

January 2026 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>Schedule is subject to change.</p>	<p>Happy Birthday to 1/16 Lynn Pilon</p>			<p>New Year's Day 8:00 Cards, Games, Puzzles, etc. are available</p>	<p>1 9:45 Zumba 10:15 Trivia 11:00 BINGO 2:30 The Flora's performing 4:00 Puzzles, Word Finds, etc.</p>	<p>8:00 Cards, Games, Puzzles, etc. are available. 8:00 Exercise Equipment available in the T.V. lounge. 1:30 Movie & Snack</p>	
<p>8:00 Cards, Games, Puzzles, etc. are available 9:00 Church Service on T.V. 4:00 Exercise equipment available in the T.V. lounge</p>	<p>4 9:45 Hymns with Jim 10:15 Sit & Be Fit 11:00 Bingo 2:00 Manicures 3:30 Pet visit with Pete 5:45 Linked Sr. Games</p>	<p>5 9:45 Morning Stretches 10:15 Armchair Travel 11:15 Coloring/Crosswords 2:30 Trip to Goodwill 3:00 Men's Group with Scott 3:00 Classic T.V. in the T.V. lounge 5:45 BINGO with Hayley</p>	<p>6 9:45 Chair Exercises 10:15 Mini Massage & Scenic Relaxation 11:00 Communion 11:00 BINGO with Brenda 2:30 Midweek Matinee-Snow Dogs 5:45 Cards with Hayley</p>	<p>7 9:45 Chair Exercises 10:15 Mini Massage & Scenic Relaxation 11:00 Communion 11:00 BINGO with Brenda 2:30 Midweek Matinee-Snow Dogs 5:45 Cards with Hayley</p>	<p>8 9:15 Chair exercise with Jules 10:00 Linked Sr. Games 11:00 Games with Linda 1:00 Chef Chat with Ashley 2:00 Life Learning A Moment in Time 3:00 Resident Council 5:45 Activity with Hayley</p>	<p>9 9:45 Zumba 10:15 Trivia 11:00 BINGO 2:30 Johntourage performing 5:45 Activity with Hayley</p>	<p>10 8:00 Cards, Games, Puzzles, etc. are available. 8:00 Exercise Equipment available in the T.V. lounge. 10:00 Activities with Brenda 1:30 Movie & Snack</p>
<p>8:00 Cards, Games, Puzzles, etc. are available 9:00 Church Service on T.V. 4:00 Exercise equipment available in the T.V. lounge</p>	<p>11 9:45 Hymns with Jim 10:15 Sit & Be Fit 11:00 Bingo 2:00 Manicures 3:30 Pet visit with Pete 5:45 Linked Sr. Games</p>	<p>12 9:45 Morning Stretches 10:15 Armchair Travel 11:15 Left Right Center 3:00 Men's Group with Scott 3:00 Classic T.V. in the T.V. lounge 5:45 BINGO with Hayley</p>	<p>13 9:45 Chair Exercises 10:15 Mini Massage & Scenic Relaxation 11:00 Communion 11:00 BINGO with Brenda 2:30 Midweek Matinee-Cast Away 5:45 Cards with Hayley</p>	<p>14 9:45 Chair Exercises 10:15 Mini Massage & Scenic Relaxation 11:00 Communion 11:00 BINGO with Brenda 2:30 Midweek Matinee-Cast Away 5:45 Cards with Hayley</p>	<p>15 9:15 Chair exercise with Jules 10:00 Resident Choice 11:00 Games with Linda 2:00 Baking with Ashley 5:45 Activity with Hayley</p>	<p>16 9:45 Zumba 10:15 Trivia 11:00 BINGO 2:30 Karaoke Sing Along 5:45 Activity with Hayley</p>	<p>17 8:00 Cards, Games, Puzzles, etc. are available. 8:00 Exercise Equipment available in the T.V. lounge. 10:00 Activities with Hayley 1:30 Movie & Snack</p>
<p>8:00 Cards, Games, Puzzles, etc. are available 9:00 Church Service on T.V. 4:00 Exercise equipment available in the T.V. lounge</p>	<p>18 Martin Luther King Jr. Day 19 9:45 Hymns with Jim 10:15 Sit & Be Fit 11:00 Bingo 2:00 Manicures 3:00 Martin Luther King Jr. Documentary 3:30 Pet visit with Pete 5:45 Linked Sr. Games</p>	<p>20 9:45 Morning Stretches 10:15 Armchair Travel 11:15 Coloring/Crosswords 1:00 Tryathlon 3:00 Men's Group with Scott 3:00 Classic T.V. in the T.V. lounge 5:45 BINGO with Hayley</p>	<p>21 9:45 Chair Exercises 10:15 Mini Massage & Scenic Relaxation 11:00 Communion 11:00 BINGO with Brenda 2:30 Midweek Matinee-50 First Dates 5:45 Cards with Hayley</p>	<p>22 9:15 Chair exercise with Jules 10:00 Linked Sr. Games 11:00 Games with Linda 1:00 Tryathlon 2:15 Dollar Tree Trip 5:45 Activity with Hayley</p>	<p>23 9:45 Zumba 10:15 Trivia 11:00 BINGO 1:00 Spark Results Show 2:30 The Wyoming Wanderers performing 3:00 Birthday Cupcakes 5:45 Activity with Hayley</p>	<p>24 8:00 Cards, Games, Puzzles, etc. are available. 8:00 Exercise Equipment available in the T.V. lounge. 10:30 Activities with Marcia 1:30 Movie & Snack</p>	
<p>8:00 Cards, Games, Puzzles, etc. are available 9:00 Church Service on T.V. 4:00 Exercise equipment available in the T.V. lounge</p>	<p>25 9:45 Hymns with Jim 10:15 Sit & Be Fit 11:00 Bingo 2:00 Manicures 3:30 Pet visit with Pete 5:45 Linked Sr. Games</p>	<p>26 9:45 Morning Stretches 10:15 Armchair Travel 11:15 Left Right Center 1:00 Tryathlon 3:00 Men's Group with Scott 3:00 Classic T.V. in the T.V. lounge 5:45 BINGO with Hayley</p>	<p>27 9:45 Chair Exercises 10:15 Mini Massage & Scenic Relaxation 11:00 Communion 11:00 BINGO with Brenda 2:30 Midweek Matinee-The Great Outdoors 5:45 Cards with Hayley</p>	<p>28 9:45 Chair Exercises 10:15 Mini Massage & Scenic Relaxation 11:00 Communion 11:00 BINGO with Brenda 2:30 Midweek Matinee-The Great Outdoors 5:45 Cards with Hayley</p>	<p>29 9:15 Chair exercise with Jules 10:00 Resident Choice 11:00 Games with Linda 1:00 Tryathlon 3:00 Book Fair 5:45 Activity with Hayley</p>	<p>30 9:45 Zumba 10:15 Trivia 11:00 BINGO 1:00 Spark Results Show 2:30 Elvis on YouTube 5:45 Activity with Hayley</p>	<p>31 8:00 Cards, Games, Puzzles, etc. are available. 8:00 Exercise Equipment available in the T.V. lounge. 1:30 Movie & Snack</p>