

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2026

CEDAR PLACE

	<p>10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Seated Yoga 2:00 Monday Matinee Movie 28 Days Snack & Drink provided 4:00 Get Moving w/ Exercise 4:30 Reading Circle 6:00 Game Shows</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Seated Tai Chi 2:00 Entertainment - 3rd FL w/ Vintage Entertainment 3:00 Crackers & Cheese Social 3:30 Afternoon Exercise 4:00 World Destination 6:00 Activities w/ Collin</p>	<p>10:00 The History of New Years 10:45 Sit & Be Fit 11:15 New Years Trivia 1:30 Basket Ball Hoops 2:30 Bringing in the New Year</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Simply Seated w/ Curtis A 2:00 Sing along - 5TH FL w/ Peter Francis - M 3:00 Friday Social 3:30 Ball Toss 4:00 Mia's Trivia Group 6:00 Chat & Relax</p>	<p>10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:00 Entertainment w/ Bob Clark - M 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music</p>
<p>10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Seated Yoga 2:00 Monday Matinee Movie 28 Days Snack & Drink provided 4:00 Get Moving w/ Exercise 4:30 Reading Circle 6:00 Game Shows</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Seated Tai Chi 2:00 Entertainment - 3rd FL w/ Vintage Entertainment 3:00 Crackers & Cheese Social 3:30 Afternoon Exercise 4:00 World Destination 6:00 Activities w/ Collin</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Ring Toss 1:30 Baking w/ Friends - M 2:30 Trivia w/ Marilyn & Friends-M 3:00 Afternoon Social 3:30 Get Moving w/ Exercise 4:00 Reading Circle w/ Mia 4:30 Catholic Service 2nd Fl Aud</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Musical Instruments 2:00 Ball Toss 3:00 Afternoon Social 3:30 Afternoon Exercise 4:00 National Geographic 6:00 Game Time w/ Collin</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Simply Seated w/ Curtis A 2:00 Getting Creative w/ Mia 3:00 Friday Social 3:30 Ball Toss 4:00 Mia's Trivia Group 6:00 Chat & Relax</p>	<p>10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:30 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music</p>
<p>10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 Afternoon Social & Music 4:00 Meditation on IN2L</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Seated Yoga 2:00 Monday Matinee Movie Singing in the Rain Snack & Drink provided 4:00 Get Moving w/ Exercise 4:30 Reading Circle 6:00 Game Shows</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Seated Tai Chi 2:00 Entertainment 3rd FL Charles Lee - Cedar Place 3:00 Crackers & Cheese Social 3:30 Afternoon Exercise 4:00 World Destination 6:00 Activities w/ Collin</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Ring Toss 1:30 Baking w/ Friends - M 2:30 Trivia w/ Marilyn & Friends-M 3:00 Afternoon Social 3:30 Get Moving w/ Exercise 4:00 Reading Circle w/ Mia 4:30 Catholic Service 2nd Fl Aud</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Musical Instruments 2:00 Sing Along w/ Kibler - M 3:00 Afternoon Social 3:30 Afternoon Exercise w/ Mia 4:00 National Geographic 6:00 Game Time w/ Collin</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Simply Seated w/ Curtis A 2:00 Center's w/ Marilyn & Friends - M 3:00 Friday Social 3:30 Ball Toss 4:00 Mia's Trivia Group 6:00 Chat & Relax</p>	<p>10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Entertainment w/ Bob Clark - M 2:30 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music</p>
<p>10:00 Inspirational Program 10:30 Stretch & Flex 11:00 Daily Readings 11:30 Songs of Inspiration & Praise 1:00 IN2L Travel Tour 2:00 Get moving w/ Ball Toss 2:30 Finish the Phrase/Lyrics 3:30 UNMUTE Concert 4:00 Meditation on IN2L</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Seated Yoga 2:00 Monday Matinee Movie Someone Like You Snack & Drink provided 4:00 Get Moving w/ Exercise 4:30 Reading Circle 6:00 Game Shows</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Seated Tai Chi 2:00 Entertainment 3rd FL Steve Flynn - Cedar Place 3:00 Crackers & Cheese Social 3:30 Afternoon Exercise 4:00 World Destination 6:00 Activities w/ Collin</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Ring Toss 1:30 Baking w/ Friends - M 2:30 Trivia w/ Marilyn & Friends-M 3:00 Afternoon Social 3:30 Get Moving w/ Exercise 4:00 Reading Circle w/ Mia 4:30 Catholic Service 2nd Fl Aud</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Musical Instruments 2:00 Ball Toss 3:00 Afternoon Social 3:30 Afternoon Exercise 4:00 National Geographic 6:00 Game Time w/ Collin</p>	<p>10:00 1-1's w/ Mia 11:00 Puzzles & Games 11:30 TV Time 1:00 Simply Seated w/ Curtis A 2:00 Entertainment - 5TH FL w/ DJ Randy - M 3:00 Friday Social 3:30 Ball Toss 4:00 Mia's Trivia Group 6:00 Chat & Relax</p>	<p>10:00 Travel Tour IN2L 10:30 Morning Exercise 11:00 Daily Chronicle Reading 11:30 Mind Aerobics (Trivia) 1:30 Games IN2L 2:30 It's Show Time 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music</p>
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