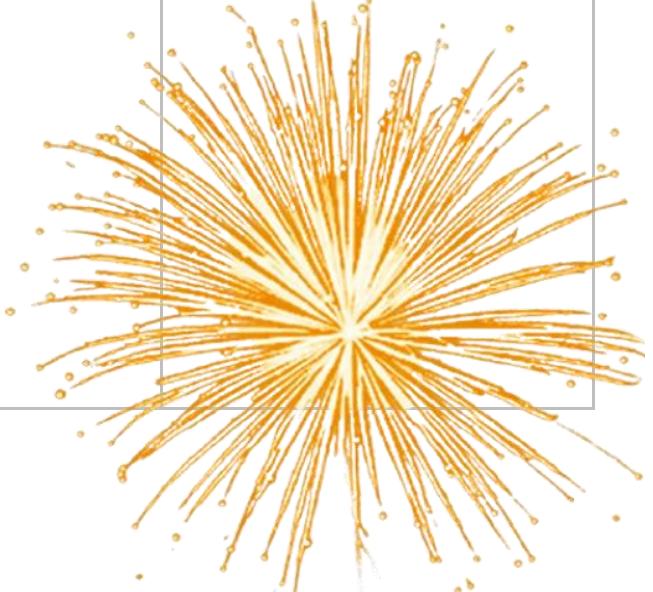


January 2026

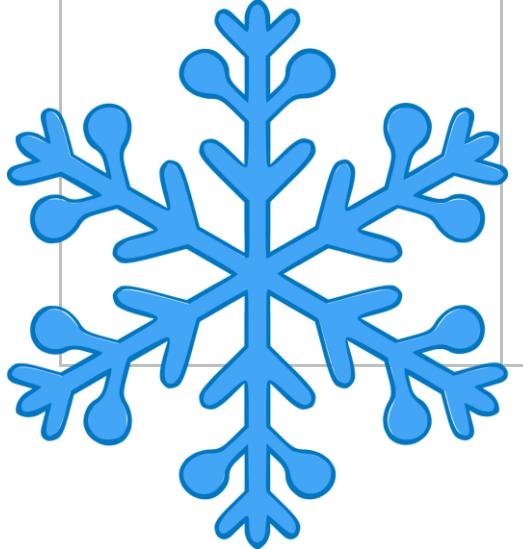
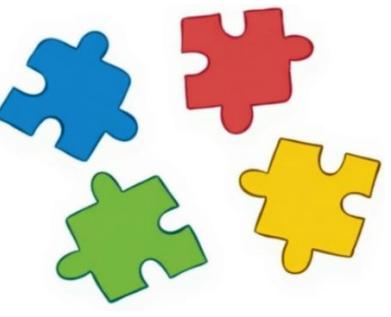
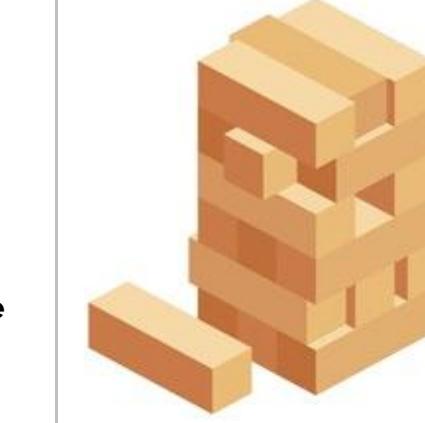
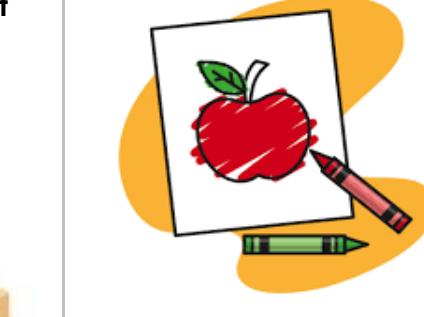
Memory Care North – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NO MORNING ACTIVITIES</p> <p>12:00 Lunch</p> <p>1:00 Montessori Program</p> <p>1:45 Seated Exercises</p> <p>2:00 Afternoon Snack</p> <p>2:30 Chocolate Day</p>  <p>4:30 Dinner</p> 	<p>28</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Sharpen Your Senses</p> <p>10:30 Think Again</p>  <p>12:00 Lunch</p> <p>1:00 Montessori Program</p> <p>1:45 Seated Exercises</p> <p>2:00 Afternoon Snack</p> <p>2:30 Tabletop Matching</p> <p>4:30 Dinner</p>	<p>29</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 The National Flower of Mexico: Dahlias</p> <p>10:30 Worship Service</p>  <p>12:00 Lunch</p> <p>1:00 Washer Toss</p> <p>2:00 Afternoon Snack</p> <p>2:30 Bingo</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Junk Drawer Detective</p> <p>4:30 Dinner</p>	<p>30</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 What Am I?</p> <p>10:30 Eating Grapes and other Resolutions</p> <p>12:00 Lunch</p> <p>1:00 Watercolor Project</p>  <p>2:00 New Year's Eve Champagne Social</p>  <p>2:30 Tabletop Matching</p> <p>4:30 Dinner</p> <p>New Year's Eve</p>	<p>31</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 What's New in 2026?</p>  <p>10:30 Morning Poetry</p> <p>12:00 Lunch</p> <p>NO AFTERNOON ACTIVITIES</p> <p>2:00 Afternoon Snack</p> <p>4:30 Dinner</p> <p>New Year's Day</p>	<p>1</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Zany Zoom-In</p> <p>10:30 Finish the Phrase</p> <p>12:00 Lunch</p> <p>1:00 Table Hockey</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Spa Afternoon</p> <p>4:30 Dinner</p>	<p>2</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Travelogue: Anchorage, Alaska</p>  <p>10:30 Mindscents</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p> <p>2:00 Afternoon Snack</p> <p>2:30 Puzzle Group</p> <p>4:30 Dinner</p> 

