

January 2026
Assisted Living Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Resident Birthdays Shirley T. 1/5 Lynn M. 1/8 Janet R. 1/17				New Year's Day 1 10:30 * Morning Fitness: Leg & Core [2FD] 11:00 ① New Years History & Best Celebrations [2FD] 1:00 🚶 Shop @ 5 & Dime [5D] 2:00 ① Play: Jeopardy! [2FD] 3:00 📅 Create 2026 Vision Boards [2FD] 4:00 ① NYT & iN2L Games [2FD]	2 10:30 * Morning Fitness: Brain & Body + Tai Chi Stretch [2FD] 11:00 ① Play: Balloon Burst Hangman [2FD] 1:00 ① Card Club [2FFR] 2:00 📅 Bingo [2FD] 3:00 📅 New Year Celebration with Entertainment by Dan & Tony [2FD] 4:00 ① NYT & iN2L Games [2FD]	3 10:30 * Morning Fitness: Silver Sneakers Zumba [2FD] 11:00 ① NYT Games & Calendar [2FD] 2:00 ① Brain Fitness: Rebus Puzzles [2FD] 3:00 * Balloon Volley [2FD] 4:30 ① Activity Packet: New Years [RC]
10:30 🕊 Sunday Spiritual Service [CHAP] 4 11:15 ① Nat Geo & Chronicle: Emancipation Proclamation [CHAP] 1:00 📅 Shop @ 5 & Dime [5D] 1:30 📅 Craft: Foam Snowman + Yarn Club [2FD] 3:00 📅 The Daily Crossword [2FD] 4:00 📅 NYT & iN2L Games [2FD]	10:30 * Chair Zumba with Lorene [2FD] 5 11:00 ① Play: Skip-Bo [2FD] 1:15 🚶 Outing: Kroger [O] 3:30 📅 Bingo [2FD] 4:15 ① NYT & iN2L Games [2FD]	10:30 * Morning Fitness: Balance Boogie [2FD] 6 11:00 ① Brain Health with Andrea [2FD] 1:30 📅 Support Group with Ebony [2FFR] 3:00 📅 Reader's Theater [2FFR] 4:00 ① NYT & iN2L Games [2FD]	10:30 📅 Wellness Wednesday + Smoothie Bar [2FD] 7 11:00 * Morning Fitness: Gentle Chair Yoga + Pilates [2FD] 2:00 ① Play: Rummikub [2FD] 3:00 📅 Bingo [2FD] 4:00 ① NYT & iN2L Games [2FD] 4:30 ① Weekday Activity Packet Pick Up [RC]	Salon Day 8 10:30 * Morning Fitness: Leg & Core [2FD] 11:00 ① Animal Trivia: Penguins [2FD] 1:00 🚶 Shop @ 5 & Dime [5D] 1:30 📅 Entertainment: Saxophonist Nate Topo [2FD] 3:00 ① Play: Dominoes Mexican Train [2FD] 4:00 ① NYT & iN2L Games [2FD]	10:30 📅 Therapy Dogs [2FD] 9 11:00 ① Morning Fitness: Brain & Body + Tai Chi Stretch [2FD] 1:00 ① Card Club [2FFR] 2:00 📅 Bingo [2FD] 3:00 📅 Who/What am I? + Happy Hour: Toasted Almond Cocktail [2FD] 4:00 ① NYT & iN2L Games [2FD]	10:30 * Morning Fitness: Silver Sneakers Zumba [2FD] 10 11:00 ① NYT Games & Calendar [2FD] 2:00 ① Brain Fitness: Geography Trivia [2FD] 3:00 📅 Saturday Sundaes [B] 4:30 ① Activity Packet: January [RC]
10:30 🕊 Sunday Spiritual Service [CHAP] 11 11:15 ① Nat Geo & Chronicle: Edgar Allan Poe [CHAP] 1:00 📅 Shop @ 5 & Dime [5D] 2:00 📅 Craft: Decorative Hot Cocoa & Penguins [2FFR] 3:00 📅 Questions are Answers [2FD] 4:00 📅 NYT & iN2L Games [2FD]	10:30 * Chair Zumba [2FD] 12 11:15 📅 Lunch Outing: Red Olive [O] 1:30 📅 Jigsaw Puzzles [2FD] 2:30 * Walking Club [RC] 3:00 📅 Bingo [2FD] 4:00 ① NYT & iN2L Games [2FD]	10:30 * Strengthening Class with Luke [2FD] 13 11:00 ① TED Talk: Mental Health [2FD] 2:00 📅 Men's Club [B] 3:00 ① Cooking: Pesto Flatbread [2FD] 4:00 ① NYT & iN2L Games [2FD]	10:45 * Motivated and Moving [2FD] 14 1:15 📅 Outing: Avocado Catfe [O] 2:30 📅 Matinee: Star Trek [MT] 4:00 ① NYT & iN2L Games [2FD] 4:30 ① Weekday Activity Packet Pick Up [RC]	Salon Day 15 10:30 * Morning Fitness: Leg & Core [2FD] 11:00 ① Trivia: Museums of the World [2FD] 1:00 🚶 Shop @ 5 & Dime [5D] 1:30 📅 Entertainment: Denise and the Motor City Sensations [2FD] 3:00 ① Play: Jeopardy! [2FD] 4:00 ① NYT & iN2L Games [2FD]	10:30 * Fitness Trivia [FC] 16 11:00 ① Play: Balloon Burst Hangman [2FD] 1:00 ① Card Club [2FFR] 2:00 📅 Bingo [2FD] 3:00 📅 Happy Hour with Alaska and Moose Trivia [2FD] 4:00 ① NYT & iN2L Games [2FD]	10:30 * Morning Fitness: Silver Sneakers Zumba [2FD] 17 11:00 ① NYT Games & Calendar [2FD] 1:30 📅 Sing with Friends: Paul, Mike & Gale [2FFR] 3:00 📅 Travelogue: Alaska [2FD] 4:30 ① Activity Packet: MLK Jr [RC]
