

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Connections

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|  | <p>9:45 Meditative Yoga with Daryl 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 Daily Chronicle Discussion 11:30 National Missouri Day: Fun Facts/Landmarks ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 Giant Word Search with Daryl 2:30 Afternoon Chair Exercises 3:00 Happy Hour 3:30 Water Pong & Guess That Song 3:30 Soothing Sunday Manicures with Care Team 6:00 Movie Night ~ TV Room</p> | <p>4 9:45 Move & Groove Mondays w/Lisa & Cissel 10:30 Scenic Ride ~ Lobby 10:40 Walking Club & Hydration 11:00 The Daily Chronicle Discussion 11:30 National Bird Day: Birds Around the World 11:30 Book Club with Cissel ~ TV Room 12:00 Men's Lunch Monday ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 Weight Training Exercises w/ Sara ~ Sunroom 2:30 Tricky Tuesday Trivia ~ Sunroom 3:00 Happy Hour 3:30 Tuesday Tunes with Elaine O ~ Bistro 3:30 Afternoon Chair Exercises with Lisa 3:30 Mini Golf Monday & Tic Tac Toe with Lisa 3:30 Monday Manicures with Care Team 6:00 Movie Night ~ TV Room</p> | <p>5 9:45 Total Workout Tuesday w/ Priscilla & Sara 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Happy Birthday New Mexico! History 11:30 Book Club with Cissel ~ TV Room 12:00 Men's Lunch Monday ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 National Whipped Cream Day: Hot Chocolate Demo ~ Sunroom 2:30 Afternoon Chair Exercises with Lisa 3:00 Happy Hour 3:30 Water Pong & Guess That Song 3:30 Soothing Sunday Manicures with Care Team 6:00 Movie Night ~ TV Room</p> | <p>6 9:45 Total Workout Wednesday with Daryl & Isha 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Wacky Wednesday Word Games ~ Sunroom & TV Room 1:30 Walking Club ~ Weather Permitting 2:00 Waffle Wednesday ~ Sunroom 2:30 Live Performance by Steve Barkel! ~ Bistro 3:00 Happy Hour 3:30 Giant Connect Four & Holiday Pictionary with Daryl ~ Bistro 4:00 Safari Ring Toss & Word in a Word ~ Art Room 6:00 Movie Night ~ TV Room</p> | <p>7 9:45 Total Training Thursdays with Isha 10:30 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:30 Wheel of Fortune with Isha ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises with Isha 2:30 National Science Fiction Day: Remembering E.T the Extra Terrestrial ~ Sunroom 3:00 Piano Performance by Wade Cl ~ Bistro 3:30 Bold Baskets & Crazy Categories with Isha 3:30 Fun Friday Art with the Care Team ~ Art Room 6:00 Movie Night ~ TV Room</p> | <p>1 9:45 Fresh & Fit Fridays with Isha 10:30 Scenic Ride ~ Lobby 10:35 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:30 Sculpt and Sweat Saturdays with Isha and Kenitra 1:30 Walking Club ~ Weather Permitting 2:00 National Bittersweet Chocolate Day: Cookie Demo ~ Sunroom 2:30 Live Performance by Frank Plumer! ~ Bistro 3:00 Happy Hour ~ Bistro 3:30 Birthday Celebration for Jack M! ~ Bistro 3:30 Soothing Saturday Manicures with Care Team 3:45 Beanbag Toss & Word Association with Isha 6:00 Movie Night ~ TV Room</p> | <p>2 9:45 Sculpt and Sweat Saturdays with Isha and Kenitra 10:30 Scenic Ride ~ Lobby 10:35 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:30 Sculpt and Sweat Saturdays with Isha and Kenitra 1:30 Walking Club ~ Weather Permitting 2:00 National Bittersweet Chocolate Day: Cookie Demo ~ Sunroom 2:30 Live Performance by Frank Plumer! ~ Bistro 3:00 Happy Hour ~ Bistro 3:30 Beanbag Toss & Word Association with Isha 3:30 Painting Wooden Reindeer with Kenitra ~ Art Room 6:00 Movie Night ~ TV Room</p> | <p>3 9:45 Sculpt and Sweat Saturdays with Isha and Kenitra 10:30 Scenic Ride ~ Lobby 10:35 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:30 Sculpt and Sweat Saturdays with Isha and Kenitra 1:30 Walking Club ~ Weather Permitting 2:00 National Bittersweet Chocolate Day: Cookie Demo ~ Sunroom 2:30 Live Performance by Frank Plumer! ~ Bistro 3:00 Happy Hour ~ Bistro 3:30 Beanbag Toss & Word Association with Isha 3:30 Painting Wooden Reindeer with Kenitra ~ Art Room 6:00 Movie Night ~ TV Room</p> |
