

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Memory Care Activities may vary January 2026 "Each day is a new beginning."				New Year's Day.1 9:15 Rose's Parade Live Broadcast 9:45 Sit & Fit 10:30 Balloon Volleyball 1:00 Let's Chat! 1:45 Memories & Hot Chocolate 3:00 Movie Matinee	2 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Card Match 1:00 Balloon Racquetball 1:30 Arts & Crafts 2:30 Music & Smiles 3:30 Getting To Know You	3 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music & Smiles 1:00 Home Trivia 1:30 Creative Time 2:30 Ice Cream Social 3:30 Reading 101
National Trivia Day.4 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Fun with Letters 1:30 Bullseye 2:30 Art & Sensory Activity 3:30 Trivia	National Thank God It's Monday National Bird Day.5 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Art & Impact 1:30 English 101 2:30 Bingo! 3:30 Poetry	Epiphany Day.6 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art & Coloring 1:00 Balloon Volleyball 1:30 Kickball 2:30 Bingo! 3:30 Comfort & Conversation	National Sports Team Day.7 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:00 Arts & Crafts 1:30 Racquetball 2:30 Bingo 3:30 Soft music	CFP Semi-Finals 1st Day.8 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Warm Chocolate Social 1:00 Gentle Movements 1:30 Balloon Volleyball 2:30 Creative Time 3:30 Bingo	CFP Semi-Finals 2nd Day.9 9:15 Happy Feet 9:45 Soothing Movements 10:30 Fun with Letters 1:00 Reminiscing 1:30 Comfort & Conversation 2:30 Yoga w/ Jenny! 3:30 Calming Music	10 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art Sensory Activity 1:00 Volleyball 1:30 Sing-Along 2:30 History Lesson 3:30 Comfort & Conversation
National Houseplant Appreciation Day.11 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Bullseye 1:00 Card Match 1:30 Bullseye 2:30 Sing-along 3:30 Travel w/ Emma	National Pharmacist Day.12 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Art & Fun! 1:30 Bingo! 2:30 Comfort & Conversation 3:30 Manicure Monday	13 9:15 Stretch & Flex 9:45 Let's Dance! 10:30 Sing-along 1:00 Trivia 101 1:30 Reminiscing 2:30 Fun with Letters 3:30 Exercise with music for your mind, heart & soul!	National Dress Up Your Pet Day.14 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Arts & Crafts 1:00 Music & Smiles 1:30 Ice Cream Social 2:30 Show & Tell 3:30 Happy Hour!	Super Hero Day.15 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Read Aloud 12:30 Celebration of Jewish Life w/ Rabbi Jim- AR 1:00 Sing-along 1:30 Creative Art Time 2:30 Card Match 3:30 Folding Towels	Gourmet Coffee Day National Religious Freedom Day.16 9:15 Happy Feet 9:45 Soothing Movements 10:30 Creative Time 1:00 Trivia w/ Emma 1:30 Art Sensory Activity 2:30 Yoga w/ Jenny! 3:30 Lots of Dots	Benjamin Franklin Day.17 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 1:00 Music & Smiles 1:30 Read Aloud 2:30 History Lesson 3:30 Reminiscing
Activity Professionals Week National Winnie the Pooh Day.18 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Fun with Letters 1:00 Music & Smiles 1:30 Creative Time 2:30 History 101 3:30 Racquetball	Martin Luther King Jr. Day Cézanne Day.19 9:15 Morning Walk 9:45 Soothing Movements 10:30 Kickball 1:00 Arts & Crafts 1:30 Bingo 2:30 Let's Bake Cookies! 3:30 Reminiscing	Show & Tell.20 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 1:00 Sing-along 1:30 Show & Tell 2:30 Art Sensory Activity 3:30 Unity In Motion	National Hugging Day January Birthdays Celebration.21 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:00 Racquetball 1:00 Resident Council Meeting 1:30 Town Hall Meeting 2:30 Bingo 3:30 Comfort & Conversation	Celebration of Life Day Minnie Mouse Day.22 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Puzzle Pieces 1:00 Sing-along 1:30 Lots of Dots Art 2:30 Math 101 3:30 Movie Matinee	World Day for Afro-Descendant Culture.23 9:15 Happy Feet 9:45 Soothing Movements 10:30 Balloon Volleyball 1:00 Sensory Activity 1:30 Drawing 101 2:30 Yoga W/ Jenny! 3:30 Bullseye!	Casa Blanca Day.24 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing-along 1:00 History Lesson 1:30 Creative Time 2:30 Let's Bake Cookies 3:00 Show & Tell
Paul Newman Day.25 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Read Aloud 1:30 Racquetball 2:30 Bullseye 3:30 Comfort & Conversation	National Spouses Day.26 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Fun with Letters 1:30 Creative Time 2:30 Bingo 3:30 Manicure Monday	Mozart's Birthday.27 9:15 Happy Feet 9:45 Stretch & Flex 10:30 Let's Dance! 1:00 Trivia Tuesday 1:30 Bingo! 2:30 Mozart Music 3:30 Comfort & Conversation	National Fun At Work Day.28 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Card Match 1:00 Music & Smiles 1:30 Art Sensory Activity 2:30 Ice Cream Sundaes! 3:30 Happy Hour!	National Puzzle Day.29 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Sing-along 1:00 Puzzle 1:30 Balloon Volleyball 2:30 Pretty Nails 3:30 Bingo	Japanese History Day.30 9:15 Happy Feet 9:45 Soothing Movements 10:30 Balloon Volleyball 1:00 Let's Travel 1:30 Drawing 101 2:30 Yoga W/ Jenny! 3:30 Bullseye!	National Hot Chocolate Day.31 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Mind & Body Time 1:00 Music & Smiles 1:30 Kickball 2:30 History Lesson 3:30 Read Aloud