

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Sherwood Oaks Oak Grove

<h1>January 2026</h1> <h2>Sherwood Oaks Oak Grove</h2>				<div><div>Happy New Year!</div><div>9:30-10:00 Visits/Chronicles</div><div>10:00 New Years Classic Hits Exercise 1</div><div>10:45 New Years Classic Hits Exercise 2</div><div>1:30 New Years Day Bingo 1</div><div>2:45 New Years Day Bingo 2</div><div>New Year's Day</div></div>	<div><div>9:30 Visits/Chronicles</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Elvis and Graceland Day 1</div><div>2:45 Elvis and Graceland Day 2</div></div>	<div><div>9:30 Visits/Chronicles</div><div>10:00 Gentle Dance Fitness and Movement 1</div><div>10:45 Gentle Dance Fitness and Movement 2</div><div>2:00 Afternoon Movie 1</div><div>2:00 Afternoon Movie 2</div></div>
<div><div>10:00 Music and Movement 4</div><div>10:45 Music and Movement 2</div><div>2:00 Afternoon Movie 1</div><div>2:00 Afternoon Movie 2</div><div>8:20 Steelers vs Ravens Football Game</div></div>	<div><div>9:30 Visits/Chronicles 5</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Craft Corner 1</div><div>2:45 Craft Corner 2</div></div>	<div><div>9:30-10:00 Visits/Chronicles 6</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Stretch and Stability 1</div><div>1:30 Snowflake Craft 2</div><div>2:45 Snowflake Craft 1</div></div>	<div><div>9:30 Visits/Chronicles 7</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Making Birdfeeders 1</div><div>2:45 Making Birdfeeders 2</div></div>	<div><div>9:30-10:00 Visits/Chronicles 8</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Stretch and Stability 2</div><div>1:30 Billboard Day 1</div><div>2:45 Billboard Day 2</div></div>	<div><div>9:30 Visits/Chronicles 9</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Monthly Birthday Party 1</div><div>2:45 Monthly Birthday Party 2</div></div>	<div><div>10:00 Today's Chronicle and Fitness Fun 1</div><div>10:45 Today's Chronicle and Fitness Fun 2</div><div>2:00 Afternoon Movie 1</div><div>2:00 Afternoon Movie 2</div></div>
<div><div>10:00 Hymns and Devotions 1</div><div>10:45 Hymns and Devotions 2</div><div>2:00 Afternoon Movie 1</div><div>2:00 Afternoon Movie 2</div></div>	<div><div>9:30 Visits/Chronicles 12</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Let it Snow Day</div><div>1 Snowball Ice Cream Social</div><div>2:45 Let it Snow Day</div><div>2 Snowball Ice Cream Social</div></div>	<div><div>9:30-10:00 Visits/Chronicles 13</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Stretch and Stability 1</div><div>1:30 Marble Painting 2</div><div>2:45 Marble Painting 1</div></div>	<div><div>9:30 Visits/Chronicles 14</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>2:00 Music with Gene Testa</div><div>1- All Residents invited: staff will escort you to Oak Grove 1</div><div>3:15 Chat Corner 1</div><div>3:45 Chat Corner 2</div></div>	<div><div>9:30-10:00 Visits/Chronicles 15</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Stretch and Stability 2</div><div>1:30 Betty White/Golden Girls Day 1</div><div>2:45 Betty White/Golden Girls Day 2</div><div>3:00 Protestant Communion 1,2</div></div>	<div><div>9:30 Visits/Chronicles 16</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Winter Pictionary Game</div><div>2:30 Winter Pictionary Game</div></div>	<div><div>10:00 Balloon Volley Game and Music 1</div><div>10:45 Balloon Volley Game and Music 2</div><div>2:00 Afternoon Movie 1</div><div>2:00 Afternoon Movie 2</div></div>
<div><div>10:00 Todays Chronicle and Stretch 1</div><div>10:45 Todays Chronicle and Stretch 2</div><div>2:00 Afternoon Movie 1</div><div>2:00 Afternoon Movie 2</div></div>	<div><div>9:30 Visits/Chronicles 19</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Day of Service: Activities with Seneca Valley Teachers</div><div>1 -All residents are welcome- staff will escort you to OG 1</div><div>3:00 Puzzle Group 2</div><div>3:30 Puzzle Group 1</div><div>Martin Luther King Jr. Day</div></div>	<div><div>9:30-10:00 Visits/Chronicles 20</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Stretch and Stability 1</div><div>1:30 Teatime, Talk and Trivia 2</div><div>2:45 Teatime, Talk and Trivia 1</div></div>	<div><div>9:30 Visits/Chronicles 21</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Games Galore 1</div><div>2:30 Games Galore 2</div><div>3:30 Ukulele Music Sing-Along 1</div></div>	<div><div>9:30-10:00 Visits/Chronicles 22</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Stretch and Stability 2</div><div>1:30 Pour and Paint 1</div><div>2:45 Pour and Paint 2</div></div>	<div><div>9:30 Visits/Chronicles 23</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Chef's Corner: Making Crescent Dogs 1</div><div>2:45 Chef's Corner: Making Crescent Dogs 2</div></div>	<div><div>10:00 Today's Chronicle and Fitness Fun 1</div><div>10:45 Today's Chronicle and Fitness Fun 2</div><div>2:00 Afternoon Movie 1</div><div>2:00 Afternoon Movie 2</div></div>
<div><div>10:00 Sing-along Exercise 25</div><div>10:45 Sing-along Exercise 2</div><div>2:00 Afternoon Movie 1</div><div>2:00 Afternoon Movie 2</div></div>	<div><div>9:30 Visits/Chronicles 26</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Coca Cola Floats and Facts 1</div><div>2:00 Coca Cola Floats and Facts 2</div></div>	<div><div>9:30-10:00 Visits/Chronicles 27</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Stretch and Stability 1</div><div>1:30 Dolly Parton Day 2</div><div>2:45 Dolly Parton Day 1</div></div>	<div><div>9:30 Visits/Chronicles 28</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Watercolor Marks and Music 1</div><div>2:45 Watercolor Marks and Music 2</div><div>3:30 Ukulele Music Sing-Along 2</div></div>	<div><div>9:30-10:00 Visits/Chronicles 29</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Stretch and Stability 2</div><div>1:30 Craft Corner: Tulips in Holland/Craft/Facts 1</div><div>2:45 Craft Corner: Tulips in Holland/Craft/Facts 2</div></div>	<div><div>9:30 Visits/Chronicles 30</div><div>10:00 Fun and Fitness 1</div><div>10:45 Fun and Fitness 2</div><div>1:30 Music Bingo 1</div><div>2:45 Music Bingo 2</div></div>	<div><div>10:00 ABC Fitness 1</div><div>10:45 ABC Fitness 2</div><div>2:00 Afternoon Movie 1</div><div>2:00 Afternoon Movie 2</div></div>
<div>Australia Day (Observed)</div>						

Activities are subject to change