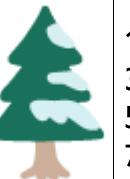


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<h1>January 2026</h1> <h2>Langdon House</h2> 	Meal/Snack Schedule 7:30 Breakfast 10:00 Hydration 11:30 Lunch 2:00 Snack 4:30 Dinner 6:00 Snack	1 9:00 Tournament of Roses Parade 1:00 Movie 3:30 Balloon Toss 5:30 Sing-Along 7:00 Relaxing Music	2 9:00 Exercise 9:30 Daily Chronicles 10:30 Games 1:00 Ice Cream Cups 3:00 Cornhole 5:30 Movie 7:00 Relaxing Music	3 10:00 Exercise 10:30 Daily Chronicles 10:45 Word Games-Name 10 1:30 Board Games 3:00 Walking Club 5:30 Adult Coloring by Number 7:00 Relaxing Music	
4 10:00 Heritage Hill Virtual Church 1:30 Balloon Baseball 3:00 Walking Club 5:30 Movie 7:00 Relaxing Music	5 9:00 Exercise 9:30 Daily Chronicles 11:00 Prayer & Worship 1:00 Nail Care 3:00 Ring Toss 5:30 Sing-Along (YouTube) 7:00 Relaxing Music	6 9:00 Exercise 9:30 Daily Chronicles 10:30 Word Games-Crossword 1:00 Sing-Along 3:00 Bowling 5:30 Birthday Reminisce 7:00 Relaxing Music	 7 9:00 Exercise 9:30 Daily Chronicles 10:30 All About Alaska 11:00 Hymn Sing w/Pastor Jerry 1:00 Bingo 3:00 Bowling 5:30 Puzzles 7:00 Relaxing Music	 8 9:00 Exercise 9:30 Daily Chronicles 10:30 Word Games-Name 10 1:00 Happy Hour 3:00 Cornhole 5:30 Adult Coloring 7:00 Relaxing Music	9 10:00 Exercise 9:30 Daily Chronicles 1:30 Root Beer Floats 3:00 Ball Toss 5:30 Movie 7:00 Relaxing Music	10 10:00 Exercise 10:30 Daily Chronicles 10:45 Word Games-Word Search 1:30 Card Games 3:00 Balloon Baseball 5:30 Sing Along (YouTube) 7:00 Relaxing Music
11 10:00 Heritage Hill Virtual Church 1:30 Chair Exercise (YouTube) 3:00 Walking Club 5:30 Movie 7:00 Relaxing Music	12 10:00 Exercise 10:30 Daily Chronicles 11:00 Prayer & Worship 1:30 Nail Care 3:00 Foam Ax Throwing 5:30 Puzzles 7:00 Relaxing Music	13 9:00 Exercise 9:30 Daily Chronicles 1:30 Sing-Along 3:00 Walking Club 5:30 Adult Coloring 7:00 Relaxing Music	 14 9:00 Get Ready for Scenic Drive 9:30 Load the Bus for Drive 1:00 Bingo 3:00 Bean Bag Toss 5:30 School Days Reminisce 7:00 Relaxing Music	 15 9:00 Exercise 9:30 Daily Chronicles 1:00 Happy Hour 3:00 Bowling 5:30 Sing-Along (YouTube) 7:00 Relaxing Music	 16 9:00 Exercise 9:30 Daily Chronicles 1:00 Ice Cream Cups 3:00 Cornhole 5:30 Movie 7:00 Relaxing Music	17 10:00 Exercise 10:30 Daily Chronicles 10:45 Word Games-Crossword 1:30 Left Right Center 3:00 Walking Club 5:30 Adult Coloring by Number 7:00 Relaxing Music
18 10:00 Heritage Hill Virtual Church 1:30 Balloon Baseball 3:00 Walking Club 5:30 Movie 7:00 Relaxing Music	 19 9:00 Exercise 9:30 Daily Chronicles 11:00 Prayer & Worship 1:00 Nail Care 3:00 Bowling 5:30 Adult Coloring 7:00 Relaxing Music	20 9:00 Exercise 9:30 Daily Chronicles 10:30 In the Kitchen 1:00 Sing-Along 3:00 Left Right Center 5:30 Sing Along (YouTube) 7:00 Relaxing Music	 21 9:00 Exercise 9:30 Daily Chronicles 11:00 Hymn Sing w/Pastor Jerry 1:00 Bingo 3:00 Bowling 5:30 Bean Bag Toss 7:00 Relaxing Music	 22 9:00 Exercise 9:30 Daily Chronicles 10:30 Word Games-Word Mining 1:00 Happy Hour 3:00 Walking Club 5:30 Puzzles 7:00 Relaxing Music	 23 10:00 Exercise 10:30 Daily Chronicles 1:00 Ice Cream Cups 3:00 Cornhole 5:30 Movie 7:00 Relaxing Music	24 10:00 Exercise 10:30 Daily Chronicles 10:45 Word Games-Name 10 1:30 Board Games 3:00 Foam Ax Throwing 5:30 Sing Along (YouTube) 7:00 Relaxing Music
25 10:00 Heritage Hill Virtual Church 1:30 Chair Yoga (YouTube) 3:00 Walking Club 5:30 Movie 7:00 Relaxing Music	26 10:00 Exercise 10:30 Daily Chronicles 11:00 Prayer & Worship 1:30 Nail Care 3:00 Walking Club 5:30 Sing-Along (YouTube) 7:00 Relaxing Music	27 9:00 Exercise 9:30 Daily Chronicles 10:30 Winter Craft 1:00 Bingo 3:00 UNO 5:30 Bean Bag Toss 7:00 Relaxing Music	 28 9:00 Get Ready for Scenic Drive 9:30 Load the Bus for Drive 1:00 Bingo 3:00 Bowling 5:30 Birthday Reminisce 7:00 Relaxing Music	 29 9:00 Exercise 9:30 Daily Chronicles 10:30 Word Games-Word Search 1:30 Happy Hour 3:00 Balloon Baseball 5:30 Winter Reminisce 7:00 Relaxing Music	30 9:00 Exercise 9:30 Daily Chronicles 10:30 Word Games-Name 10 1:00 Root Beer Floats 3:00 Cornhole 5:30 Movie 7:00 Relaxing Music	31 10:00 Exercise 10:30 Daily Chronicles 10:45 Word Games-Word Mining 1:30 Card Games 3:00 Walking Club 5:30 Adult Coloring by number 7:00 Relaxing Music