

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAILY PROGRAMS Unless otherwise noted <i>* Escort required to AL</i> 9:15 Uplifting News/Events 10:15 Feeding of the Fish 10:30 AM Snack & Refresh 1:00 Daily Chronicles 2:30 Snack & Social 5:15 Mindful Unwind 5:40 Movie/Classic Series	JANUARY GRANDVIEW GARDENS 2026		ASPECTS OF LIVING Cognitive Musical Life Enrichment Reminisce Health & Fitness Inspirational/Spiritual Social	9:45 Morning Cardio 11:00 Balloon Bash 11:30 What/Who Am I 1:30 Seated Yoga 2:00 Word Games 3:00 Poetry/Prose Mani-Cares 3:45 Snowball Toss	9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Walk & Stretch 2:00 Brain Games 3:00 Sing Along 3:45 Ring Toss 5:30 Nightcap & Movie	9:45 Wake-up & Workout 11:00 Music & Groove 1:30 Mindful Stretch 2:00 Prize Bingo 3:00 Armchair Travel/Discuss 3:45 Bowling Virtual Rosary (AP)
9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Hymns & Snack 11:00 Virtual. Service (YT) 11:30 Get up & Move 1:30 Sunday Scenic Ride 2:00 Brain Games 3:00 Roll & Reminisce 3:45 Quarterback Toss	9:45 Morning Zumba 11:00 Bullseye 11:30 Brain Games 1:30 Monday Move & Groove Crafters Corner 2:00 Word Games 3:00 Sing Along 3:45 Snowball Battle Virtual Rosary	9:45 Wake-up & Workout 10:30 Music & Munchies w/ Bud Pistachio 11:30 Did You Know...Trivia 1:30 Mystery Ride Nails & Reminisce 2:30 Socialize & Snack 3:00 Share of Faith w/ Min. Shakera 3:45 Balloon Volley	9:45 Wake-up & Workout 11:00 Mini Shuffleboard 11:30 Word Games 1:30 Afternoon Yoga Creations & Chat 2:00 Reminisce & Share 3:00 What Am I (Sensory) 3:45 Knock down Snowmen	9:45 Morning Cardio 11:00 Balloon Bash 11:30 What/Who Am I 1:30 Seated Yoga Kitchen Creations 2:00 Word Games 3:00 Poetry/Prose Mani-Cares 3:45 Snowball Toss	9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Exercise w/ Danielle 2:00 Brain Games 3:00 Sing Along 3:45 Ring Toss 5:30 Nightcap & Movie	9:45 Wake-up & Workout 11:00 Music & Groove 1:30 Mindful Stretch 2:00 Prize Bingo 3:00 Armchair Travel/Discuss 3:45 Bowling Virtual Rosary (AP)
9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Hymns & Snack 11:00 Virtual. Service (YT) 11:30 Get up & Move 1:30 Sunday Scenic Ride 2:00 Brain Games 3:00 Roll & Reminisce 3:45 Quarterback Toss	9:45 Morning Zumba 11:00 Bullseye 11:30 Brain Games 1:30 Monday Move & Groove Crafters Corner 2:00 Word Games 3:00 Sing Along 3:45 Snowball Battle Virtual Rosary	9:45 Wake-up & Workout 11:00 Tic-Tac-Toe Toss 11:30 Did You Know...Trivia 1:30 Mystery Ride Nails & Reminisce 2:30 Socialize & Snack 3:00 Music w/ Bob Trembley 4:00 Brain Games	9:45 Wake-up & Workout 11:00 Mini Shuffleboard 11:30 Word Games 1:30 Afternoon Yoga 2:00 Reminisce & Share 3:00 What Am I (Sensory) 3:45 Knock down Snowmen	9:45 Morning Cardio 11:00 Balloon Bash 11:30 What/Who Am I 1:30 Seated Yoga Kitchen Creations 2:00 Word Games 3:00 Poetry/Prose Mani-Cares 3:45 Snowball Toss	9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Walk & Stretch 2:00 Brain Games 3:00 Sing Along 3:45 Ring Toss 5:30 Nightcap & Movie	9:45 Wake-up & Workout 11:00 Music & Groove 1:30 Mindful Stretch 2:00 Prize Bingo 3:00 Armchair Travel/Discuss 3:45 Bowling Virtual Rosary (AP)