| <p>9:45 Meditative Yoga with Daryl & Jenna 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 Daily Chronicle Discussion 11:30 National Arkansas Day: Fun Facts 1:30 Walking Club ~ Weather Permitting 2:00 National Milk Day: Chocolate Milkshakes with Jenna ~ Sunroom 2:00 Giant Word Search w/ Daryl: Arkansas Theme 2:30 Afternoon Chair Exercises 3:00 Happy Hour 3:30 Water Pong & Guess That Song with Jenna 3:30 Sunday Sing-along with Daryl ~ Art Room 6:00 Movie Night ~ TV Room</p> | <p>11 9:45 Move & Groove Mondays w/Sara & Cissel 10:30 Scenic Ride ~ Lobby 10:40 Walking Club & Hydration 11:00 The Daily Chronicle Discussion 11:30 Book Club with Cissel ~ TV Room 12:00 Men's Lunch Monday ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 Weight Training Exercises w/ Sara & Daryl 2:00 Hot Tea Day: Tea Party with Sara ~ Sunroom 2:30 Afternoon Chair Exercises ~ Sunroom 3:00 Happy Hour 3:30 Tuesday Tunes with Elaine O ~ Bistro 3:30 Meditative Coloring with Care Team ~ Art Room 3:30 Monday Manicures with Care Team ~ Art Room 6:00 Movie Night & Evening Fun with Isha</p> | <p>12 9:45 Total Workout Tuesday w/Priscilla & Daryl 10:30 Scenic Ride ~ Lobby 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:15 National Sticker Day: Gemstone Sticker Art ~ Sunroom & TV Room 1:30 Walking Club ~ Weather Permitting 2:00 Weight Training Exercises w/ Sara & Daryl 2:30 Table Bowling Tuesday with Daryl 3:00 Happy Hour 3:30 Tuesday Tunes with Elaine O ~ Bistro 3:30 Meditative Coloring with Care Team ~ Art Room 3:30 Monday Manicures with Care Team ~ Art Room 6:00 Movie Night & Evening Fun with Isha</p> | <p>13 9:45 Total Workout Wednesday with Daryl & Isha 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:15 National Sticker Day: Gemstone Sticker Art ~ Sunroom & TV Room 1:30 Walking Club ~ Weather Permitting 2:00 Weight Training Exercises w/ Sara & Daryl 2:30 Live Performance by Julie Hall! ~ Bistro 3:00 Happy Hour 3:30 Giant Connect Four & Holiday Pictionary with Isha ~ Bistro 4:00 Safari Ring Toss & Word in a Word ~ Art Room 6:00 Movie Night ~ TV Room</p> | <p>14 9:45 Total Training Thursdays with Sara & Isha 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:15 Wintertime Memories Day 1:30 Walking Club ~ Weather Permitting 2:00 National Strawberry Ice Cream Day: Ice Cream Demo ~ Sunroom 2:30 Live Performance by Julie Hall! ~ Bistro 3:00 Happy Hour 3:30 Giant Connect Four & Holiday Pictionary with Isha ~ Bistro 3:30 Watercolor Wednesday with Daryl ~ Art Room 6:00 Movie Night ~ TV Room</p> | <p>15 9:45 Total Training Thursdays with Sara & Isha 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:15 Outing to the Steven F Udvar Hazy Museum 1:30 Walking Club ~ Weather Permitting 2:00 National Strawberry Ice Cream Day: Ice Cream Demo ~ Sunroom 2:30 Live Performance by Julie Hall! ~ Bistro 3:00 Happy Hour 3:30 Giant Connect Four & Holiday Pictionary with Isha ~ Bistro 3:30 Watercolor Wednesday with Daryl ~ Art Room 6:00 Movie Night ~ TV Room</p> | <p>16 9:45 Fresh & Fit Fridays with Isha and Kenitra 10:30 Scenic Ride ~ Lobby 10:35 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:15 Betty White Day: Biography Reading 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises ~ Bistro 2:30 Live Performance by Darryl Nichols! ~ Bistro 3:00 Happy Hour ~ Bistro 3:30 Beanbag Toss & Word Association with Isha 3:30 Snowflake Day: Painting Wooden Snowflakes with Kenitra ~ Art Room 6:00 Movie Night ~ TV Room</p> | <p>17 9:45 Sculpt and Sweat Saturdays with Isha and Kenitra 10:30 Scenic Ride ~ Lobby 10:35 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:15 Betty White Day: Biography Reading 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises ~ Bistro 2:30 Live Performance by Darryl Nichols! ~ Bistro 3:00 Happy Hour ~ Bistro 3:30 Beanbag Toss & Word Association with Isha 3:30 Snowflake Day: Painting Wooden Snowflakes with Kenitra ~ Art Room 6:00 Movie Night ~ TV Room</p> | |