PROGRAMS SUBJECT TO CHANGE

January 2026

Memory Care North – Life Enrichment

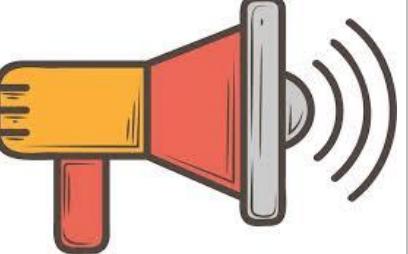
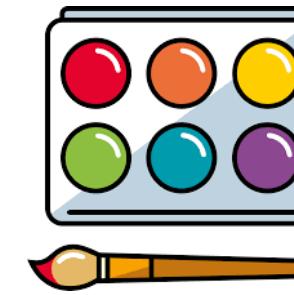
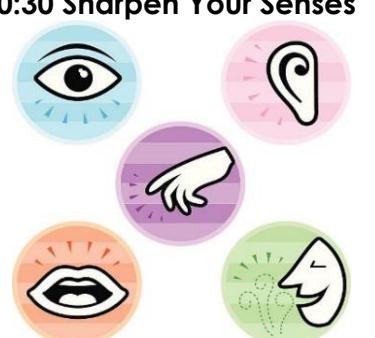
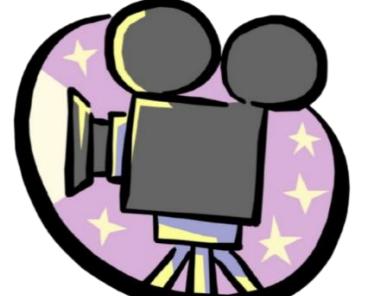
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>NO MORNING ACTIVITIES</p> <p>1:00 Montessori Program</p> <p>1:45 Seated Exercises</p> <p>2:00 Afternoon Snack</p> <p>2:30 Giant Ring Toss</p> <p>4:30 Dinner</p> 	<p>4</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Luck in a Teacup</p> <p>10:30 Short Stories</p> <p>12:00 Lunch</p> <p>1:00 Puzzle Group</p> 	<p>5</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Finish the Phrase</p> <p>10:30 Worship Service</p>  <p>12:00 Lunch</p> <p>1:00 Pet Therapy Visit with Karen and Dazzle</p> 	<p>6</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Trivia on the iN2L</p>  <p>10:30 Oil Sensory</p> <p>12:00 Lunch</p> <p>1:00 Afternoon Puzzles</p> <p>2:00 Happy Hour</p>  <p>2:30 You Be the Judge</p> <p>4:30 Dinner</p>	<p>7</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Remembering the King of Rock and Roll</p>  <p>10:30 Pictionary</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>2:00 Afternoon Snack</p> <p>2:30 Junk Drawer Detective</p> <p>4:30 Dinner</p>	<p>8</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Call of the Wind: Songs of the Last Frontier</p> <p>10:30 Beach Sensory</p> <p>12:00 Lunch</p> <p>1:00 Craft Project: Salt Paint Snowflakes</p> <p>2:00 Afternoon Snack</p> <p>2:30 Jenga</p>  <p>4:30 Dinner</p>	<p>9</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 EZ Does It Trivia</p> <p>10:30 Fly Ball</p> <p>12:00 Lunch</p> <p>1:00 Coloring Project</p> 	<p>10</p>

