

January 2026 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
ALL all CR CR DR DR G Gathering Room T Trailview TPA Trailview, Pineview, Assisted Living	Happy Birthday to 1/8 Janice Netwal 1/25 Thomas Lindquist			New Year's Day 1	11:00 Strength & Mobility [G] 3:00 Happy Hour [CR] 4:00 Bingo! [CR]	2 1:30 Bingo with Nancy [CR] 3:00 Kinect Bowling [T]	
						3	
4 10:30 Virtual Church Services & Hymns [T]	10:30 Scarf Exercises [T] 10:30 Sit & Be Fit! [G] 11:00 Monday Trivia [G] 1:00 Community Life Planning Meeting [CR] 2:00 Monday Matinee & Popcorn [G] 4:00 Bingo [CR]	5 10:30 Chair Exercises [T] 10:30 Chair Exercises [G] 11:00 Daily Chronicles & Trivia [G] 2:00 Spark Performances Pep Rally [CR] 4:00 Card/ Board Games [CR]	6 10:30 Chair Exercises [T] 10:30 Chair Exercises [G] 11:00 Daily Chronicles & Trivia [G] 2:00 Spark Performances Pep Rally [CR] 4:00 Card/ Board Games [CR]	7 10:00 Chair Zumba Exercises [T] 10:30 Chair Workout [G] 11:15 Devotions & Hymn Sing [G] 1:00 Winter League Roar & Heart Division Meeting [G] 4:00 Bingo! [CR]	Happy Birthday Jan! 8 10:15 Fitness Class [T] 10:30 Armchair Fitness [G] 10:45 Flashback Reminisce Games [T] 11:00 Lunch Outing: Black Forest Inn 2:00 Lifelong Learning Programs [CR] 3:30 Nails & Spa [CR]	9 11:00 Strength & Mobility [G] 1:00 Big Show [G] 3:00 Social Hour [CR] 4:00 Bingo! [CR]	10 1:30 Bingo with Nancy [CR] 3:00 Kinect Bowling [T]

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10:30 Virtual Church Services & Hymns [T] 11	10:30 Scarf Exercises [T] 10:30 Sit & Be Fit! [G] 11:00 Monday Trivia [G] 2:00 Monday Matinee & Popcorn [G] 4:00 Bingo [CR]	10:30 Chair Exercises [T] 10:30 Chair Exercises [G] 11:00 Daily Chronicles & Trivia [G] 1:00 Spark Challenge [G] 2:30 Outing to Resale Select 4:00 Card/ Board Games [CR] 12	10:00 Chair Zumba Exercises [T] 10:30 Chair Workout [G] 11:15 Devotions & Hymn Sing [G] 1:00 Snowflake Activity 2:00 Therapy Dog visits with Lucy [TPA] 3:00 Resident Council [CR] 4:00 Bingo! [CR] 13	9:30 National Bagel Day!-Bagels [CR] 10:15 Fitness Class [T] 10:30 Armchair Fitness [G] 10:45 Flashback Reminisce Games [T] 11:15 Remember When/ Trivia [G] 1:00 Spark League Tryathlon [G] 2:00 Culinary with Carlos [CR] 3:30 Nails & Spa [CR] 14	11:00 Strength & Mobility [G] 1:00 Big Show [G] 2:00 Entertainment: Tom Majoros on the guitar [DR] 3:00 Social Hour- Birthday Party [CR] 4:00 Bingo! [CR] 15	1:30 Bingo with Nancy [CR] 3:00 Kinect Bowling [T] 17
10:30 Virtual Church Services & Hymns [T] 18	National Popcorn Day! Martin Luther King Jr. Day 10:00 Outing: Shopping at Byerly's 10:30 Scarf Exercises [T] 11:00 Monday Trivia [G] 2:00 Monday Matinee & Popcorn [G] 4:00 Bingo [CR] 19	National Penguin Day! 10:30 Chair Exercises [T] 10:30 Chair Exercises [G] 11:00 Daily Chronicles & Trivia [G] 1:00 Spark Challenge [G] 2:30 Penguin Craft [G] 4:00 Card/ Board Games [CR] 20	10:00 Chair Zumba Exercises [T] 10:00 Catholic Communion Services [CR] 10:30 Chair Workout [G] 11:15 Devotions & Hymn Sing [G] 2:00 All Life Spark Annual Memorial [CR] 4:00 Bingo! [CR] 21	10:00 Therapy Dog Visits: Lucy [TPA] 10:15 Fitness Class [T] 10:30 Armchair Fitness [G] 10:45 Flashback Reminisce Games [T] 11:15 Remember When/ Trivia [G] 1:00 Spark League Tryathlon [G] 2:00 "FDR-Homefront"-Re-enactment by Gary Stam [CR] 3:30 Nails & Spa [CR] 22	11:00 Strength & Mobility [G] 1:00 Big Show [G] 3:00 Social Hour [CR] 4:00 Bingo! [CR] 23	1:30 Bingo with Nancy [CR] 3:00 Kinect Bowling [T] 24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday Thomas L.! 25 10:30 Virtual Church Services & Hymns [T]	National Bubble Wrap Day! 26 10:30 Scarf Exercises [T] 10:30 Sit & Be Fit! [G] 11:00 Monday Trivia [G] 2:00 Monday Matinee & Popcorn [G] 4:00 Bingo [CR]	10:30 Chair Exercises [T] 10:30 Chair Exercises [G] 11:00 Daily Chronicles & Trivia [G] 1:00 Spark Challenge [G] 2:30 Bubble Wrap Craft [G] 4:00 Card/ Board Games [CR]	10:00 Chair Zumba Exercises [T] 10:30 Chair Workout [G] 11:15 Devotions & Hymn Sing [G] 1:00 Manicures [G] 2:30 Bingo Buck's Store [G] 4:00 Bingo! [CR]	10:15 Fitness Class [T] 10:30 Armchair Fitness [G] 10:45 Flashback Reminisce Games [T] 11:15 Remember When/ Trivia [G] 1:00 Outing: Bakken Museum 1:00 Spark League Tryathlon [G] 3:30 Nails & Spa [CR]	Happy Birthday Lois! 30 National Croissant Day! 11:00 Strength & Mobility [G] 1:00 Big Show [G] 3:00 Social Hour: Croissants & Hot Chocolate [CR] 4:00 Bingo! [CR]	2:00 Live Entertainment "After 5" [DR] 3:00 Kinect Bowling [T]