



January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>9:30 EXERCISE 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</div>	<div>9:30 EXERCISE 10:00 DAILY CHRONICLE/SNACK BREAK 10:30 BRAIN GAMES: WOULD YOU RATHER? 11:00 HYDRATION AND REMINISCING 12:30 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</div>	<div>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</div>
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Type the name, address, and other information about your community/company here.