

January 2026 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 NorBella <small>ROGERS</small> <small>Schedule is subject to change.</small>	DR Dining Room GR Game Room H The Hearth L Fireplace Lounge PN Puzzle Nook SH Spark Hall TVL TV Lounge	Happy Birthday to 1/7 Gerald Sterzinger 1/22 Nancy Strong		New Year's Day 10:30 Bible Study W/Kathy [DR] 12:00 New Years Activity Packet [L] 2:00 Snacks&Coloring [H] 3:00 Cards: Resident Choice [DR]	10:00 Exercise: Chair Zumba [SH] 11:00 Exercise: Chair Zumba [H] 1:00 Spark: Become a Gazelle [SH] 2:00 Snacks&Sing-Along [H] 3:00 Happy Hour [DR] 5:30 Movie Night: Thursday Murder Club [TVL]	10:00 Exercise: Light Stretching [SH] 10:30 UNO [H] 1:00 Ball Toss [H] 2:00 Puzzle Club [PN] 3:00 Poker Night [GR]
9:00 Walking Group [L] 10:00 Virtual Church Service W/Marsha [H] 1:00 Movie Matinee [TVL] 3:00 Adult Coloring [H]	4 10:00 Exercise: Light Weights [SH] 11:00 Exercise: Light Weights [H] 1:00 Manicures&Snacks [H] 3:00 Rummicube [GR] 4:15 Evening News [TVL]	5 10:00 Exercise: Therapy Ball [SH] 11:00 Exercise: Therapy Ball [H] 2:30 TimeSlips&Snack [H] 3:00 FARKLE! [GR] 4:15 Evening News [TVL]	6 10:00 Exercise: Light Weights [SH] 11:00 Exercise: Light Weights [H] 1:30 Live Music: J&J [DR] 3:00 Bingo [DR] 4:15 Evening News [TVL]	7 10:00 Exercise: Therapy Ball [SH] 10:30 Bible Study W/Kathy [DR] 11:00 Exercise: Therapy Ball [H] 2:00 LifeLong Learning [H] 2:30 Chef's Snack&Chats [DR] 3:00 Cards: Resident Choice [DR] 4:15 Evening News [TVL]	8 10:00 Exercise: Therapy Ball [SH] 10:30 Bible Study W/Kathy [DR] 11:00 Exercise: Therapy Ball [H] 2:00 LifeLong Learning [H] 2:30 Chef's Snack&Chats [DR] 3:00 Cards: Resident Choice [DR] 4:15 Evening News [TVL]	9 Law Enforcement Appr'n Day 10:00 Exercise: Chair Zumba [SH] 11:00 Exercise: Chair Zumba [H] 1:00 Law Enforcement Trivia [H] 2:00 Snacks&Sing-Along [H] 3:00 Happy Hour [DR] 4:15 Evening News [TVL] 5:30 Movie Night: NYAD [TVL]
9:00 Walking Group [L] 10:00 Virtual Church Service W/Marsha [H] 1:00 Movie Matinee [TVL] 3:00 Adult Coloring [H]	11 Spirit Week: Occupation 10:00 Exercise: Light Weights [SH] 11:00 Exercise: Light Weights [H] 1:00 Manicures&Snacks [H] 3:00 Rummicube [GR] 4:15 Evening News [TVL]	12 Spirit Week: Childhood 10:00 Exercise: Therapy Ball [SH] 11:00 Exercise: Therapy Ball [H] 1:00 Spark: Walking [SH] 2:00 Flowers W/Angie [H] 3:00 FARKLE! [GR] 4:15 Evening News [TVL]	13 Spirit Week: Decade 10:00 Exercise: Light Weights [SH] 11:00 Exercise: Light Weights [H] 1:00 Spark: Walking [SH] 2:00 Flowers W/Angie [H] 3:00 FARKLE! [GR] 4:15 Evening News [TVL]	14 Spirit Week: Classic Character 10:00 Exercise: Therapy Ball [SH] 11:00 Exercise: Light Weights [H] 12:30 Outing: Target [L] 2:00 Puzzles&Snack [H] 3:00 Bingo [DR] 4:15 Evening News [TVL] 6:00 Family Council [TVL]	15 Spirit Week: Dress Your Best 10:00 Exercise: Chair Zumba [SH] 11:00 Exercise: Chair Zumba [H] 1:00 Really Big Show 2:00 Snack&Sing-Along [H] 3:00 Happy Hour [DR] 4:15 Evening News [TVL] 5:30 Movie Night: Cast Away [TVL]	16 10:00 Exercise: Light Stretching [SH] 10:30 UNO [H] 1:00 Ball Toss [H] 2:00 Puzzle Club [PN] 3:00 Poker Night [GR]
