



January 2026

Memory Support

| | | | | | | | | | | | | | |
|--|----|--|----|--|----|--|----|---|----|--|----|---|----|
| <div></div> <div>January 2026</div> <div>Memory Support</div> | | | | 9:00a Chair Thai Chi 10:30a Morning Bingo 1:00p Puzzles 1:30p Afternoon Movie (AR/LR) 2:00p Baking w/ Manny 3:00p Trivia 6:00p Chair Stretches w/ Carestaff New Year's Day | 1 | 9:00a Morning Walk 9:30a Chair Exercise (AR) 1:00p Puzzles 2:00p Vet to Vet Cafe 2:00p Trivia/Games (AR) 3:00p Happy Hour (B) 6:00p Soundscapes w/ Carestaff | 2 | 9:00a Morning Walk 9:30a Chair Exercise 9:30a Church w/ Rocky Mountain Calvary 11:30a Lunch 1:30p Afternoon Movie 3:30p Crafting w/ Carestaff 6:00p Activity Stations | 3 | | | | |
| 9:00a Devotional Reading (WC) 10:00a Gospel Hymns (WC) 10:30a Virtual Mass (WC) 2:00p Bingo (WC) 3:00p Activity Stations 6:00p Reminiscing w/ Carestaff | 4 | 9:00a Morning Walk 9:30a Reminiscing w/ Manny (WC) 10:30a Guys and Coffee (WC) 1:30p Walmart Shopping 3:30p Cranium Crunches (AR) 6:00p Crafting w/ Carestaff | 5 | 9:00a Chair Thai Chi (WC) 9:30a Reminiscing w Manny(WC) 10:00a Bible Study w/ Evie (WC) 2:00p Bingo (AR) 3:00p Music w /Rick Taylor 6:00p Evening Stroll w/ Carestaff | 6 | 9:00aChair Stretching 10:00 Reminiscing w/ Manny 10:30a Catholic Communion 1:30p Crafts w/ Manny 2:00p Trivia (B) 3:00p Social Hour (WC) 5:30p Evening Movie w/ Carestaff | 7 | 9:00a Chair Thai Chi 10:30a Morning Bingo 1:00p Puzzles 1:30p Afternoon Movie (AR/LR) 2:00p Baking w/ Sharon 3:00p Trivia 6:00p Chair Stretches w/ Carestaff | 8 | 9:00a Morning Walk 9:30a Chair Exercise (AR) 1:00p Puzzles 2:00p Happy Hour (L) 3:00p Music w/ Lone Wolf (B) 6:00p Soundscapes w/ Carestaff | 9 | 9:00a Morning Walk 9:30a Chair Exercise 9:30a Church w/ Rocky Mountain Calvary 11:30a Lunch 1:30p Afternoon Movie 3:30p Crafting w/ Carestaff 6:00p Activity Stations | 10 |
| 9:00a Devotional Reading (WC) 10:00a Gospel Hymns (WC) 10:30a Virtual Mass (WC) 2:00p Bingo (WC) 3:00p Activity Stations 6:00p Reminiscing w/ Carestaff | 11 | 9:00a Morning Walk 9:30a Reminiscing w/ Manny (WC) 10:30a Guys and Coffee (WC) 1:30p Trivia/Games (WC) 3:30p Leisure Games (WC) 6:00p Crafting w/ Carestaff | 12 | 9:00a Chair Thai Chi (WC) 9:30a Reminiscing w Manny(WC) 10:00a Bible Study w/ Evie 1:30p Music w/ George 2:00p Bingo (AR) 4:00p Family Council (AR/Zoom) 6:00p Evening Stroll w/ Carestaff | 13 | 9:00aChair Stretching 10:00 Reminiscing w/ Manny 10:30a Catholic Communion 1:30p Crafts w/ Manny 2:00p Trivia/Games (WC) 3:00p Social Hour (WC) 5:30p Evening Movie w/ Carestaff | 14 | 9:00a Chair Thai Chi 10:30a Morning Bingo 1:00p Puzzles 1:30p Afternoon Movie (AR/LR) 2:00p Baking w/ Manny 3:00p Trivia 6:00p Chair Stretches w/ Carestaff | 15 | 9:00a Morning Walk 9:30a Chair Exercise (AR) 1:00p Puzzles 1:30p Hymn Songs w/ Gordon (AR) 3:00p Happy Hour 6:00p Soundscapes w/ Carestaff | 16 | 9:00a Morning Walk 9:30a Chair Exercise 9:30a Church w/ Rocky Mountain Calvary 11:30a Lunch 1:30p Afternoon Movie 3:30p Crafting w/ Carestaff 6:00p Activity Stations | 17 |
