

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>January 2026</h1>				<sup>1</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Trivia 4:00 Resident Bingo New Year's Day	<sup>2</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Kings Corners	<sup>3</sup> 8:30 Activity Cart Rounds 10:30 Exercise/Game 1:30 Bingo
<sup>4</sup> 8:30 Activity Cart Rounds 10:30 Classic TV Show 1:30 Movie & Snack Seahawk Game Today	<sup>5</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 1:30 Ceramics	<sup>6</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour & Gardening with Thom 10:30 Exercise/Game 1:30 Bingo 2:30 Bingo	<sup>7</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Manicures 3:00 Worship	<sup>8</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Music With Doug 4:00 Resident Bingo	<sup>9</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Kings Corners	<sup>10</sup> 8:30 Activity Cart Rounds 10:30 Exercise/Game 1:30 Bingo
<sup>11</sup> 8:30 Activity Cart Rounds 10:30 Classic TV Show 1:30 Movie & Snack	<sup>12</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 1:30 Craft & Snack for Forest Park Kids	<sup>13</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Forest Park Kids 2:30 Forest Park Kids	<sup>14</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Arm Chair Travel 3:00 Worship	<sup>15</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Music with Kelly 2:30 Resident Council <del>4:00 Resident Bingo</del>	<sup>16</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Kings Corners	<sup>17</sup> 8:30 Activity Cart Rounds 10:30 Exercise/Game 1:30 Bingo
<sup>18</sup> 8:30 Activity Cart Rounds 10:30 Classic TV Show 1:30 Movie & Snack	<sup>19</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 1:30 Ceramics  Martin Luther King Jr. Day	<sup>20</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour & Gardening with Thom 10:30 Exercise/Game 1:30 Bingo 2:30 Bingo	<sup>21</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Manicures 3:00 Worship <del>4:00 Resident Dinner</del>	<sup>22</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Monopoly 4:00 Resident Bingo	<sup>23</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Kings Corners	<sup>24</sup> 8:30 Activity Cart Rounds 10:30 Exercise/Game 1:30 Bingo
<sup>25</sup> 8:30 Activity Cart Rounds 10:30 Classic TV Show 1:30 Movie & Snack	<sup>26</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 1:30 Ceramics  Australia Day (Observed)	<sup>27</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Bingo Store	<sup>28</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Trivia 3:00 Worship	<sup>29</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Jeopardy 4:00 Resident Bingo	<sup>30</sup> 8:30 Activity Cart Rounds 9:30 Coffee Hour 10:30 Exercise/Game 1:30 Kings Corners	<sup>31</sup> 8:30 Activity Cart Rounds 10:30 Exercise/Game 1:30 Bingo

Evening movies are available in the 3rd floor day room. Please ask care staff to assist with sit up. Hairdresser is available the 1st and 3rd Tuesday of the month, to schedule appointment call 425-551-6301