

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Connections



<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>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 National Whipped Cream Day: Hot Chocolate Demo ~ Sunroom 2:30 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>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 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 Meditative Coloring with Care Team ~ Art Room 4:00 Safari Ring Toss & Word in a Word ~ Bistro 6:00 Movie Night ~ TV Room</p>	<p>9:45 Workout Wednesdays 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 Barke! ~ Bistro 3:00 Happy Hour 3:30 Giant Connect Four & Holiday Pictionary with Daryl ~ Bistro 3:30 Watercolor Wednesday with Isha ~ Art Room 6:00 Movie Night ~ TV Room</p>	<p>9:45 Total Training Thursdays with Sara & Isha 10:30 Hydration Station 10:35 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Lunch Outing to Copper Canyon Grill ~ Lobby 1:30 Walking Club ~ Weather Permitting 2:00 Elvis Day! Biography & Familiar Tunes ~ Sunroom 2:00 Hot Topics with Priscilla ~ TV Room 2:30 Afternoon Chair Exercises with Isha & Priscilla 3:00 Happy Hour 3:30 Air Hockey & Words That Start With... 3:30 VR Cafe ~ Art Room 6:00 Movie Night ~ TV Room</p>	<p>9:45 Fresh & Fit Fridays with Isha 10:30 Scenic Ride ~ Lobby 10:35 Walking Club & Hydration Station 11:00 The Daily Chronicle Reading 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 Air Hockey & Words That Start With... ~ 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>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 Alaska Day: 49th State History 1:30 Walking Club ~ Weather Permitting 2:00 Live Performance by Rita & Richard Clarke! ~ 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>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 Hot Tea Day: Tea Party with Sara ~ Sunroom 2:30 Afternoon Chair Exercises ~ Sunroom 3:30 Mini Golf Monday & Tic Tac Toe with Sara ~ Bistro 3:30 Monday Manicures with Care Team ~ Art Room 6:00 Movie Night ~ TV Room</p>	<p>9:45 Total Workout Tuesday w/Priscilla & Daryl 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:15 National Sticker Day: Gemstone Sticker Art 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 4:00 Safari Ring Toss & Word in a Word ~ Bistro 6:00 Movie Night & Evening Fun with Isha</p>	<p>9:45 Workout Wednesdays with Daryl & Isha 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Wintertime Memories Day ~ Sunroom & TV Room 1:30 Walking Club ~ Weather Permitting 2:00 Waffle Wednesday ~ 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>9:45 Total Training Thursdays with Sara & Isha 10:30 Hydration Station 10:35 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:45 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 2:00 Hot Topics with Priscilla ~ TV Room 2:30 Afternoon Chair Exercises with Sara & Priscilla 3:00 Happy Hour 3:30 Air Hockey & Words That Start With... 3:30 VR Cafe ~ Art Room 6:00 Movie Night ~ TV Room</p>	<p>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 Reading 11:30 Wheel of Fortune with Isha ~ Sunroom 11:30 Fun Adventure Friday with Kenitra ~ TV Room 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:30 Fable Friday & Friday Opposites 3:00 Piano Performance by Wade C! ~ Bistro 3:30 Bold Baskets & Crazy Categories with Isha 3:30 Winter Snowman Canvas Paintings w/Kenitra 6:00 Movie Night ~ TV Room</p>	<p>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 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 Word Search with Daryl ~ Sunroom 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>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 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 Popcorn Day: Poppin' Popcorn 2:30 Afternoon Chair Exercises with Sara & Lisa 3:30 Mini Golf Monday & Tic Tac Toe with Lisa 3:30 Monday Manicures with Care Team 6:00 Movie Night ~ TV Room Martin Luther King Jr. Day</p>	<p>9:45 Total Workout Tuesday w/Priscilla & Daryl 10:30 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:30 Penguin Awareness Day: Animal Facts 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 4:00 Safari Ring Toss & Word in a Word ~ Bistro 6:00 Movie Night & Evening Fun with Isha</p>	<p>9:45 Workout Wednesdays with Daryl & 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>9:45 Total Training Thursdays with Sara & Isha 10:30 Hydration Station 10:35 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 12:30 Outing to Bethesda Chocolates ~ Lobby 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 & Priscilla 3:00 Happy Hour 3:30 Air Hockey & Words That Start With... 3:30 VR Cafe ~ Art Room 6:00 Movie Night ~ TV Room</p>	<p>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 Reading 11:30 First Rock & Roll Hall of Fame Inductions 1:30 Walking Club ~ Weather Permitting 2:00 National Pie Day: Baking Demo with Kenitra ~ Sunroom 2:00 Fable Friday with Isha ~ TV Room 2:30 Afternoon Chair Exercises with Isha & Kenitra 3:00 Piano Performance by Wade C! ~ Bistro 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>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>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 Florida Day: Fun Facts 1:30 Walking Club ~ Weather Permitting 2:00 Giant Word Search with Daryl: Florida Themed 2:00 Painting Florida Seashells with Jenna ~ TV Room 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>9:45 Move & Groove Mondays w/Daryl & Cissel 10:30 Scenic Ride ~ Lobby 10:40 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:30 Australia Day: History Presentation ~ Sunroom & TV Room 12:00 Men's Lunch Monday ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:30 Live Performance by Jon Watkins ~ Bistro 3:00 Happy Hour ~ Bistro 3:30 Monday Manicures with Care Team 3:30 Mini Golf & Tic Tac Toe with Daryl ~ Bistro 6:00 Movie Night ~ TV Room Australia Day (Observed)</p>	<p>9:45 Total Workout Tuesday w/Priscilla & Daryl 10:30 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:30 National Geographic Society Day 1:30 Walking Club ~ Weather Permitting 2:00 National Chocolate Cake Day: Baking 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 4:00 Safari Ring Toss & Word in a Word ~ Bistro 6:00 Movie Night & Evening Fun with Isha</p>	<p>9:45 Workout Wednesdays 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 National Blueberry Pancake Day ~ Sunroom 2:30 Live Performance by Stephen Kenley! ~ 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>9:45 Total Training Thursdays with Sara & Isha 10:30 Walking Club & Hydration Station 11:00 The Daily Chronicle Discussion 11:30 Sleeping Beauty Anniversary: Movie Overview & Original Soundtrack ~ Sunroom & TV Room 1:30 Walking Club ~ Weather Permitting 2:00 National Puzzle Day: Puzzle Race ~ Sunroom 2:00 Hot Topics with Priscilla ~ TV Room 2:30 Afternoon Chair Exercises with Isha & Priscilla 3:00 Happy Hour 3:30 Air Hockey & Words That Start With... 3:30 VR Cafe ~ Art Room 6:00 Movie Night ~ TV Room</p>	<p>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 Reading 11:30 Favorite Sports Team Day 2:00 Afternoon Chair Exercises 2:30 Winter Beading with Isha ~ Sunroom 2:30 Fable Friday with Kenitra ~ TV Room 3:00 Piano Performance by Wade C! ~ Bistro 3:30 Bold Baskets & Crazy Categories with Isha ~ Bistro 3:30 Winter Bird Canvas Paintings with Kenitra 6:00 Movie Night ~ TV Room</p>	<p>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: Riddle Me This 1:30 Walking Club ~ Weather Permitting 2:00 National Hot Chocolate Day ~ Sunroom 2:30 Live Performance by Bob Clark! ~ Bistro 3:00 Happy Hour ~ Bistro 3:30 Winter Art Show Presented by Isha ~ Bistro 4:00 Beanbag Toss & Word Association with Isha 6:00 Movie Night ~ TV Room</p>