PROGRAMS SUBJECT TO CHANGE



January 2026

Memory Care North – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NO MORNING ACTIVITIES</p> <p>1:00 Montessori Program</p> <p>1:45 Seated Exercises</p> <p>2:00 Afternoon Snack</p> <p>2:30 All About Alexander Hamilton</p>  <p>4:30 Dinner</p>	<p>11</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Pondering Prompts</p> <p>10:30 Name the Sound</p>  <p>12</p> <p>12:00 Lunch</p> <p>1:00 Jenga Game</p> <p>2:00 Afternoon Snack</p> <p>2:30 Would You Rather?</p>  <p>4:30 Dinner</p>	<p>12</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 This or That</p> <p>10:30 Worship Service</p>  <p>13</p> <p>12:00 Lunch</p> <p>1:00 Dominoes Game</p> <p>1:30 Music with Dave Kern</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Food Sorting</p> <p>4:30 Dinner</p>	<p>13</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Who Am I?</p> <p>10:30 You Be the Judge</p>  <p>14</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p> <p>2:00 Happy Hour</p>  <p>2:30 Spa Afternoon</p> <p>4:30 Dinner</p>	<p>14</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Finish the Phrase</p> <p>10:30 Music with Ann & Gaye</p>  <p>15</p> <p>12:00 Lunch</p> <p>1:00 Baking Group: Making Miniature Pies</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Tabletop Matching</p> <p>4:30 Dinner</p>	<p>15</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Short Stories with Haley</p> <p>10:30 Fly Ball</p>  <p>16</p> <p>12:00 Lunch</p> <p>1:00 Watercolor Project</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Hygge Game</p> <p>4:30 Dinner</p>	<p>16</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Jack London and the Call of the North</p> <p>10:30 Sharpen Your Senses</p>  <p>17</p> <p>12:00 Lunch</p> <p>1:00 Movie Matinee</p>  <p>2:00 Afternoon Snack</p> <p>4:30 Dinner</p>

