

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>"Start the year with a hopeful heart"</b>		<b>New Year's Day</b> Brain Games Slow Flow Yoga Energy Burst <b>Happy Hour (CLR)</b> Virtual Adventure	<b>1</b> Uplifting Stories Read Aloud (PCR) Joyful Movement Energy Burst <b>1:30pm Getting to Know You Ball Game (PCR)</b>	<b>2</b> Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR)
Energy Burst 6:00pm Cinematic Sunday (PCR)	<b>4</b> Chat and Reminisce (PCR) Joyful Movement WU: Writers Collective Energy Burst WU: Culinary Creations	<b>5</b> Listening to the Oldies But Goodies (PCR) Brain Games Gentle Movement WU: An Eye for Art Energy Burst <b>6:00pm Alan Lurty - Piano/Singer (L)</b>	<b>6</b> Manicures (PCR) Puzzles with Friends (PCR) Strength & Balance Energy Burst <b>3:00pm WU: Horticulture (2AR)</b>	<b>7</b> Brain Games Slow Flow Yoga Energy Burst <b>Happy Hour (CLR)</b> <b>2:00pm A Tribute to Elvis with DJ Betsy (2AR)</b>	<b>8</b> Uplifting Stories Read Aloud (PCR) Joyful Movement Energy Burst <b>1:30pm Getting to Know You Ball Game (PCR)</b>	<b>9</b> Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR)
Energy Burst 6:00pm Cinematic Sunday (PCR)	<b>11</b> Chat and Reminisce (PCR) Joyful Movement Energy Burst WU: Culinary Creations <b>2:30pm Minnie Kalan - Singer (2T)</b>	<b>12</b> Listening to the Oldies But Goodies (PCR) Brain Games Gentle Movement Energy Burst	<b>13</b> Manicures (PCR) Puzzles with Friends (PCR) Guided Meditation Strength & Balance Energy Burst	<b>14</b> Brain Games Slow Flow Yoga <b>11:15am Lunch Trip (L)</b> Energy Burst <b>Happy Hour (CLR)</b>	<b>15</b> Uplifting Stories Read Aloud (PCR) Joyful Movement Energy Burst <b>1:30pm Getting to Know You Ball Game (PCR)</b>	<b>16</b> Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR)
Energy Burst 6:00pm Cinematic Sunday (PCR)	<b>18</b> Martin Luther King Jr. Day Chat and Reminisce (PCR) Joyful Movement Energy Burst WU: Culinary Creations <b>2:00pm MLK Art (PCR)</b>	<b>19</b> Listening to the Oldies But Goodies (PCR) Brain Games Gentle Movement Energy Burst	<b>20</b> Manicures (PCR) Puzzles with Friends (PCR) Strength & Balance Energy Burst	<b>21</b> Brain Games Slow Flow Yoga Energy Burst <b>Happy Hour (CLR)</b> <b>2:00pm JT - Singer (2T)</b>	<b>22</b> Uplifting Stories Read Aloud (PCR) Joyful Movement Energy Burst <b>1:30pm Getting to Know You Ball Game (PCR)</b>	<b>23</b> Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR)
Energy Burst 6:00pm Cinematic Sunday (PCR)	<b>25</b> Chat and Reminisce (PCR) Joyful Movement Energy Burst WU: Culinary Creations	<b>26</b> Listening to the Oldies But Goodies (PCR) Brain Games Gentle Movement Energy Burst <b>2:00pm Craig Satchell- Pianist and Singer (L)</b>	<b>27</b> Manicures (PCR) Puzzles with Friends (PCR) Guided Meditation Strength & Balance Energy Burst	<b>28</b> Brain Games Slow Flow Yoga Energy Burst <b>Happy Hour (CLR)</b>	<b>29</b> Uplifting Stories Read Aloud (PCR) Joyful Movement Energy Burst <b>1:30pm Getting to Know You Ball Game (PCR)</b>	<b>30</b> Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR)

**Activity Locator Key:**

PAR = Pathways Art Room  
 PCR = Pathways Communal Room  
 PDR = Pathways Dining Room  
 L = Lobby  
 DR = Main Dining Room – Traditional  
 2T = 2nd floor Theater Room  
 2AR = 2nd floor Activities Room

Calendar is Subject to Change



- Body
- Community
- Entertainment
- Mind
- Outing
- Spirit

**January 2026 Pathways**  
 **BLUE BELL PLACE**  
 A WATERMARK RETIREMENT COMMUNITY™