

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

January 2026				Happy New Year 2026 1		2		3					
				9 am Exercise (H) 10 am Who, What, Where? (TH) 11 am Yoga/Stretching (H) 2 pm Wipe Out Game (D) 3:30 pm Mexican Train Dominoes (D)		9 am Exercise (H) 10 am Cranium Crunch Puzzle Handout 10:15 Men's Group (FH) 2 pm Bingo (DR) 3:15 Happy Hour (L) 6 pm Evening Movie (TH) "The Monument of Men"		9 am Piano Sing-along (L) 9:30 Coffee & Chat (FH) ☕ 11 AM Exercise (H) 2 pm Travelogue - Alaska (TH) 3:30 Wii Bowling (FH)					
4		Nat'l Bird Day 5		6		7		8		9		10	
9:45 AM Worship Service Video (H) 2:25 Broncos Vs. Chargers Channel 4		9 am Exercise (H) 11am Strengthening/Weights(H) 2 pm Read Out Loud (H) 3 pm Pictionary (TH)		9 am Exercise (H) 11 am Yoga/Stretching (H) 1:30 Shopping -Arvada Sq. 1:30 Manicures w/ Leigh (D) 2 pm Sew, Knit & Crochet (H) 3:30 Mexican Train Dominoes (D)		9 am Exercise (H) 9:30 Shopping - Wads Loop 10 am Communion (H) 1:30 Shopping - Wads Loop 6:30 Bingo with Sue (DR) Undecorating		9 am Exercise (H) Undecorating 3:30 Mexican Train Dominoes (D)		9 am Dance Exercise (H) Finish undecorating 2 pm Bingo (DR) 3:15 Happy Hour (L) 6 pm Evening Movie (TH) "All That Jazz"		9 am Piano Sing-along (L) 9:30 Coffee & Chat (FH) ☕ 11 AM Exercise (H) 2 pm Crossword Puzzle (D) 3:30 Wii Bowling (FH)	
11		12		13		14		15		16		17	
9:45 AM Worship Service Video (H) 2 pm Resident Choice Movie (TH)		9 am Exercise (H) 11am Strengthening/Weights(H) 2 pm Piano with Larry (L) 3 pm Read Out Loud (H)		9 am Exercise (H) 11 am Yoga/Stretching (H) 12:15 Bookmobile (H) 1:30 Shopping -Arvada Sq. 2 pm Book Club Reviews (H) 3 pm Sew, Knit & Crochet (H)		9 am Exercise (H) 9:30 Shopping Wads Loop 10 am Communion (H) 1:15 Watercolor painting (D) 1:30 Yogurt land Outing 2 pm AL Resident Council (H) 3 pm Crossword Puzzle (D) 6:30 Bingo w/ Juliette (DR)		9 am Exercise (H) 10 am Who, What, Where? (TH) 10:15 Men's Group (FH) 11 am Yoga/Stretching (H) 2 pm Western Games 3:30 Mexican Train Dominoes (D)		9 am Exercise (H) 10 am Cranium Crunch Puzzle Handout 11 am Strengthening (H) 2 pm Bingo (DR) 3:15 Happy Hour (L) 6 pm Evening Movie (TH) "Truth"		9 am Piano Sing-along (L) 9:30 Coffee & Chat (FH) ☕ 11 AM Exercise (H) 11:30 Lunch Outing - Wish Bone 2 pm Bingo (DR) 3:30 Wii Bowling (FH)	
18		Nat'l Popcorn Day 19		20		21		22		23		24	
Independent Activities 2 pm Resident Choice Movie (TH)		9 am Exercise (H) 11am Strengthening/Weights(H) 2 pm Read Out Loud (H) 3 pm Words within Words (D) Martin Luther King Jr. Day		9 am Exercise (H) 11 am Yoga/Stretching (H) 1:30 Shopping -Arvada Sq. 1:30 Manicures w/ Leigh (D) 2 pm Sew, Knit & Crochet (H) 3 pm Dollar in the Jar - Trio Music (L)		9 am Exercise (H) 9:30 Shopping Wads Loop 10 am Communion (H) 1:30 Shopping - Wads Loop 2 pm IL Res. Meeting (H) 3 pm Crossword Puzzle (D) 6:30 PM Bingo with Sue (DR)		9 am Exercise (H) 10 am Who, What, Where? (TH) 11 am Yoga/Stretching (H) 2 pm Wipe Out Game (D) 3:30 Mexican Train Dominoes (D)		9 am Dance Exercise (H) 10 am Cranium Crunch Puzzle Handout 11 am Strengthening (H) 2 pm Bingo (DR) 3:15 Happy Hour (L) 6 pm Evening Movie (TH) "Momma Mia"		9 am Piano Sing-along (L) 9:30 Coffee & Chat (FH) ☕ 10:30 Games with Juliette (D) 2 pm Popcorn Party (D) 3:30 Wii Bowling (FH)	
25		26		27		28		29		30		31	
9:45 AM Worship Service Video (H) 2 pm Resident Choice Movie (TH)		9 am Exercise (H) 11am Strengthening/Weights(H) 2 pm The Hat Man -Music (L) 3 pm Pictionary (TH)		9 am Exercise (H) 9:30 Shopping - Arvada Sq. 11 am Yoga/Stretching (H) 12:15 Bookmobile (H) 1:30 Dollar Tree Shopping 2 pm Sew, Knit & Crochet (H) 3:30 Mexican Train Dominoes (D)		9 am Exercise (H) 9:30 Shopping - Wads Loop 10 am Communion (H) 1:30 Shopping - Wads Loop 1:15 Watercolor painting (D) 3 pm Crossword Puzzle (D) 6:30 PM Bingo with Juliette (DR)		9 am Exercise (H) 10 am Who, What, Where? (TH) 11 am Yoga/Stretching (H) 2 pm License Plate activity (D) 3:30 pm Mexican Train Dominoes (D)		9 am Exercise (H) 10 am Cranium Crunch Puzzle Handout 11 am Strengthening (H) 2 pm to 3:30 Snowflakes and Spirts Happy Hour (L) 6 pm Evening Movie (TH) "True Grit"		9 am Piano Sing-along (L) 9:30 Coffee & Chat (FH) ☕ 11 AM Exercise (H) 2 pm Hot Cocoa Party (L) 3:30 Wii Bowling (FH)	