PROGRAMS SUBJECT TO CHANGE

January 2026

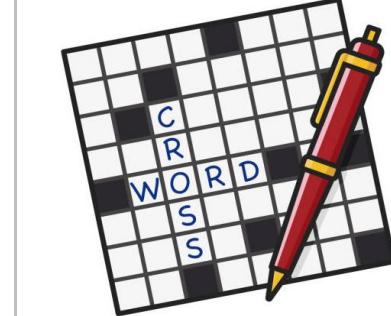
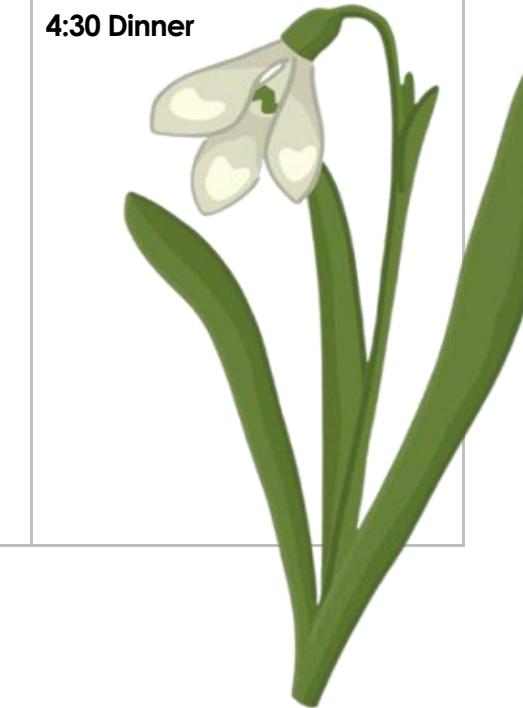
Memory Care North – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 NO MORNING ACTIVITIES  1:00 Montessori Program 1:45 Seated Exercises 2:00 Afternoon Snack 2:30 Giant Bowling Game 4:30 Dinner	19 9:15 Montessori Program 9:45 Seated Exercises 10:00 The Voice Heard Around the World 10:30 Giant Ring Toss 12:00 Lunch 1:00 Spa Afternoon 2:00 Music with Marty  2:00 Afternoon Snack 4:30 Dinner	20 9:15 Montessori Program 9:45 Seated Exercises 10:00 The Majestic Alaskan Moose 10:30 Worship Service  12:00 Lunch 1:00 Pet Therapy Visit with Karen & Dazzle  1:30 Charades Game 2:00 Afternoon Snack 2:30 Ball Toss 4:30 Dinner	21 9:15 Montessori Program 9:45 Seated Exercises 10:00 Alaska and Moose Trivia  10:30 Ball Toss 12:00 Lunch 1:00 Coloring Group 2:00 Happy Hour  2:30 Table Hockey 4:30 Dinner	22 9:15 Montessori Program 9:45 Seated Exercises 10:00 The Alaska Purchase  10:30 Mindscent 12:00 Lunch 1:00 Piggy Bankers on the IN2L 2:00 Afternoon Snack 2:30 Washer Toss Game 4:30 Dinner	23 NO ACTIVITIES  12:00 Lunch 2:00 Afternoon Snack 4:30 Dinner	24 NO ACTIVITIES 11:00 Pet Therapy Visit 12:00 Lunch 2:00 Afternoon Snack 4:30 Dinner

PROGRAMS SUBJECT TO CHANGE

January 2026

Memory Care North – Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NO MORNING ACTIVITIES</p> <p>1:00 Montessori Program</p> <p>1:45 Seated Exercises</p> <p>2:00 Afternoon Snack</p> <p>2:30 Forest Sensory</p>  <p>4:30 Dinner</p>	<p>25</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Australia Day</p>  <p>10:30 Jeopardy Trivia</p> <p>12:00 Lunch</p> <p>1:00 Coloring Group</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Fly Ball</p> <p>4:30 Dinner</p>	<p>26</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Zany Zoom-In</p>  <p>10:30 Worship Service</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Junk Drawer Detective</p> <p>4:30 Dinner</p>	<p>27</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Finish the Phrase</p>  <p>10:15 Music with Ann & Gaye</p> <p>12:00 Lunch</p> <p>1:00 Afternoon Puzzles</p> <p>2:00 Happy Hour</p>  <p>2:30 Spa Afternoon</p> <p>4:30 Dinner</p>	<p>28</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 A Deep Dive into <i>The Raven</i></p>  <p>10:30 The Backyard Ghost</p> <p>12:00 Lunch</p> <p>1:00 Word Games</p>  <p>2:00 Afternoon Snack</p> <p>2:30 Antler Matching Game</p> <p>4:30 Dinner</p>	<p>29</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 What Am I?</p>  <p>10:30 Name the Sound</p> <p>12:00 Lunch</p> <p>1:00 Food Sorting Game</p> <p>2:00 Afternoon Snack</p> <p>2:30 Dominoes Game</p>  <p>4:30 Dinner</p>	<p>30</p> <p>9:15 Montessori Program</p> <p>9:45 Seated Exercises</p> <p>10:00 Random Trivia</p>  <p>10:30 Morning Poetry</p> <p>12:00 Lunch</p> <p>1:00 Watercolor Project</p> <p>2:00 Hot Chocolate Social</p> <p>2:30 Pictionary</p> <p>4:30 Dinner</p> 

PROGRAMS SUBJECT TO CHANGE