

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

9:30 AM EXERCISE SNACK BREAK 10:00 4 SPIRITUAL HOUR 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 WORD FROM A WORD 2:00 SCENIC RIDE 2:30 BALLOON VOLLEYBALL 3:00 SOCIAL HOUR 3:30 SING ALONG 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 AM EXERCISE 5 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: HANGMAN 11:00 HYDRATION AND REMINISCING 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 SOCIAL HOUR 3:30 GUESS THE ANIMAL/PICTURE/FOOD 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 AM EXERCISE: 10:00 6 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: TIC, TAC, TOE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:30 TRAVELOGUE/ARMCHAIR TRAVEL 3:00 SOCIAL HOUR 3:30 ART HOUR 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 AM EXERCISE 7 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: WHEEL OF FORTUNE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:00 BINGO! 2:30 ADULT COLORING 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 SING ALONG 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 AM EXERCISE 1 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: FINISH THE PHRASE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 ADULT COLORING 3:00 NEW YEARS SOCIAL & COUNTDOWN 3:30 FINISH THE LYRICS 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 EXERCISE 10:00 DAILY CHRONICLE/SNACK BREAK 10:30 BRAIN GAMES: WOULD YOU RATHER? 11:00 HYDRATION AND REMINISCING 11:30 ADULT COLORING 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 REMINISCING WITH FRIENDS 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 EXERCISE 2 10:00 SPA DAY/ SNACK BREAK 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 VARIOUS BRAIN GAMES 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS
9:30 AM EXERCISE SNACK BREAK 10:00 4 SPIRITUAL HOUR 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 WORD FROM A WORD 2:00 SCENIC RIDE 2:30 BALLOON VOLLEYBALL 3:00 SOCIAL HOUR 3:30 SING ALONG 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 AM EXERCISE 5 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: HANGMAN 11:00 HYDRATION AND REMINISCING 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 SOCIAL HOUR 3:30 GUESS THE ANIMAL/PICTURE/FOOD 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 AM EXERCISE: 10:00 6 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: TIC, TAC, TOE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:30 TRAVELOGUE/ARMCHAIR TRAVEL 3:00 SOCIAL HOUR 3:30 ART HOUR 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 AM EXERCISE 7 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: WHEEL OF FORTUNE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:00 BINGO! 2:30 ADULT COLORING 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 SING ALONG 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 AM EXERCISE 8 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: FINISH THE PHRASE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 MEET ME AT MoMA 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 NAME THAT TUNE 4:00 SHORT STORY TIME 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 EXERCISE 10:00 DAILY CHRONICLE/SNACK BREAK 10:30 BRAIN GAMES: WOULD YOU RATHER? 11:00 HYDRATION AND REMINISCING 11:30 ADULT COLORING 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 REMINISCING WITH FRIENDS 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	9:30 EXERCISE 9 10:00 SPA DAY/ SNACK BREAK 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 VARIOUS BRAIN GAMES 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30 AM EXERCISE 10:00 SNACK BREAK 10:30 SPIRITUAL HOUR 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 WORD FROM A WORD 2:00 SCENIC RIDE 2:30 BALLOON VOLLEYBALL 3:00 SOCIAL HOUR & HYDRATION BREAK 3:30 SING ALONG 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	11 9:30 AM EXERCISE 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: HANGMAN 11:00 HYDRATION AND REMINISCING 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 WORD FROM A WORD 2:00 SCENIC RIDE 2:30 BALLOON VOLLEYBALL 3:00 SOCIAL HOUR & HYDRATION BREAK 3:30 SING ALONG 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	12 9:30 AM EXERCISE 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: TIC, TAC, TOE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:00 BINGO! 3:00 SOCIAL HOUR 3:30 GUESS THE ANIMAL/PICTURE/FOOD 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	13 9:30 AM EXERCISE 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: WHEEL OF FORTUNE 11:00 HYDRATION AND REMINISCING 1 1:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:00 BINGO! 2:30 ADULT COLORING 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:00 SOCIAL HOUR . 3:30 ART HOUR 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	14 9:30 AM EXERCISE 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: WHEEL OF FORTUNE 11:00 HYDRATION AND REMINISCING 1 1:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:00 BINGO! 2:30 ADULT COLORING 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:00 SOCIAL HOUR . 3:30 ART HOUR 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	15 9:30 EXERCISE 10:00 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: FINISH THE PHRASE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 MEET ME AT MoMA 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 FINISH THE PROVERB 4:00 SHORT STORY TIME 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	16 9:30 EXERCISE 10:00 DAILY CHRONICLE/SNACK BREAK 10:30 BRAIN GAMES: WOULD YOU RATHER? 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 REMINISCING WITH FRIENDS 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	17 9:30 EXERCISE 10:00 SPA DAY/ SNACK BREAK 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 VARIOUS BRAIN GAMES 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS
