

January 2026 - 1st Floor Manor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY				1 New Years Day 10:00 Yoga Stretch 10:30 Bible Study 2:00 Mocktails 3:00 Reminiscing 6:30 Mummer's Parade	2 10:00 Strong & Fit 10:30 The Daily Report 2:00 Bulls Eye 3:00 Refreshments 6:30 January Birthdays	3 10:00 Armchair Dance 10:30 Coffee Klatch 2:00 Music & Manicures 3:00 Juice Bar 6:30 Dean Martin
4 10:00 Sunday Stretch 10:30 News Time 2:00 Hymn Sing 2:30 Worship Service 3:00 Chit & Chat 6:30 Leave it to Beaver	5 10:00 Morning Swing 10:30 News & Views 2:00 Salon Day 3:00 Classical Music 6:30 Fasinating Facts	6 10:00 Armchair Fitness 10:30 In the Headlines 1:30 Rosary 2:00 True or False 3:00 Fascinating History 6:30 Figure Skating	7 10:00 Daily Exercise 10:30 Midweek News 2:00 Bingo 3:00 Prize Cart 6:30 Prayer Meeting	8 10:00 Yoga Stretch 10:30 Bible Study 2:00 Puppet Show (MDR) 3:00 Ventriliquists 6:30 How It's Made	9 10:00 Strong & Fit 10:30 The Daily Report 2:00 Walking Tacos 3:00 Chef's Review 6:30 Julia Child 	10 10:00 Armchair Dance 10:30 Coffee Klatch 2:00 At the Drive-In 3:00 Popcorn Treat 6:30 A Night at the Symphony
11 10:00 Sunday Stretch 10:30 News Time 2:00 Hymn Sing 2:30 Worship Service 3:00 Poetry Circle 6:30 Brain Freeze 	12 10:00 Morning Swing 10:30 News & Views 2:00 Babe Ruth Movie Premiere (ZZC)  6:30 Famous Baseball Players and Teams	13 10:00 Armchair Fitness 10:30 In the Headlines 1:30 Mass 2:00 Rob B. (MDR) 3:00 Music Review 6:30 Finish the Phrase	14 10:00 Daily Exercise 10:30 Midweek News 2:00 Bingo 3:00 Prize Cart 6:30 Prayer Meeting	15 10:00 Bible Study 10:30 Resident Council 2:00 Wheel of Fortune 3:00 Juice Bar 6:30 Guess the Year	16 10:00 Strong & Fit 10:30 The Daily Report 2:00 Bocce Ball 3:00 Refreshments 6:30 Trip to the Past	17 10:00 Armchair Dance 10:30 Coffee Klatch 2:00 Visit to China 3:00 Fortune Cookies 6:30 Friendship Circle
18 10:00 Sunday Stretch 10:30 News Time 2:00 Hymn Sing 2:30 Worship Service 3:00 Sweet Treat 6:30 Andy Griffith Show	19 Martin Luther King Day 10:00 Morning Swing 10:30 News & Views 2:00 Rick Focht (MDR) 3:00 Martin Luther King 6:30 Musical Monday	20 10:00 Armchair Fitness 10:30 In the Headlines 1:30 Rosary 2:00 Bowling 3:00 Lemonade 6:30 Karaoke	21 10:00 Daily Exercise 10:30 Midweek News 2:00 Bingo 3:00 Prize Cart 6:30 Prayer Meeting	22 10:00 Yoga Stretch 10:30 Bible Study 2:00 Hearts 3:00 Finish the Lyrics 6:30 Movie Stars	23 10:00 Strong & Fit 10:30 The Daily Report 2:00 Pizza 3:00 Taste Test 6:30 Paul Bunyan 	24 10:00 Armchair Dance 10:30 Coffee Klatch 2:00 Trivia Mania 3:00 Hydration Station 6:30 Rhyme Time
25 10:00 Sunday Stretch 10:30 News Time 2:00 Hymn Sing 2:30 Worship Service 3:00 Afternoon Break 6:30 London Landmarks	26 10:00 Morning Swing 10:30 News & Views 2:00 Volley Balloon 3:00 Let's Celebrate 6:30 Polka Fest!	27 10:00 Armchair Fitness 10:30 In the Headlines 1:30 Mass 2:00 Bingo 3:00 Prize Cart  6:30 Higher/Lower	28 10:00 Daily Exercise 10:30 Midweek News 2:00 Winter Social (MDR) 3:00 Hot Cocoa 6:30 Prayer Meeting	29 10:00 Yoga Stretch 10:30 Bible Study 2:00 Bingo 3:00 Prize Cart 6:30 Chilly Trivia	30 10:00 Strong & Fit 10:30 The Daily Report 2:00 Roy Ramos (MDR) 3:00 Famous Acts 6:30 NFL Pro Bowl Skills	31 10:00 Armchair Dance 10:30 Coffee Klatch 2:00 Two Truths, One Lie 3:00 Country Music 6:30 Dancing with the Stars