| <p>9:45 Meditative Yoga with Daryl & Jenna 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 Daily Chronicle Discussion 11:30 National Michigan Day: Fun Facts ~ Sunroom & TV Room 1:30 Walking Club ~ Weather Permitting 2:00 Giant Jenga with Jenna: Michigan Themed 2:30 Afternoon Chair Exercises 3:00 Happy Hour 3:30 Water Pong & Guess That Song with Jenna 3:30 Sunday Sing-along with Daryl ~ Art Room 6:00 Movie Night ~ TV Room</p> | <p>18 9:45 Move & Groove Mondays w/Lisa & Cissel 10:30 Scenic Ride ~ Lobby 10:40 Walking Club & Hydration 11:00 The Daily Chronicle Discussion 11:30 Penguin Awareness Day: Animal Facts ~ Sunroom & TV Room 12:00 Men's Lunch Monday ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 National Popcorn Day: Poppin' Popcorn 2:30 Afternoon Chair Exercises with Sara & Lisa 3:00 Happy Hour 3:30 Tuesday Tunes with Elaine O ~ Bistro 3:30 Meditative Coloring with Care Team 3:30 Monday Manicures with Care Team 6:00 Movie Night ~ TV Room</p> | <p>19 9:45 Total Workout Tuesday w/Priscilla & Daryl 10:30 Scenic Ride ~ Lobby 10:40 Walking Club & Hydration 11:00 The Daily Chronicle Discussion 11:30 Martin Luther King Jr Day: Biography ~ Sunroom & TV Room 12:00 Men's Lunch Monday ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 National Cheese Lovers Day: Grilled Cheese Culinary Demo with Sara ~ Sunroom 2:00 Weight Training Exercises with Daryl 2:30 Table Bowling Tuesday with Daryl 3:00 Happy Hour 3:30 Tuesday Tunes with Elaine O ~ Bistro 3:30 Meditative Coloring with Care Team 3:30 Monday Manicures with Care Team 6:00 Movie Night ~ TV Room</p> | <p>20 9:45 Total Workout Wednesday with Daryl & Isha 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Penguin Awareness Day: Animal Facts ~ Sunroom & TV Room 12:00 Men's Lunch Monday ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 National Popcorn Day: Poppin' Popcorn 2:30 Afternoon Chair Exercises with Sara & Lisa 3:00 Happy Hour 3:30 Tuesday Tunes with Elaine O ~ Bistro 3:30 Meditative Coloring with Care Team 3:30 Monday Manicures with Care Team 6:00 Movie Night ~ TV Room</p> | <p>21 9:45 Total Training Thursdays with Sara & Isha 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Squirrel Appreciation Day: Animal Trivia 1:30 Walking Club ~ Weather Permitting 2:00 Waffle Wednesday ~ Sunroom 2:30 Live Performance by Empty Ecstasy! ~ Bistro 3:00 Happy Hour 3:30 Giant Connect Four & Holiday Pictionary with Daryl ~ Bistro 3:30 Lollipop Day: Watercolor Lollipop Paintings with Isha ~ Art Room 6:00 Movie Night ~ TV Room</p> | <p>22 9:45 Fresh & Fit Fridays with Isha and Kenitra 10:30 Scenic Ride ~ Lobby 10:35 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:30 First Rock & Roll Hall of Fame Inductions 1:30 Walking Club ~ Weather Permitting 2:00 National Polka Dot Day: Polka Dot Pom Pom Trees with Isha ~ Sunroom 2:00 Hot Topics with Priscilla ~ TV Room 2:30 Afternoon Chair Exercises with Isha & Kenitra 3:00 Happy Hour 3:30 Bold Baskets & Crazy Categories with Isha 3:30 Color by Number with Kenitra: Snowy Owl 6:00 Movie Night ~ TV Room</p> | <p>23 9:45 Sculpt and Sweat Saturdays with Isha and Kenitra 10:30 Scenic Ride ~ Lobby 10:35 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:30 Silly Saturday Games: Are You Smarter Than a 5th Grader ~ Sunroom & TV Room 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises ~ Bistro 2:30 Live Performance by Gabe Hutter! ~ Bistro 3:00 Happy Hour 3:30 Beanbag Toss & Word Association with Isha 3:30 Painting Wooden Gingerbread Men with Kenitra 6:00 Movie Night ~ TV Room</p> | <p>24 9:45 Sculpt and Sweat Saturdays</p> | |