





Walking club is weather permitting

Activities are subject to change

FRIEDMAN ASSISTED LIVING JANUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 11:00 Exercise 1:30 World Scramble 3:30 Let It Go + Bring It In Activity Happy New Year!	2 10:00 Nail Care 1:00 Supportive Visits 3:00 Happy Hour	3 11:00 Chair Yoga 1:30 Card Games 4:00 TV Mass
4 11:00 Exercise 1:30 Walking Club 3:30 Movie & Popcorn	5 11:00 Mass 1:30 Puzzles 3:30 Reading Club	6 11:00 Packing Challenge 1:30 Cup Sorting + Stacking Activity 3:30 Sudoku	7 11:00 Chair Yoga 1:30 Farkle 3:30 Magnet Frame Craft	8 11:00 Exercise 1:30 Skip Bo 3:30 Walking Club	9 10:00 Nail Care 1:00 Supportive Visits 3:00 Happy Hour	10 11:00 Chair Yoga 1:30 Octopus Craft 4:00 TV Mass
11 11:00 Exercise 1:30 Prize Bingo 3:30 Pet Visit	12 11:00 Mass 1:30 Word Searches 3:30 Chair Yoga	13 11:00 Walking Club 1:30 Library Program 3:30 Balloon Toss	14 11:00 Chair Yoga 1:30 Movie & Popcorn 3:30 Finger Puppet Craft	15 11:00 Exercise 1:30 Winter Coloring 3:30 Bowling	16 10:00 Nail Care 1:00 Supportive Visits 3:00 Happy Hour	17 10:00 Chair Yoga 11:30 Lunch Bunch To Fort Ball Pizza 4:00 TV Mass
18 11:00 Exercise 1:30 Hot Tea & Cookie Social 3:30 Paper Collage Jars	19 11:00 Mass 1:30 Card Games 3:30 Walking Club	20 11:00 Pet Visit 1:30 Puzzles 3:30 Skip Bo	21 11:00 Chair Yoga 1:30 Reading Club 3:30 Flower Craft	22 11:00 Exercise 1:30 Sequin Collage Art 3:30 Sudoku Happy Birthday Crystal!	23 10:00 Nail Care 1:00 Supportive Visits 3:00 Happy Hour	24 11:00 Chair Yoga 1:30 Culinary Creations 4:00 TV Mass
25 11:00 Exercise 1:30 Word Scrambles 3:30 Walking Club	26 11:00 Mass 1:30 Chair Yoga 3:30 Movie & Popcorn	27 11:00 Balloon Toss 1:30 Bingo 3:30 Card Games	28 11:00 Chair Yoga 1:30 UNO 3:30 Resident Council	29 11:00 Exercise 1:30 Loop Bracelet Making 3:30 Walking Club	30 10:00 Nail Care 1:00 Supportive Visits 3:00 Happy Hour	31 11:00 Chair Yoga 1:30 Bingo 4:00 TV Mass