

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2026

“Injustice anywhere is a threat to justice everywhere” -- Dr. Martin Luther King, Jr.

				Activity Director OFF <b>1</b>  New Year's Day	<b>2</b> Activity Director OFF Marcel OFF  <b>2pm</b> The Alexander's  <b>6:30p</b> Bible Study/Bingo w/Angela	<b>3</b>
<b>4</b>  <b>10am</b> Resident Council Mtg  <b>11am</b> Bible Study (AL)  <b>2pm</b> Monday Matinee (AL)	<b>5</b>  <b>11am</b> Bible Study (IL)	<b>6</b>  <b>NO BUS TRIP</b>	<b>7</b>  <b>NO BUS TRIP</b>	<b>8</b> <b>10:30am</b> Chair Yoga/Gentle Movement (AL)  <b>2pm</b> Music Therapy w/Blake (MC Only)  <b>1:15pm</b> Beyond Blessed (AL) <b>3pm</b> Beyond Blessed (IL)	<b>9</b> <b>9:30am</b> Walmart w/Marcel  <b>5pm</b> Reginald Yarbrough (Musical Entertainment)  <b>6:30p</b> Bible Study/Bingo w/Angela	<b>10</b>
<b>11</b> <b>START the Health/Wellness Initiative</b>  Be Accountable to a Buddy!!  How Many ounces of <b>Water</b> did you drink this <b>week</b> ? 😊	<b>12</b> <b>BUS TRIP</b> Scenic Ride (ALL invited) <b>10am</b> Departure  <b>11am</b> Bible Study (AL)  <b>2pm</b> Monday Matinee (AL)	<b>13</b> <b>11am</b> Bible Study (IL)  <b>2:30pm</b> Chair Yoga /w Sips & Strokes Art Therapy (IL)	<b>14</b> <b>BUS TRIP</b> Scenic Ride (MC Only) <b>10am</b> Departure	<b>15</b> Massage Therapy w/Tangie <b>10am-12pm</b> (AL commons)  <b>2pm</b> Science Talk w/Crissy (our Storyteller/Historian) (AL)	<b>16</b> <b>9:30am</b> Walmart w/Marcel  <b>6:30pm</b> Bible Study/Bingo w/Angela	<b>17</b>
<b>18</b> <b>Be Accountable to a Buddy!!</b>  <b>Count</b> Your Steps?? How Many <b>Steps</b> Did You Walk <b>daily</b> ? This <b>week</b> ??  YOU CAN DO IT!!! 😊	<b>19</b> <b>BUS TRIP</b> Civil Rights Institute & Gospel Performance by Carlton Reese Choir <b>8am</b> Departure  <b>11am</b> Bible Study (AL)  <small>Martin Luther King Jr. Day</small>	<b>20</b> <b>11am</b> Bible Study (IL)  <b>2:30pm</b> Chair Yoga w/Sips & Strokes Art Therapy (IL) (Making T-Shirts)	<b>21</b> <b>BUS TRIP</b> Negro Southern League Museum & Lunch <b>10am</b> Departure  (all invited)	<b>22</b> <b>10:30am</b> Chair Yoga/Gentle Movement w/Sips & Strokes Art Therapy (AL commons)  <b>2pm</b> Art/ Puzzles/ Game Time (IL) Community Room	<b>23</b> <b>9:30am</b> Walmart  <b>11am</b> Book Club (AL)  <b>6:30pm</b> Bible Study/Bingo w/Angela	<b>24</b>
<b>25</b> <b>Be Accountable to a Buddy!!</b>  Increase Your <b>Water</b> Intake and <b>Stepping</b> Efforts!!! 😊 BEGIN or TRY a new short exercise... <b>YOGA, BOXING, ZUMBA!!!</b> 😊  <b>Encourage</b> a Buddy or Co-worker <b>Everyday</b> this <b>WEEK!</b>	<b>26</b> <b>11am</b> Bible Study (AL)  <b>1:30pm</b> Pamper Me Monday  <b>3pm</b> Monday Matinee (AL)  <small>Australia Day (Observed)</small>	<b>27</b> <b>11am</b> Bible Study (IL)  <b>1:30pm</b> Adam Martin Musical Entertainment (IL)  <b>2:30pm</b> Chair Yoga w/Sips & Strokes Art Therapy (IL)	<b>28</b> <b>BUS TRIP</b> Five Below / Thrift Store & Lunch <b>10am</b> Departure  (all invited)	<b>29</b> <b>10:30am</b> Chair Yoga/Gentle Movement w/Sips & Strokes Art Therapy (AL commons)  <b>12pm</b> Birthday Celebrations (IL)	<b>30</b> <b>9:30am</b> Walmart  <b>11am</b> Book Club (AL)  <b>6:30pm</b> Bible Study/Bingo w/Angela	<b>31</b>