

Monday

Tuesday

Wednesday

Thursday

Friday



Jan 2026

			8:30-9 Morning Greet 9-10 Breakfast Club 10-10:30 Dance Moves 10:30-11:30 Music with John 11:30-12 Light Refreshments 12-12:30 Brain Games 12:30-1:30 Hearty Lunch 1:30-2:30 In/Outdoor Walking Groups 2:30-3 Lawn Games/Daily Chronicles	8:30-9 Morning Greet 9-10 Breakfast Club 10-10:30 Stretch with Exercise Balls 10:30-11:30 Baking/Daily Chronicles 11:30-12 Light Refreshments 12-12:30 In/Outdoor Walking Groups 12:30-1:30 Hearty Lunch 1:30-2 Quiet Space/ Reading 2-3 Movie/TV Show of the Week
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Martin Luther King Day!