

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Seasons, Memory Care, Life Enrichment Guide



8:30 Joel Osteen (Channel 28) Basket Activities	4	9:45 Olive Tree Outing 11:00 Zumba 12:30 Music of George Winston 2:00 Devotions 3:00 Music: James Curry-LR 4:00 Walks 4:30 Fuel Up & Music with Annabelle	5	9:30 Fuel Up 10:00 Neighborhood 10:45 Yoga 12:30 Soothing Music 2:00 Tea-Time 3:00 Sing Along 4:15 Fuel Up 6:30 Housekeeping	6	9:45 Art with Ann 10:30 Cardio Drumming 11:00 Chronicles 12:30 Classical Music 2:30 Smooches w/ Pooches 3:00 Music: Eric Franzen-LR 4:30 Wet Your Whistle	7	9:45 Morning Mtg/Fuel Up 10:15 Yoga 10:45 Volleyball 12:30 Music of Frank Sinatra 2:00 Art w/Carey 3:00 Music: Pete & Ellen Vigour-LR 4:15 Fuel Up	8	9:15 Neighborhood/Fuel Up 10:15 Scenic Drive 12:30 Hymns 2:00 Milkshakes 3:00 Documentary: "Becoming Led Zepplin" 4:00 Fuel Up	9	10:00 Rhythmic Remedies Music (WAHS Student) Afternoon Activity: Spa Nails w/ H&W	3
8:30 Joel Osteen (Channel 28) Basket Activities	11	10:00 Neighborhood/Fuel Up 10:30 Chicken Soup for The Soul 11:00 Zumba 12:30 Classical Music 2:00 Craft with Hannah 3:00 Hot Potato 4:00 Walks 4:30 Fuel Up & Music with Annabelle 7:00 Music: The Jeffersonland Chorus - LR	12	9:30 Fuel Up 9:45 Music Memories w/Monica 10:45 Yoga 12:30 Soothing Music 2:00 Homemade Mini Pizzas 3:00 Music: David Weiss Band-LR 4:15 Happy Hour w/ Bonnie 6:30 Housekeeping	13	9:45 Art with Ann 10:30 Cardio Drumming 11:00 Chronicles 12:30 Classical Music 2:00 Noodle Ball 3:00 Crafter's Corner w/Suzie 4:30 Wet Your Whistle	14	9:45 Morning Mtg/Fuel Up 10:15 Yoga 10:45 Cornhole 12:30 Jazz Music 2:00 Art w/Carey 3:00 Sequencing 4:15 Fuel Up	15	9:15 Neighborhood/Fuel Up 10:15 Scenic Drive 11:30 Lunch: Chinese Take-Out 12:30 Hymns 2:00 Chair Dance Fitness 3:00 Movie Matinee- "Dumplin" 4:00 Fuel Up	16	10:30 Animal Bingo Afternoon Activity: Spa Nails w/ H&W	17
8:30 Joel Osteen (Channel 28) Basket Activities	18	10:00 Neighborhood/Fuel Up 10:30 Poetry Reading 11:00 Zumba 12:30 River Drumming 2:00 Dolly Parton Bio 3:00 Music: Eli Jessee-A 4:00 Walks 4:30 Fuel Up Dress like Dolly, it's her birthday! Dolly Day Martin Luther King Jr. Day	19	9:30 Fuel Up 10:00 Neighborhood 10:45 Yoga 12:30 Soothing Music 2:00 Cupcake Baking & Reminisce 4:30 Fuel Up 6:30 Housekeeping	20	9:45 Morning Mtg/Fuel Up 10:30 Cardio Drumming 11:00 Chronicles 12:30 Classical Music 2:00 Craft with Suzie 3:00 Music: C'Ville Brass Band-RDR 4:30 Wet Your Whistle	21	9:45 Morning Mtg/Fuel Up 10:15 Yoga 10:45 Devotions 12:30 Gospel 2:00 Art w/Carey 3:00 Mandalas 4:15 Fuel Up	22	9:15 Neighborhood/Fuel Up 10:15 Scenic Drive 12:30 Hymns 2:00 Color My World 3:00 Documentary: "My Octopus Teacher" 4:00 Fuel Up	23	10:00 Fitness Afternoon Activity: Spa Nails w/ H&W	24
8:30 Joel Osteen (Channel 28) Basket Activities	25	9:45 Neighborhood/Fuel Up 10:15 Card Matching 11:00 Zumba 12:30 Smooth Jazz 2:00 Craft with Hannah 3:00 Music: Brian Frankie-LR 4:15 Walks 4:30 Fuel Up & Music with Annabelle Australia Day (Observed)	26	9:30 Fuel Up 10:00 Neighborhood 10:45 Yoga 12:30 Soothing Music 2:00 Bread Baking 3:00 Storytelling 4:15 Fuel Up 6:30 Housekeeping 7:00 Music: Faithful Men-LR	27	9:45 Art with Ann 10:30 Cardio Drumming 11:00 Chronicles 12:30 Classical Music 2:00 Puzzles 3:00 Coloring Sheets 4:30 Wet Your Whistle	28	9:45 Morning Mtg/Fuel Up 10:15 Yoga 10:45 Sequencing 12:30 Jazz Music 2:00 Art w/ Carey 3:00 Milk Shakes 3:45 Walks 4:15 Hydration Station	29	9:15 Neighborhood/Fuel Up 10:15 Scenic Drive 12:30 Hymns 2:00 Treat with Hannah 3:00 Documentary: "Race to The Summit" 4:00 Fuel Up	30	10:30 Music w/ JJ Miles LR Afternoon Activity: Spa Nails w/ H&W	31

Life Enrichment Director: Pamela Rose, email: pamelajessee@lodgeatoldtrail.com. Calendar is subject to change. Red-Outings, Purple: entertainment/special activity