9:30 AM EXERCISE: 10:00 SNACK BREAK 10:30 SPIRITUAL HOUR 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 WORD FROM A WORD 2:00 SCENIC RIDE 2:30 BALLOON VOLLEYBALL 3:00 SOCIAL HOUR & HYDRATION BREAK 3:30 SING ALONG 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	18 9:30 AM EXERCISE: 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: HANGMAN 11:00 HYDRATION AND REMINISCING 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:00 BINGO! 3:00 SOCIAL HOUR 3:30 GUESS THE ANIMAL/PICTURE/FOOD 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	19 9:30 AM EXERCISE: 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: TIC, TAC, TOE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:00 BINGO! 3:00 SOCIAL HOUR 3:30 GUESS THE ANIMAL/PICTURE/FOOD 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	20 9:30 AM EXERCISE 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: WHEEL OF FORTUNE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:00 BINGO! 3:00 SOCIAL HOUR 3:30 GUESS THE ANIMAL/PICTURE/FOOD 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	21 9:30 AM EXERCISE 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: FINISH THE PHRASE 11:00 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 2:30 ADULT COLORING 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:00 SOCIAL HOUR . 3:30 ART HOUR 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	22 9:30 EXERCISE 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: WOULD YOU RATHER? 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 MEET ME AT MoMA 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 FINISH THE PHRASE 4:00 SHORT STORY TIME 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	23 9:30 EXERCISE 10:00 DAILY CHRONICLE/SNACK BREAK 10:30 BRAIN GAMES: WOULD YOU RATHER? 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 VARIOUS BRAIN GAMES 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	24 9:30 EXERCISE 10:00 SPA DAY/ SNACK BREAK 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 VARIOUS BRAIN GAMES 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS
9:30 AM EXERCISE: 10:00 SNACK BREAK 10:30 SPIRITUAL HOUR 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 WORD FROM A WORD 2:00 SCENIC RIDE 2:30 BALLOON VOLLEYBALL 3:00 SOCIAL HOUR & HYDRATION BREAK 3:30 SING ALONG 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	25 9:30 AM EXERCISE: 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: HANGMAN 11:00 HYDRATION AND REMINISCING 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:00 BINGO! 3:00 SOCIAL HOUR 3:30 GUESS THE ANIMAL/PICTURE/FOOD 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	26 9:30 AM EXERCISE: 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: TIC, TAC, TOE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:00 BINGO! 3:00 SOCIAL HOUR 3:30 GUESS THE ANIMAL/PICTURE/FOOD 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	27 9:30 AM EXERCISE 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: WHEEL OF FORTUNE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE: 2:00 BINGO! 2:30 ADULT COLORING 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:00 SOCIAL HOUR . 3:30 ART HOUR 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	28 9:30 AM EXERCISE 10:00 SCENIC RIDE/SNACK BREAK 10:30 BRAIN GAMES: FINISH THE PHRASE 11:00 HYDRATION AND REMINISCING 11:30 LUNCH HOUR 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 2:30 ADULT COLORING 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:00 SOCIAL HOUR . 3:30 ART HOUR 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	29 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS 9:30 EXERCISE 10:00 DAILY CHRONICLE/SNACK BREAK 10:30 BRAIN GAMES: WOULD YOU RATHER? 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 MEET ME AT MoMA 3:00 MC RESIDENTS BIRTHDAY PARTY 3:30 GUESS WHO? 4:00 SHORT STORY TIME 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	30 9:30 EXERCISE 10:00 SPA DAY/ SNACK BREAK 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 VARIOUS BRAIN GAMES 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS	31 9:30 EXERCISE 10:00 SPA DAY/ SNACK BREAK 11:00 HYDRATION AND REMINISCING 11:30 LUNCH 1:00 QUIET TIME & REFLECTION 1:30 PM EXERCISE 2:00 BINGO! 3:00 PM SOCIAL HOUR & HYDRATION BREAK 3:30 VARIOUS BRAIN GAMES 4:30 DINNER 5:30 MOVIE/ CLASSIC TV/ GAME SHOWS

Type the name, address, and other information about your community/company here.