9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Hymns & Snack 11:00 Virtual. Service (YT) 11:30 Get up & Move 1:30 Sunday Scenic Ride 2:00 Brain Games 3:00 Roll & Reminisce 3:45 Quarterback Toss	MARTIN LUTHER KING JR. DAY 9:45 Morning Zumba 11:00 Bullseye 11:30 Brain Games 1:30 Monday Move & Groove 2:00 Word Games 3:00 Sing Along 3:45 Snowball Battle Virtual Rosary	9:45 Wake-up & Workout 11:00 Tic-Tac-Toe Toss 11:30 Did You Know...Trivia 1:30 Nails & Reminisce 2:30 Socialize & Snack 3:00 Share of Faith w/ Min. Shakera 3:45 Balloon Volley	9:45 Wake-up & Workout 11:00 Mini Shuffleboard 11:30 Word Games 1:30 Afternoon Yoga Creations & Chat 2:00 Reminisce & Share 3:00 What Am I (Sensory) 3:45 Knock down Snowmen	9:45 Morning Cardio 11:00 Balloon Bash 11:30 What/Who Am I 1:15 Coffee Trip: Dunkin 1:30 Seated Yoga 2:00 Word Games 3:00 Poetry/Prose Mani-Cares 3:45 Snowball Toss	9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Exercise w/ Danielle 2:00 Brain Games 3:00 Sing Along 3:45 Ring Toss 5:30 Nightcap & Movie	9:45 Wake-up & Workout 11:00 Music & Groove 1:30 Mindful Stretch 2:00 Prize Bingo 3:00 Armchair Travel/Discuss 3:45 Bowling Virtual Rosary (AP)
9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Hymns & Snack 11:00 Virtual. Service (YT) 11:30 Get up & Move 1:30 Sunday Scenic Ride 2:00 Brain Games 3:00 Roll & Reminisce 3:45 Quarterback Toss	9:45 Morning Zumba 11:00 Bullseye 11:30 Brain Games 1:30 Monday Move & Groove 2:00 Word Games 3:00 Sing Along 3:45 Snowball Battle Virtual Rosary	9:45 Wake-up & Workout 11:00 Tic-Tac-Toe Toss 11:30 Did You Know...Trivia 12:00 Dec/Jan. B-Day Luncheon 1:30 Mystery Ride Nails & Reminisce 2:30 Socialize & Snack 3:00 Sing Along 3:45 Balloon Volley	9:45 Wake-up & Workout 11:00 Mini Shuffleboard 11:15 Creations & Chat 11:30 Word Games 1:30 Tap'n Time w/ Belle 3:00 What Am I (Sensory) 3:45 Knock down Snowmen	9:45 Morning Cardio 11:00 Balloon Bash 11:30 What/Who Am I 1:30 Seated Yoga Kitchen Creations 2:00 Word Games 3:00 Poetry/Prose Mani-Cares 3:45 Snowball Toss	9:45 AM Exercise 10:45 Scenic Ride Nail Care/Reminisce 1:30 Walk & Stretch 2:00 Brain Games 2:30 Music & Munchies w/ Chris Monte 3:45 Ring Toss 5:30 Nightcap & Movie	9:45 Wake-up & Workout 11:00 Music & Groove 1:30 Mindful Stretch 2:00 Prize Bingo 3:00 Armchair Travel/Discuss 3:45 Bowling Virtual Rosary (AP)

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

MEAL TIMES: 12:00-1:00p; 4:30-5:30p