

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