

SUN

MON

TUE

WED

THUR

FRI

SAT

LOCATION KEY
DR - Dining Room
LR - Living Room

9:00 Coffee and News (LR)
9:30 Sunday Stretches (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
1:30 New Year January Brain Challenges (LR)
1:30 Winter Walking Club (Meet in the Living Room)
2:00 Sunday Social Snack (LR)
3:30 Remote Hymn Singing and Church Service (LR)
4:00 Dinner (DR)
6:00 Dominoes- The Tile Masters (LR)

4

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Singing with Mike (LR)
10:30 GameTime: Dominos and Mexican Train (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
1:30 New Year January Brain Challenges (LR)
1:30 Winter Walking Club (Meet in the Living Room)
2:00 Sunday Social Snack (LR)
3:30 Remote Hymn Singing and Church Service (LR)
4:00 Dinner (DR)
6:00 Puzzle Hour (LR)

5

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Monthly Trivia: Zodiac Triva and Much More (LR)
10:15 Bingo (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
1:30 Walking Club (LR)
2:00 Book Club with Sheree (LR)
2:00 Group January Word Search with Refreshments (LR)
3:15 Travel Club with Sheree (LR)
4:00 Dinner (DR)
5:30 Evening Movie (LR)

6

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Harlem Globetrotters Day (LR)
10:15 Painting with Sheree (LR)
11:00 Lunch (DR)
12:30 Bridge Group (Community Life Room)
12:30 January Adult Coloring (LR)
1:00 January Peer Motivation Challenge: Keep New Years Resolutions (LR)
1:30 Pondering Hour: New Year New Resolutions (LR)
1:45 Wine Down Wednesday (LR)
2:00 Plants and Animals Trivia (LR)
2:30 Outing (Meet in the Lobby)
4:00 Dinner (DR)
6:00 Evening Brain Puzzles (LR)

7

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Daily Chronicle (LR)
10:15 Monthly Card Making Group (LR)
11:00 Lunch (DR)
12:30 January Adult Coloring (LR)
1:00 Life's Precious Memories (LR)
2:00 Cultural Documentary Hour (LR)
3:15 Happy Hour (DR)
4:00 Dinner (DR)
5:30 Evening Movie (LR)

1

New Year's Day
9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
9:35 Rose Bowl Parade and Donuts (LR)
10:15 New Year Resolution (LR)
11:00 Lunch (DR)
12:30 New Year Adult Color (LR)
1:00 Life's Precious Memories (LR)
2:00 History of the Ball Drop (LR)
3:00 National Bloody Mary Day: Cocktails and Mocktails
3:15 Journal Club: What am I releasing in 2025? and What am I inviting in 2026? (LR)
4:00 Dinner (DR)
5:30 Evening Movie (LR)

2

9:30 Coffee and News (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Reading Hour (LR)
1:30 Finish the Line with Tina (LR)
1:30 Piano Tunes with Shaarvi (DR)
2:00 Creative Expression Through Color (LR)
2:30 Crossword Circle (LR)
3:30 Bible Study with Tina (LR)
4:00 Dinner (DR)
6:00 Evening Movie (LR)

3

9:30 Coffee and News (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Reading Hour (LR)
1:30 Finish the Line with Tina (LR)
1:30 Piano Tunes with Shaarvi (DR)
2:00 Creative Expression Through Color (LR)
2:30 Crossword Circle (LR)
3:30 Bible Study with Tina (LR)
4:00 Dinner (DR)
6:00 Evening Movie (LR)

4

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Singing with Mike (LR)
10:30 Music Therapy with Luisa (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
1:30 New Year January Brain Challenges (LR)
1:30 Winter Walking Club (Meet in the Living Room)
2:00 Sunday Social Snack (LR)
3:30 Remote Hymn Singing and Church Service (LR)
4:00 Dinner (DR)
6:00 Dominoes- The Tile Masters (LR)

5

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Monthly Trivia: Zodiac Triva and Much More (LR)
10:15 Bingo (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
1:30 Precious Moments (LR)
2:00 Biography Hour (LR)
3:00 Bible Study and Hymn Singing with Pastor Bill (DR)
4:00 Dinner (DR)
6:00 Puzzle Hour (LR)

6

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 This Day in History (LR)
10:15 Creative Crafts (LR)
11:00 Lunch (DR)
12:30 Bridge Group (Community Life Room)
12:30 January Adult Coloring (LR)
1:00 January Peer Motivation Challenge: Keep New Years Resolutions (LR)
1:30 Pondering Hour: New Year New Resolutions (LR)
1:45 Wine Down Wednesday (LR)
2:00 Plants and Animals Trivia (LR)
2:30 Outing (Meet in the Lobby)
4:00 Dinner (DR)
6:00 Evening Brain Puzzles (LR)