10:30 🕊 Sunday Spiritual Service [CHAP] 18 11:15 ① Nat Geo & Chronicle: Michigan Landscape/ Underwater Dunes [CHAP] 1:00 📅 Shop @ 5 & Dime [5D] 1:30 📅 Craft Hour: Michigan Day [2FD] 3:15 📅 Spin & Solve [2FD] 4:00 📅 NYT & iN2L Games [2FD]	Martin Luther King, Jr. Day 19 10:30 * Yoga with Jeanie [2FD] 11:00 ① Play: Skip-Bo [2FD] 2:00 ① MLK Trivia [2FD] 3:00 📅 Bingo [2FD] 4:00 ① NYT & iN2L Games [2FD]	10:15 * Morning Fitness: Balance Boogie [2FD] 20 10:45 📅 Music Therapy with Laurie [2FFR] 1:30 📅 Support Group with Ebony [2FFR] 3:00 ① Calendar Planning Meeting [2FFR] 4:00 ① NYT & iN2L Games [2FD]	10:30 * Morning Fitness: Gentle Chair Yoga + Pilates [2FD] 21 11:00 ① Brain Health with Andrea [2FD] 1:30 📅 Art with Barb [2FD] 3:00 📅 Bingo [2FD] 4:00 ① NYT & iN2L Games [2FD] 4:30 ① Weekday Activity Packet Pick Up [RC]	Salon Day 22 10:30 ① Book Club (Review and Discussion) [2FFR] 11:00 * Morning Fitness: Seated HIIT [2FD] 1:00 🚶 Shop @ 5 & Dime [5D] 2:00 ① Ice Sculpting Demonstration & Hot Chocolate [RC] 3:15 ① Play: Scattergories [2FD] 4:00 ① NYT & iN2L Games [2FD]	10:30 * Morning Fitness: Brain & Body + Tai Chi Stretch [2FD] 23 11:00 ① Play: iN2L Weekly Games [2FD] 1:00 ① Card Club [2FFR] 2:00 📅 Bingo [2FD] 3:00 📅 Happy Hour & Trivia: Toasted Almond Cocktail [2FD] 4:00 ① NYT & iN2L Games [2FD]	10:30 * Morning Fitness: Silver Sneakers Zumba [2FD] 24 11:00 ① NYT Games & Calendar [2FD] 2:00 📅 Entertainment: Kelly & Darryl Violin and Piano Duo [2FD] 3:15 📅 Play: Rummikub [2FD] 4:30 ① Activity Packet: Alaska [RC]
10:30 🕊 Sunday Spiritual Service [CHAP] 25 11:15 ① Nat Geo & Chronicle: California Gold Rush [CHAP] 1:00 📅 Shop @ 5 & Dime [5D] 1:30 📅 Craft: Snowflake Salt Painting [2FD] 3:00 📅 Family Feud [2FD] 4:00 📅 NYT & iN2L Games [2FD]	10:30 * Chair Zumba [2FD] 26 11:00 ① Play: Uno [2FD] 1:30 📅 Music: Strings & Friends [2FD] 3:00 📅 Bingo [2FD] 4:00 ① NYT & iN2L Games [2FD]	10:30 * Tai Chi with Stephanie [2FD] 27 11:00 ① TED Talk: The Art of Fibbing + Introverts' Confessions [2FD] 1:15 🚶 Outing: Dollar Tree [O] 3:00 ① Resident Council [CHAP] 4:00 ① NYT & iN2L Games [2FD]	10:30 * Morning Fitness: Gentle Chair Yoga + Pilates [2FD] 28 11:00 🕊 Meditation & Calendar [2FD] 1:30 📅 Card Club [2FFR] 2:15 * Walking Club [RC] 3:00 📅 Bingo [2FD] 4:00 ① NYT & iN2L Games [2FD] 4:30 ① Weekday Activity Packet Pick Up [RC]	Salon Day 29 10:30 * Morning Fitness: Leg & Core [2FD] 11:00 ① Trivia: City Nicknames [2FD] 1:00 🚶 Shop @ 5 & Dime [5D] 2:00 📅 Karaoke/Sing-a-Long [2FD] 3:00 ① NYT & iN2L Games [2FD] 4:15 📅 Dinner & Movie in the Statler Club [2FD]	10:30 * Morning Fitness: Brain & Body + Tai Chi Stretch [2FD] 30 11:00 ① Play: Balloon Burst Hangman [2FD] 1:30 📅 Birthday Party Happy Hour & Entertainment: The Boogie Woogie Kid Matthew Ball [2FD] 2:45 📅 Bingo [2FD] 4:00 ① NYT & iN2L Games [2FD]	10:30 * Morning Fitness: Silver Sneakers Zumba [2FD] 31 11:00 ① NYT Games & Calendar [2FD] 2:00 📅 Afternoon Tea + Name That Tune [2FD] 3:00 ① Brain Fitness: Rebus Puzzles [2FD] 4:30 ① Activity Packet: Black History Month [RC]