



January 2026 Catered Living



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|--|---|
| <p>*All activities are 45 min unless otherwise stated</p> <p>*Calendar is subject to change. Please see the calendar Touchtown for the most up-to-date information.</p> | <p>3rd FL— 3rd Floor Lobby AL— Assisted Living HC— Healthcare Day Room DR— Dining Room TVR— TV Room LR— Living Room IYR— In Your Room 1 FL— First Floor Lobby GAL— Gallery KIT— Kitchen AR—Activities Room BW—Breezeway</p> | <p>January’s Birthdays</p> <p>Hal D—3rd Ron K—13th Phyllis K—16th Marjorie E—18th Becky M—31st</p> | | <p>1 New Year’s Day</p> <p>11:00 Sing-a-long (AL TVR) 1:00 2025 in Review (AL)</p> | <p>2</p> <p>9:15 Strength & Stretch-WC 10:00-11:00 Fun Friday (AR) 2:00 New Year Mocktails 3:00 Games with Dan (MS LR)</p> | <p>3</p> <p>9:30 Morning Moves (MS TVR)</p> |
| <p>4</p> <p>11:00 TV Church (TVR or Ch. 287) 3:30-4:30 Vespers (Chapel or Ch. 971)</p> | <p>5</p> <p>9:15 Strength & Stretch-WC 10:30 Coffee & Conversations (DR) 11:00 Cardio Drumming-WC 2:00 Devotions (MS TVR) 3:00 Tales + Travel (Theatre room)</p> | <p>6</p> <p>9:15 Let’s Get Moving-WC 10:30 Bingo (DR) 2:00-3:00 Country Ride</p> | <p>7</p> <p>9:15 Strength & Stretch-WC 3:00 Jim Harrington Trio Music (GAL)</p> | <p>8 Elvis’s Birthday</p> <p>9:15 Let’s Get Moving-WC 10:30 Elvis Sing-a-Long (AL) 2:00-3:00 Country Ride</p> | <p>9</p> <p>9:15 Strength & Stretch-WC 10:00-11:00 Fun Friday (AR) 3:00 Games with Dan (MS LR)</p> | <p>10</p> <p>9:30 Morning Moves (MS TVR) 2:00 Rockfish Presbyterian Church Children’s Choir (GAL)</p> |
| <p>11</p> <p>11:00 Daily Chronicles 11:00 TV Church (TVR or Ch. 287) 3:30-4:30 Vespers (Chapel or Ch. 971)</p> | <p>12</p> <p>9:15 Strength & Stretch-WC 10:30 Coffee & Conversations (DR) 11:00 Cardio Drumming-WC 2:00 Devotions (MS TVE) 3:00 Music Appreciation (GAL)</p> | <p>13</p> <p>9:15 Let’s Get Moving-WC 10:30 Bingo (AL DR) 2:00-3:00 Country Ride 3:00 Second Tuesday Meeting-GAL</p> | <p>14</p> <p>9:15 Strength & Stretch-WC 10:00 Hearing at Home-Call the Clinic (x3304) to make an appt.</p> | <p>15</p> <p>9:30 Morning Moves (MS TVR) 2:00-3:00 Country Ride</p> | <p>16 Phyllis K. 100th Birthday</p> <p>9:15 Strength & Stretch-WC 10:00-11:00 Fun Friday (AR) 3:00 John Lockridge (AL) 3:15 Life Matters with Annie Foerster-GAL</p> | <p>17</p> <p>9:30 Morning Moves (MS TVR)</p> |
| <p>18</p> <p>11:00 TV Church (TVR or Ch. 287) 3:30-4:30 Vespers (Chapel or Ch. 971)</p> | <p>19 Martin Luther King Day</p> <p>10:30 Coffee and Conversations (AL DR) 11:00 Cardio Drumming-WC 2:00 Devotions (MS TVR)</p> | <p>20</p> <p>9:15 Let’s Get Moving-WC 10:30 Bingo (AL DR) 2:00-3:00 Country Ride</p> | <p>21</p> <p>9:15 Strength & Stretch-WC 10:30 Resident Council (AL DR)</p> | <p>22</p> <p>9:15 Let’s Get Moving-WC 2:00-3:00 Country Ride</p> | <p>23</p> <p>9:15 Strength & Stretch-WC 10:00-11:00 Fun Friday (AR) 3:00 Games with Dan (MS LR)</p> | <p>24</p> <p>9:30 Morning Moves (MS TVR)</p> |
| <p>25</p> <p>11:00 TV Church (TVR or Ch. 287) 3:30-4:30 Vespers (Chapel or Ch. 971)</p> | <p>26</p> <p>9:15 Strength & Stretch-WC 10:30 Coffee and Conversations (AL DR) 11:00 Cardio Drumming-WC 2:00 Devotions (MS TVR) 6:00 Bingo Night-GAL</p> | <p>27</p> <p>9:15 Let’s Get Moving-WC 10:30 Bingo (AL DR) 2:00-3:00 Country Ride 3:00 Birthday Social-GAL</p> | <p>28</p> <p>9:15 Strength & Stretch-WC 2:30 Documentary Series: “America Wealthiest Family”-TR</p> | <p>29</p> <p>9:15 Let’s Get Moving-WC 2:00-3:00 Country Ride 3:00 John Lockridge (GAL)</p> | <p>30</p> <p>9:15 Strength & Stretch-WC 10:00-11:00 Fun Friday (AR) 2:00 Birthday Social (MS DR) 3:00 Games with Dan (MS LR)</p> | <p>31</p> <p>9:30 Morning Moves (MS TVR)</p> |