

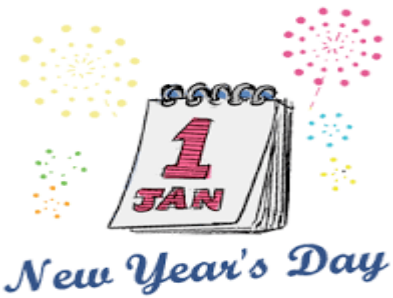







# Discovery and Harmony Activity Calendar

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