9:00 Walking Group [L] 10:00 Virtual Church Service W/Marsha [H] 1:00 Movie Matinee [TVL] 3:00 Adult Coloring [H]	18 Martin Luther King Jr. Day 10:00 Exercise: Light Weights [SH] 11:00 Exercise: Light Weights [H] 1:00 Manicures&Snacks [H] 3:00 Rummicube [GR] 4:15 Evening News [TVL]	19 10:00 Exercise: Therapy Ball [SH] 11:00 Exercise: Therapy Ball [H] 1:00 Spark: Walking [SH] 2:30 TimeSlips&Snack [H] 3:00 FARKLE! [GR] 4:15 Evening News [TVL]	20 10:00 Exercise: Light Weights [SH] 11:00 Exercise: Light Weights [H] 1:00 Live Music: Vinnie Rose [DR] 2:00 Annual Memorial Service [DR] 3:00 Bingo [DR] 4:15 Evening News [TVL] 5:00 Resident Council [TVL]	21 10:00 Exercise: Therapy Ball [SH] 10:30 Bible Study W/Kathy [DR] 11:00 Exercise: Therapy Ball [H] 1:00 Spark: Cranking [SH] 2:00 Crafts W/Kassie [DR] 3:00 Cards: Resident Choice [DR] 4:15 Evening News [TVL]	22 10:00 Exercise: Chair Zumba [SH] 11:00 Exercise: Chair Zumba [H] 1:00 Really Big Show 2:00 Snacks&Sing-Along [H] 3:00 Birthday Party [DR] 4:15 Evening News [TVL] 5:30 Movie Night: As Good As It Gets [TVL]	23 10:00 Exercise: Light Stretching [SH] 10:30 UNO [H] 1:00 Ball Toss [H] 2:00 Puzzle Club [PN] 3:00 Poker Night [GR]

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9:00 Walking Group [L] 25 10:00 Virtual Church Service W/Marsha [H] 1:00 Movie Matinee [TVL] 3:00 Adult Coloring [H]	10:00 Exercise: Light Weights [SH] 26 11:00 Exercise: Light Weights [H] 12:30 Outing: Quilted Treasures Fabric [L] 1:00 Manicures&Snacks [H] 3:00 Rummicube [GR] 4:15 Evening News [TVL]	10:00 Exercise: Therapy Ball [SH] 27 11:00 Exercise: Therapy Ball [H] 1:00 Spark: Walking [SH] 2:30 TimeSlips&Snack [H] 3:00 FARKLE! [GR] 4:15 Evening News [TVL]	10:00 Exercise: Light Weights [SH] 28 11:00 Exercise: Light Weights [H] 2:00 Puzzles&Snack [H] 3:00 Bingo [DR] 4:15 Evening News [TVL]	10:00 Exercise: Therapy Ball [SH] 29 10:30 Bible Study W/ Kathy [DR] 11:00 Exercise: Therapy Ball [H] 1:00 Spark: Cranking [SH] 2:00 Art&Snacks [H] 2:30 Winter Wonderland Tea Party W/Traci 4:15 Evening News [TVL]	10:00 Exercise: Chair Zumba [SH] 30 11:00 Exercise: Chair Zumba [H] 1:00 Really Big Show 2:00 Snacks&Sing-Along [H] 3:00 Happy Hour [DR] 4:15 Evening News [TVL] 5:30 Movie Night: Ghost [TVL]	10:00 Exercise: Light Stretching [SH] 31 10:30 UNO [H] 1:00 Ball Toss [H] 2:00 Puzzle Club [PN] 3:00 Poker Night [GR]