7

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Daily Chronicle (LR)
10:15 Culinary Club (LR)
11:00 Lunch (DR)
12:30 January Adult Coloring (LR)
1:00 Life's Precious Memories (LR)
1:30 Wellness Talk with HealthPro Heritage (LR)
2:00 Cultural Documentary Hour (LR)
3:15 Happy Hour (DR)
4:00 Dinner (DR)
5:30 Evening Movie (LR)

8

9:30 Coffee and News (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Afternoon Yoga with Tina (LR)
1:00 Coloring Corner (LR)
1:10 Fresh Start Fridays: How will you restart the new year with Tina (LR)
1:30 Movie Matinee (LR)
2:00 Total Hearing Care (Community Life Room)
3:30 Brain Challenging Puzzles (LR)
4:00 Dinner (DR)
6:00 Friday Night Dominoes (LR)

9

9:30 Coffee and News (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Reading Hour (LR)
1:30 Finish the Line with Tina (LR)
1:30 Piano Tunes with Shaarvi (DR)
2:00 Creative Expression Through Color (LR)
2:30 Crossword Circle (LR)
3:30 Bible Study with Tina (LR)
4:00 Dinner (DR)
6:00 Evening Movie (LR)

11

9:00 Coffee and News (LR)
9:30 Sunday Stretches (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
1:30 New Year January Brain Challenges (LR)
1:30 Winter Walking Club (Meet in the Living Room)
2:00 Sunday Social Snack (LR)
3:30 Remote Hymn Singing and Church Service (LR)
4:00 Dinner (DR)
6:00 Dominoes- The Tile Masters (LR)

12

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Singing with Mike (LR)
10:30 Music Therapy with Luisa (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
1:00 Brain Challenging Puzzles (LR)
1:30 Precious Moments (LR)
2:00 Biography Hour (LR)
3:00 Bible Study and Hymn Singing with Pastor Bill (DR)
4:00 Dinner (DR)
6:00 Puzzle Hour (LR)

13

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Monthly Trivia: Zodiac Triva and Much More (LR)
10:15 Bingo (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
1:30 Walking Club (LR)
2:00 Book Club with Sheree (LR)
3:15 Travel Club with Sheree (LR)
4:00 Dinner (DR)
5:30 Evening Movie (LR)

14

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 This Day in History (LR)
10:15 Creative Crafts (LR)
11:00 Lunch (DR)
12:30 Bridge Group (Community Life Room)
12:30 January Adult Coloring (LR)
1:00 January Peer Motivation Challenge: Keep New Years Resolutions (LR)
1:30 Pondering Hour: New Year New Resolutions (LR)
1:45 Wine Down Wednesday (LR)
2:00 Plants and Animals Trivia (LR)
2:30 Outing (Meet in the Lobby)
4:00 Dinner (DR)
6:00 Evening Brain Puzzles (LR)

15

9:30 Coffee and News (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Afternoon Yoga with Tina (LR)
1:00 Coloring Corner (LR)
1:10 Fresh Start Fridays: How will you restart the new year with Tina (LR)
1:30 Movie Matinee (LR)
2:00 Total Hearing Care (Community Life Room)
3:30 Brain Challenging Puzzles (LR)
4:00 Dinner (DR)
6:00 Friday Night Dominoes (LR)

16

9:30 Coffee and News (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Reading Hour (LR)
1:30 Finish the Line with Tina (LR)
1:30 Piano Tunes with Shaarvi (DR)
2:00 Creative Expression Through Color (LR)
2:30 Crossword Circle (LR)
3:30 Bible Study with Tina (LR)
4:00 Dinner (DR)
6:00 Evening Movie (LR)

18

9:00 Coffee and News (LR)
9:30 Sunday Stretches (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
12:30 Brain Challenging Puzzles (LR)
1:30 New Year January Brain Challenges (LR)
1:30 Winter Walking Club (Meet in the Living Room)
2:00 Silver Bells Piano Tunes (DR)
2:00 Sunday Social Snack (LR)
3:30 Remote Hymn Singing and Church Service (LR)
4:00 Dinner (DR)
6:00 Dominoes- The Tile Masters (LR)

