

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Sherwood Oaks Personal Care

<h1>January 2026</h1> <h2>Sherwood Oaks Personal Care</h2>				Happy New Year! 10:30 Be Fit in 2026! Chair One Fitness with June 1:20 Afternoon Movie 3:30 New Year's Games/Who Am I? 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation <small>New Year's Day</small>	1 10:30 Fun and Fitness 1:20 Afternoon Movie 3:30 New Year's Bingo 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	2 10:00 Resident Choice Activities: word search, puzzles, wood craft, color project, TV favorites Day Room 1:20 Afternoon Movie 3:30 Virtual Travel to Anchorage, Alaska with Nancy						
9:30-11:00 Catholic Communion 1:20 Afternoon Movie 2:00 Chapel 3:30 You Be the Judge Game 8:20 Steelers vs Ravens Football Game	4	10:30 Monday Move and Groove 1:20 Afternoon Movie 3:30 Music with Roberta 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	5	10:30 Stretching 1:20 Afternoon Movie 3:30 Music Bingo Game 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	6	10:30 Chair One Fitness 2:00 60 Second Circuit 3:30 Winter Pictionary Game 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	7	10:30 Stretching 1:20 Afternoon Movie 3:30 Dessert Social 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	8	10:30 Fun and Fitness 2:00 60 Second Circuit 3:30 Pokeno Game 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	9	10:00 Resident Choice Activities: word search, puzzles, wood craft, color project, TV favorites Day Room 1:20 Afternoon Movie 3:30 Kings in the Corner Game
9:30-11:00 Catholic Communion 1:20 Afternoon Movie 2:00 Chapel 3:30 Penny Ante Game	11	10:30 Monday Move and Groove 1:20 Afternoon Movie 3:30 Winter Tea Social/Classical Music 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	12	10:30 Stretching 1:20 Afternoon Movie 2-4 Shopping: Lobby Gift Shop 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	13	10:30 Fun and Fitness 2:00 60 Second Circuit 3:00 Ukulele Music Sing-along 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	14	10:30 Music and Movement 11:00 Catholic Mass - CR 2:00 Protestant Communion 3:30 Snowman Garland 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	15	10:30 Fun and Fitness 2:00 60 Second Circuit 3:30 Music Roulette Game 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	16	10:00 Resident Choice Activities: word search, puzzles, wood craft, color project, TV favorites Day Room 1:20 Afternoon Movie 3:30 Outburst Game
9:30-11:00 Catholic Communion 1:20 Afternoon Movie 2:00 Chapel 3:30 Shake Loose a Memory Game	18	10:30 Chair One Fitness 1:20 Afternoon Movie 3:30 Yam Slam Game 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation <small>Martin Luther King Jr. Day</small>	19	10:00 Morning Music with Gene Testa 1:20 Afternoon Movie 3:30 Cupcake Flower Collage Craft 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	20	10:30 Chair One Fitness 2:00 60 Second Circuit 3:30 Rummicub Game 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	21	10:30 Stretching 1:20 Afternoon Movie 3:30 Music Trivia 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	22	10:30 Fun and Fitness 2:00 60 Second Circuit 3:30 Happy Hour: Champagne Punch/Cheese Tray/Sing-along 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	23	10:00 Resident Choice Activities: word search, puzzles, wood craft, color project, TV favorites Day Room 1:20 Afternoon Movie 3:30 Dear Aunt Agony Laughter Game
9:30-11:00 Catholic Communion 1:20 Afternoon Movie 2:00 Chapel 3:30 Jeopardy Game	25	10:30 Resident Council Meeting 1:20 Afternoon Movie 3:30 Victor Borge Day 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation <small>Australia Day (Observed)</small>	26	10:30 Sing-along Exercise 1:20 Afternoon Movie 3:30 Winter Music Scenes 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	27	10:30 Fun and Fitness 2:00 60 Second Circuit 3:30 Moose on the Loose cookies 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	28	10:30 1950's Exercise 1:20 Afternoon Movie 3:30 Music Appreciation 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	29	10:30 Chair One Fitness 2:00 60 Second Circuit 3:30 Valentine's Day Craft 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation	30	10:00 Resident Choice Activities: word search, puzzles, wood craft, color project, TV favorites Day Room 1:20 Afternoon Movie 3:30 Valentine's Day Craft

Activities are subject to change