

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

MONTEREY PLACE

January 2026 MONTEREY PLACE							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 	10:00 Reminiscence - Sharing 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Meditation on IN2L 2:00 Sing Along w/ Peter Francis 3:00 Chips & Dip Social 3:30 Drive or Fly IN2L 4:00 Game Room Time 6:00 Resident/Staff Choice	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				
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	4	10:00 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Mindful Meditation IN2L 2:00 Monday Matinee An Officer and a Gentleman Popcorn & Drink provided 4:00 Simply Seated with Curtis Adams	5	10:00 Finish the Nursery Rhyme 10:30 Sit & Be Fit 11:00 Daily Readings/ Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Entertainment 3rd FI w/ Vintage Entertainment 3:00 Crackers & Cheese Social 3:30 Get moving w/ Ball Toss 4:30 TV Time	6	10:00 Musical Instruments 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Meditation on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd FI	7	10:00 Good News Stories 10:30 Exercise w/ Noemi 11:00 Daily Readings 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Get Creative w/ Noemi 3:00 COCO & Cookies 3:30 National Geographic 4:30 Ball Time 6:00 Resident/Staff Choice	8	10:00 Reminiscence - Sharing 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Meditation on IN2L 2:00 Andre Rieu 3:00 Friday Social 3:30 Drive or Fly IN2L 4:00 Game Room Time 6:00 Resident/Staff Choice	9	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	10
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	11	10:00 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Mindful Meditation IN2L 2:00 Monday Matinee Breakfast at Tiffany's Popcorn & Drink provided 4:00 Simply Seated with Curtis Adams	12	10:00 Finish the Nursery Rhyme 10:30 Sit & Be Fit 11:00 Daily Readings/ Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Entertainment 3rd FI w/ Charles Lee - Cedar Place 3:00 Crackers & Cheese Social 3:30 Get moving w/ Ball Toss 4:30 TV Time	13	10:00 Musical Instruments 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Meditation on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd FI	14	10:00 Good News Stories 10:30 Exercise w/ Noemi 11:00 Daily Readings 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Sing Along w/ Bob Kibler 3:00 COCO & Cookies 3:30 National Geographic 4:30 Ball Time 6:00 Resident/Staff Choice	15	10:00 Reminiscence - Sharing 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Meditation on IN2L 2:00 Center's w/ Marilyn & Friends 3:00 Friday Social 3:30 Drive or Fly IN2L 4:00 Game Room Time 6:00 Resident/Staff Choice	16	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	17
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	18	10:00 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Mindful Meditation IN2L 2:00 Monday Matinee Singin' In The Rain Popcorn & Drink provided 4:00 Simply Seated with Curtis Adams Martin Luther King Jr. Day	19	10:00 Finish the Nursery Rhyme 10:30 Sit & Be Fit 11:00 Daily Readings/ Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Entertainment 3rd FL w/ Steve Flynn – Cedar Place 3:00 Crackers & Cheese Social 3:30 Get moving w/ Ball Toss 4:30 TV Time	20	10:00 Musical Instruments 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Meditation on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd FI	21	10:00 Good News Stories 10:30 Exercise w/ Noemi 11:00 Daily Readings 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Get Creative w/ Noemi 3:00 COCO & Cookies 3:30 National Geographic 4:30 Ball Time 6:00 Resident/Staff Choice	22	10:00 Reminiscence - Sharing 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Meditation on IN2L 2:00 Music by DJ Randy 3:00 Ice Cream Social 3:30 Drive or Fly IN2L 4:00 Game Room Time 6:00 Resident/Staff Choice	23	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/ VinBmusic - M 3:30 Afternoon Social 4:00 Basket Ball 4:30 IN2L Music	24
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	25	10:00 Sing Along for Seniors 10:30 Morning Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Mindful Meditation IN2L 2:00 Monday Matinee The Prince & Me Popcorn & Drink provided 4:00 Simply Seated with Curtis Adams Australia Day (Observed)	26	10:00 Finish the Nursery Rhyme 10:30 Sit & Be Fit 11:00 Daily Readings/Short Stories 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Andre Rieu 3:00 Snack & Chat 3:30 Get moving w/ Ball Toss 4:30 TV Time 6:00 Resident/Staff Choice	27	10:00 Musical Instruments 10:30 Armchair Exercise 11:00 Daily Readings 11:30 Mind Aerobics 1:00 Meditation on IN2L 1:30 Baking w/ Friends 2:30 Trivia w/ Marilyn 3:00 Afternoon Social 3:30 Shake Rattle & Roll 4:30 Catholic Service 2nd FI	28	10:00 Good News Stories 10:30 Exercise w/ Noemi 11:00 Daily Readings 11:30 Finish the Phrase 1:00 Travel Tour on IN2L 2:00 Sing Along w/ Bob Kibler 3:00 COCO & Cookies 3:30 National Geographic 4:30 Ball Time 6:00 Resident/Staff Choice	29	10:00 Reminiscence - Sharing 10:30 Pool Noddle Exercises 11:00 Daily Readings 11:30 Brain Fitness 1:00 Meditation on IN2L 2:00 Group Bingo 3:00 Friday Social 3:30 Drive or Fly IN2L 4:00 Game Room Time 6:00 Resident/Staff Choice	30	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	31