19

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Singing with Mike (LR)
10:30 Gametime: UNO Cards (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
1:00 Brain Challenging Puzzles (LR)
1:30 Precious Moments (LR)
2:00 Biography Hour (LR)
3:00 Bible Study and Hymn Singing with Pastor Bill (DR)
4:00 Dinner (DR)
6:00 Puzzle Hour (LR)

20

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 This Day in History (LR)
10:15 Painting with Sheree (LR)
11:00 Lunch (DR)
12:30 Bridge Group (Community Life Room)
12:30 January Adult Coloring (LR)
1:00 January Peer Motivation Challenge: Keep New Years Resolutions (LR)
1:30 Pondering Hour: New Year New Resolutions (LR)
1:45 Wine Down Wednesday (LR)
2:00 Plants and Animals Trivia (LR)
2:30 Outing (Meet in the Lobby)
4:00 Dinner (DR)
6:00 Evening Brain Puzzles (LR)

21

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Daily Chronicle (LR)
10:15 Painting with Sheree (LR)
11:00 Lunch (DR)
12:30 January Adult Coloring (LR)
1:00 Life's Precious Memories (LR)
1:30 Word Search of the Day (LR)
2:00 Cultural Documentary Hour (LR)
3:15 Happy Hour (DR)
4:00 Dinner (DR)
5:30 Evening Movie (LR)

22

9:30 Coffee and News (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Afternoon Yoga with Tina (LR)
1:00 Coloring Corner (LR)
1:10 Fresh Start Fridays: How will you restart the new year with Tina (LR)
1:30 Movie Matinee (LR)
3:30 Brain Challenging Puzzles (LR)
4:00 Dinner (DR)
6:00 Friday Night Dominoes (LR)

23

9:30 Coffee and News (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Reading Hour (LR)
1:30 Finish the Line with Tina (LR)
1:30 Piano Tunes with Shaarvi (DR)
2:00 Creative Expression Through Color (LR)
2:30 Crossword Circle (LR)
3:30 Bible Study with Tina (LR)
4:00 Dinner (DR)
6:00 Evening Movie (LR)

25

9:00 Coffee and News (LR)
9:30 Sunday Stretches (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
12:30 Brain Challenging Puzzles (LR)
1:30 New Year January Brain Challenges (LR)
1:30 Winter Walking Club (Meet in the Living Room)
2:00 Sunday Social Snack (LR)
3:30 Remote Hymn Singing and Church Service (LR)
4:00 Dinner (DR)
6:00 Dominoes- The Tile Masters (LR)

26

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Singing with Mike (LR)
10:30 Gametime: Left Center Right (LR)
11:00 Lunch (DR)
12:30 Adult Color Creations (LR)
1:00 Brain Challenging Puzzles (LR)
1:30 Precious Moments (LR)
2:00 Biography Hour (LR)
3:00 Bible Study and Hymn Singing with Pastor Bill (DR)
4:00 Dinner (DR)
6:00 Puzzle Hour (LR)

27

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 This Day in History (LR)
10:15 Creative Crafts (LR)
11:00 Lunch (DR)
12:30 Bridge Group (Community Life Room)
12:30 January Adult Coloring (LR)
1:00 January Peer Motivation Challenge: Keep New Years Resolutions (LR)
1:30 Pondering Hour: New Year New Resolutions (LR)
1:45 Wine Down Wednesday (LR)
2:00 Plants and Animals Trivia (LR)
2:30 Outing (Meet in the Lobby)
4:00 Dinner (DR)
6:00 Evening Brain Puzzles (LR)

28

9:00 Coffee and News (LR)
9:30 Exercise Group with Sheree (LR)
10:00 Daily Chronicle (LR)
10:15 Blankets of Love with Sheree (LR)
11:00 Lunch (DR)
12:30 Afternoon Yoga with Tina (LR)
1:00 Coloring Corner (LR)
1:10 Fresh Start Fridays: How will you restart the new year with Tina (LR)
1:30 Movie Matinee (LR)
3:30 Brain Challenging Puzzles (LR)
4:00 Dinner (DR)
5:30 Evening Movie (LR)

29

9:30 Coffee and News (LR)
10:00 Bingo (LR)
11:00 Lunch (DR)
12:30 Reading Hour (LR)
1:30 Finish the Line with Tina (LR)
1:30 Piano Tunes with Shaarvi (DR)
2:00 Creative Expression Through Color (LR)
2:30 Crossword Circle (LR)
3:30 Bible Study with Tina (LR)
4:00 Dinner (DR)
6:00 Evening Movie (LR)

31

January 2026
Assisted Living
Activities are subject to change