

# Assisted Living

## January 2026

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|--|--|--|--|--|---|---|
|  |  |  |  | <b>1</b><br>1000-Joy of Coloring<br>1030-Exercise<br>200-Bingo<br>700-Snack  | <b>2</b><br>1000-Would You Rather<br>1030-BallonVolleyBall<br>200-Nails<br>700-Snack    | <b>3</b><br>1030-Exercise<br>1100-Visit with your Neighbor<br>215-Bingo<br>700-Snack  |
| <b>4</b><br>1000-Exercise<br>1030-Church on TV<br>100-Independent Activity<br>700-Ice Cream  | <b>5</b><br>1000- <b>Resident Menu Meeting</b><br>200-Movin to Music<br>300-Coffee and Chat<br>700-Snack | <b>6</b><br>1000-This or That<br>1030-Exercise<br>200-Bingo<br>700-Snack           | <b>7</b><br>1000- <b>Resident Meeting</b><br>1045-Exercise<br>200-Uno<br>700-Snack                 | <b>8</b><br>1000-Better with Laughter<br>1030-Exercise<br>200-Bingo<br>700-Snack   | <b>9</b><br>1000-Men's Social<br>1030-Exercise<br>200-Nails<br>700-Snack                | <b>10</b><br>1100-Visit with your Neighbor<br><b>230-Music Therapy</b><br>700-Snack   |
| <b>11</b><br>1000-Exercise<br>1030-Church on TV<br>100-Independent Activity<br>700-Ice Cream | <b>12</b><br>930- <b>Coffee and Donuts with Mariah</b><br>1030-Exercise<br>200-Word Game<br>700-Snack    | <b>13</b><br>1000-This or That<br>1030-Exercise<br>200-Bingo<br>700-Snack          | <b>14</b><br>1000-Tractor Facts<br>1030-Tic Tac Toe<br>200-Hot Cocoa<br>700-Snack                  | <b>15</b><br>1030-Exercise<br>200-Bingo<br><b>300-Alzheimer's Support Group</b><br><b>315 Bagel Tasting</b><br><b>700-Starwberry Ice Cream</b> | <b>16</b><br>1000-Lady's Social<br>1030-Exercise<br><b>200-Sam Crosser</b><br>700-Snack | <b>17</b><br>1030-Exercise<br>1100-Visit with your Neighbor<br>215-Bingo<br>700-Snack |
| <b>18</b><br>1000-Exercise<br>1030-Church on TV<br>100-Independent Activity<br>700-Ice Cream | <b>19</b><br>1000-Coffee&Chat<br>1030-Exercise<br><b>200-National Popcorn Day</b><br>700-Snack           | <b>20</b><br>1030-Exercise<br><b>130-Cheese Tasting</b><br>200-Bingo<br>700-Snack  | <b>21</b><br>1000-Current Events<br>1030-BallonVolleyBall<br>200-King's Korner<br>700-Snack        | <b>22</b><br>1000-Iowa Snow Facts<br>1030-Exercise<br>200-Bingo<br>700-Snack   | <b>23</b><br>1000-All About Pie<br>1030-Exercise<br><b>200-K9 Cop</b><br>700-Snack      | <b>24</b><br>1030-Exercise<br>1100-Visit with your Neighbor<br>215-Bingo<br>700-Snack |
| <b>25</b><br>1000-Exercise<br>1030-Church on TV<br>100-Independent Activity<br>700-Ice Cream | <b>26</b><br>1000-Coffee&Chat<br>1030-Exercise<br>200-Word Game<br>700-Snack                             | <b>27</b><br>1000-This or That<br>1030-Exercise<br>200-Bingo<br>700-Chocolate Cake | <b>28</b><br>1000-Current Events<br>1030-Chair Yoga<br><b>200-Judy's Lego Display</b><br>700-Snack | <b>29</b><br>1000-Puzzle Time<br>1030-Exercise<br>200-Bingo<br>700-Snack   | <b>30</b><br>1000-Joy of Coloring<br>1030-Exercise<br>200-Nails<br>700-Snack            | <b>31</b><br>1030-Exercise<br>1100-Visit your Neighbor<br>215-Bingo<br>700-Snack      |

\*Activities subject to change