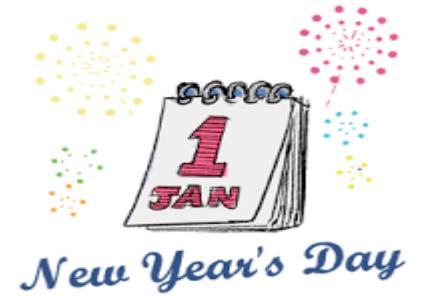


Discovery and Harmony Activity Calendar

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1-1 Richard 1-10 Warren 1-18 Pearl 1-19 Gloria 1-24 Willie 1-26 Nancy M.</p>			<p>2 Welcome the New Year</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 Match Songs w/ Movies— Kayla H11:00 Active Game 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour D12:45 Grab Ball Game H12:45 Sensory Box</p>		
<p>5 National Bird Day</p> <p>10:00 Coffee Klatch/ News & Discussion 11:00 Active Game Fun <u>D</u>11:00 <u>Alternate: Create Joy w/ Frankie</u> 11:40 Sittercises 12:00 Lunch and Social Hour <u>D</u>12:45 <u>Patio Bird Watching & Trivia</u> <u>H</u>12:45 <u>Alt: Bird Picture Bingo Bash</u></p>	<p>6 Apple Tree day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Baking w/ Jo</u> H11:00 Active Game Fun 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour D12:45 <u>Apple Art w/ Paola</u> H12:45 <u>Music Memories</u></p>	<p>7 Word Game Wednesday</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>January Word Games & Trivia</u> H11:00 <u>New Year's Resolutions</u> 11:40 Sittersices 12:00 Lunch and Social Hour D12:45 <u>Ping Pong Toss Challenge</u> H12:45 <u>Active Game Fun</u></p>	<p>8 Elvis Presley's Birthday</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Elvis Bingo & Trivia</u> H11:00 <u>Picture Match Game</u> 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour D12:45 <u>Elvis Presley Party!</u> 12:45 Alt: <u>Dominoes Club w/ Jim</u></p>	<p>9 Connor Performs</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 Connor Performs: Piano 11:30 Trivia Challenge 11:45 Chair Zumba w/ Jo 12:00 Lunch and Social Hour D12:45 <u>Ring Toss Game</u> H12:45 <u>Movie Clips & Trivia</u></p>	
<p>12 National Hot Tea Day</p> <p>10:00 Coffee Klatch/ News & Discussion D11:00 <u>Parachute Game & Social Circle</u> H11:00 <u>Winter Self Care</u> 11:40 Music and Movement 12:00 Lunch and Social Hour D12:30 <u>Tea Party Fun w/ Jo</u> H12:30 <u>Alt: Table Top Activities</u> Group 4, 8th graders visit!</p>	<p>13 Happy Tuesday</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Core Class w/ Paola/ Word Game</u> H11:00 <u>Name That Tune</u> 11:45 Move & Groove Exercises 12:00 Lunch and Social Hour D12:45 <u>Color Therapy w/ Paola</u> H12:45 <u>Table Games</u></p>	<p>14 Connor Performs</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Fill in the Blank Game w/ Kayla</u> H11:00 <u>Active Game Fun</u> 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour D12:45 <u>Connor Performs: Piano</u> 12:45 Alt: <u>Color Therapy</u></p>	<p>15 National Fresh Squeezed Juice Day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 Fresh Juice Making & Tasting 11:00 Alt: <u>Patio Chair Volleyball</u> 11:45 Noodle Exercises 12:00 Lunch and Social Hour D12:45 <u>Hat Day Dance Party!</u> 12:45 Alt: <u>Table Top Activities</u></p>	<p>16 Friday Funday</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Stars of 80's & 90's Bingo— Kayla</u> D11:00 <u>Creative Crew w/ Lori</u> 11:40 Chair Zumba 12:00 Lunch and Social Hour D12:45 <u>Connect 4 Game</u> H12:45 <u>Balloon Swat</u></p>	
<p>Center Closed</p> 	<p>20 Mini Horses Therapy</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 Romeo Road Show 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour D12:45 <u>Jeopardy Challenge</u> H12:45 <u>Bulls Eye Bean Bag Toss</u></p>	<p>21 Pet Therapy</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 Love on a Leash: Pet Therapy 11:00 Craft Group w/ Paola 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour D12:45 <u>Ukulele Strummers & Singers</u> 12:45 Alt: <u>Painting Club w/ Jo</u></p>	<p>22 Sundance Film Festival</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Classic Movie Clips & Trivia</u> H11:00 <u>Att's & Crafts</u> 11:45 Move and Groove Exercises 12:00 Lunch and Social Hour D12:45 <u>Snowflake Art</u> H12:45 <u>Classic Movie Clips & Trivia</u></p>	<p>23 National Pie Day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Name that Musical</u> H11:00 <u>Baking w/ Jo</u> 11:40 Noodle & Band Exercises 12:00 Lunch and Social Hour D12:45 <u>Corn Hole— bean bag toss</u> H12:45 <u>Reminisce & Word Game</u></p>	
<p>26 Monday Movement</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 Chair Yoga w/ Beth 11:00 Alt: Active Game 11:40 Music & Movement 12:00 Lunch and Social Hour D12:45 <u>Grab Ball Game</u> H12:45 <u>Jeopardy Challenge</u></p>	<p>27 Yoga w/ Beth</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 Chair Yoga w/ Beth 11:00 Alt: <u>The Price is Right w/ Jo</u> 11:40 Move & Groove Exercises 12:00 Lunch and Social Hour D12:45 <u>Fill in the Blank</u> H12:45 <u>Outdoor Social</u></p>	<p>28 Variety Wednesday</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 Jackson Pollock Inspired Art w/ Jo 11:00 Alt: <u>Word Game Challenge</u> 11:40 Sit & Get Fit Exercises 12:00 Lunch and Social Hour D12:45 <u>Bean Bag Cup Toss</u> H12:45 <u>Active Game Fun</u></p>	<p>29 Int. Creativity Month</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Connect 4 Game</u> H11:00 <u>Active Game Fun</u> 11:40 Music & Movement 12:00 Lunch and Social Hour D12:45 <u>Unlikely Animal Friendships</u> H12:45 <u>Creative Art</u></p>	<p>30 1950's Dance Party</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Active Game Fun</u> 11:00 Creative Crew w/ Lori 11:40 Noodle & Band Exercises 12:00 Lunch and Social Hour 12:45 <u>50's Dance Party!</u> 12:45 Alt: <u>Dominoes Club w/ Jim</u></p>	<p>Note: If an activity is only scheduled for Discovery group, you will see it noted with the letter D or H for Harmony. All other activities will be done in both groups. Your loved one is also welcome to join the other group if they prefer doing that activity instead of what their group is doing.</p>