

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Sherwood Oaks Personal Care

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	10
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	17
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	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	24
Martin Luther King Jr. Day							
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	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	31

Activities are subject to change