> TRYathlon Rules Meeting 2:30 <div>EM</div> Music with Kristin 4:00 <div>VO</div> Jimmy's Gentleman's Club	10:00 <div>IN</div> Daily Chronicles 13 10:15 <div>PH</div> Seated Stretches 10:30 <div>SP</div> Church Service (TV) 1:00 <div>SP</div> TRYathlon: Walking Competition 3:00 <div>SO</div> Candy Bingo	10:00 <div>EM</div> Folk Song Sing-A-Long 14 10:30 <div>PH</div> Chair Yoga with Allison 2:00 <div>IN</div> Daily Chronicles 2:15 <div>VO</div> Let's Make: Winter Kabobs 4:00 <div>SO</div> National Geographic (TV)	10:00 <div>IN</div> Daily Chronicles 15 10:15 <div>SO</div> January A-Z 1:00 <div>SP</div> TRYathlon Competition 2:30 <div>SP</div> Rest & Relaxation 4:00 <div>PH</div> Cardio Drumming	Bethany Off Donna DeMars' Birthday! 16 10:00 <div>EM</div> Pet Visits with Sam or Gus! 10:30 <div>PH</div> Sit & Be Fit (TV) 1:00 <div>SP</div> Competition Results Show! 3:00 <div>SO</div> The Price is Right	Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request 17
Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request 18	Martin Luther King Jr. Day 19 10:00 <div>SP</div> Catholic Mass (TV) 11:00 <div>IN</div> Daily Chronicles 11:15 <div>PH</div> Chair Aerobics 2:30 <div>EM</div> Music with Kristin 3:30 <div>SO</div> "I Have A Dream" Speech	10:00 <div>IN</div> Daily Chronicles 20 10:15 <div>PH</div> Seated Stretches 10:30 <div>EM</div> Winter Whiteboard Games 1:00 <div>SP</div> TRYathlon: Walking Competition 3:00 <div>SO</div> Candy Bingo	10:00 <div>IN</div> Daily Chronicles 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 6:30 <div>EM</div> Pet Visits with Jax & Claire	9:30 <div>SO</div> Morning Movie 22 11:00 <div>IN</div> Daily Chronicles 11:15 <div>PH</div> Walkin' & Rollin' Club 1:00 <div>SP</div> TRYathlon Competition 2:30 <div>VO</div> Crafternoon: Create a Snowflake	9:45 <div>IN</div> Daily Chronicles 23 10:00 <div>EM</div> Pet Visits with Sam or Gus! 10:30 <div>PH</div> Sit & Be Fit 12:00 <div>VO</div> Lunch Outing: Pizza Ranch 1:00 <div>SP</div> Competition Results Show! 3:30 <div>SO</div> 1:1 Visits	Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request 24
Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request 25	Bethany on Vacation 26 10:00 <div>SP</div> Catholic Mass (TV) and Communion 11:00 <div>PH</div> Exercise with Peace! 2:30 <div>EM</div> Music with Kristin 3:30 <div>SO</div> Timeless TV Reruns with Theresa!	Bethany on Vacation (cont.) 27 9:00 <div>SO</div> Morning Game Shows with Sando! 11:00 <div>PH</div> Exercise with Peace! 1:00 <div>SP</div> TRYathlon: Walking Competition 6:00 <div>EM</div> Evening Unwind with Joyce!	Bethany on Vacation (cont.) 28 10:00 <div>EM</div> Manicures with Sallay! 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 11:00 <div>PH</div> Chair Dancing with Edwina! 1:00 <div>SP</div> TRYathlon Competition 3:00 <div>SO</div> America's Got Talent (TV) with Theresa! 6:00 <div>EM</div> Evening Unwind with Joyce!	Bethany on Vacation (cont.) 30 10:00 <div>EM</div> Manicures with Sallay! 11:00 <div>PH</div> Chair Dancing with Edwina! 1:00 <div>SP</div> Competition Results Show! 3:00 <div>SO</div> Friday Films with Frankcia!	Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request 31