| 9:00a Devotional Reading (WC) 10:00a Gospel Hymns (WC) 10:30a Virtual Mass (WC) 2:00p Bingo (WC) 3:00p Activity Stations 6:00p Reminiscing w/ Carestaff | 18 | 9:00a Morning Walk Indoor/Outdoor 9:30a Chair Exercise (AR) 10:00a Intermediate Exercise 11:00a Lunch at Fargos Pizza 2:00p History/Facts of Martin Luther King Jr (AR) 3:00p Cranium Crunches (AR) 6:00p Evening Movie (AR) Martin Luther King Jr. Day | 19 | 9:00a Chair Thai Chi (WC) 9:30a Reminiscing w Manny(WC) 10:00a Bible Study w/ Evie 2:00p Bingo (AR) 3:00p Skip Moore (B) 6:30p Evening Stroll w/ Carestaff | 20 | 9:00aChair Stretching 10:00 Reminiscing w/ Manny 10:30a Catholic Communion 1:30p Crafts w/ Manny 2:00p Cooking Demo w/ Nick (WC) 3:00p Social Hour (WC) 5:30p Evening Movie w/ Carestaff | 21 | 9:00a Chair Thai Chi 10:30a Morning Bingo 1:00p Puzzles 1:30p Afternoon Movie (AR/LR) 2:00p Baking w/ Manny 3:00p Trivia 6:00p Chair Stretches w/ Carestaff | 22 | 9:00a Morning Walk 9:30a Chair Exercise (AR) 1:00p Puzzles 2:00p Trivia/Games (AR) 3:00p Happy Hour(B) 6:00p Soundscapes w/ Carestaff | 23 | 9:00a Morning Walk 9:30a Chair Exercise 9:30a Church w/ Rocky Mountain Calvary 11:30a Lunch 1:30p Afternoon Movie 3:30p Crafting w/ Carestaff 6:00p Activity Stations | 24 |
| 9:00a Devotional Reading (WC) 10:00a Gospel Hymns (WC) 10:30a Virtual Mass (WC) 2:00p Bingo (WC) 3:00p Activity Stations 6:00p Reminiscing w/ Carestaff | 25 | 9:00a Morning Walk Indoor/Outdoor 9:30a Chair Exercise (AR) 10:00a Intermediate Exercise (AR) 1:30p Scenic Drive/Prospect Lake 3:00p Cranium Crunches (L) 6:00p Evening Movie (AR) Australia Day (Observed) | 26 | 9:00a Chair Thai Chi (WC) 9:30a Reminiscing w Manny(WC) 10:00a Bible Study w/ Evie (WC) 2:00p Bingo (AR) 3:00p Trivia/Games (WC) 6:00p Evening Stroll w/ Carestaff | 27 | 9:00aChair Stretching 10:00 Reminiscing w/ Manny 10:30a Catholic Communion 1:30p Crafts w/ Manny 2:00p Trivia/Games (WC) 3:00p Social Hour (WC) 5:30p Evening Movie w/ Carestaff | 28 | 9:00a Chair Thai Chi 10:30a Morning Bingo 1:00p Puzzles 1:30p Afternoon Movie (AR/LR) 2:00p Baking w/ Manny 3:00p Trivia 6:00p Chair Stretches w/ Carestaff | 29 | 9:00a Morning Walk 9:30a Chair Exercise (AR) 1:00p Puzzles 2:00p Trivia/Games (AR) 3:00p Happy Hour(B) 6:00p Soundscapes w/ Carestaff | 30 | 9:00a Morning Walk 9:30a Chair Exercise 9:30a Church w/ Rocky Mountain Calvary 11:30a Lunch 1:30p Afternoon Movie 3:30p Crafting w/ Carestaff 6:00p Activity Stations | 31 |