


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		"Start the year with a hopeful heart"		New Year's Day Brain Games Slow Flow Yoga Energy Burst Happy Hour (CLR) Virtual Adventure <sup>1</sup>	Uplifting Stories Read Aloud (PCR) Joyful Movement Energy Burst 1:30pm Getting to Know You Ball Game (PCR) <sup>2</sup>	Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR) <sup>3</sup>
Energy Burst 6:00pm Cinematic Sunday (PCR) <sup>4</sup>	Chat and Reminisce (PCR) Joyful Movement WU: Writers Collective Energy Burst WU: Culinary Creations <sup>5</sup>	Listening to the Oldies But Goodies (PCR) Brain Games Gentle Movement WU: An Eye for Art Energy Burst 6:00pm Alan Lurty - Piano/Singer (L) <sup>6</sup>	Manicures (PCR) Puzzles with Friends (PCR) Strength & Balance Energy Burst 3:00pm WU: Horticulture (2AR) <sup>7</sup>	Brain Games Slow Flow Yoga Energy Burst Happy Hour (CLR) 2:00pm A Tribute to Elvis with DJ Betsy (2AR) <sup>8</sup>	Uplifting Stories Read Aloud (PCR) Joyful Movement Energy Burst 1:30pm Getting to Know You Ball Game (PCR) <sup>9</sup>	Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR) <sup>10</sup>
Energy Burst 6:00pm Cinematic Sunday (PCR) <sup>11</sup>	Chat and Reminisce (PCR) Joyful Movement Energy Burst WU: Culinary Creations 2:30pm Minnie Kalan - Singer (2T) <sup>12</sup>	Listening to the Oldies But Goodies (PCR) Brain Games Gentle Movement Energy Burst <sup>13</sup>	Manicures (PCR) Puzzles with Friends (PCR) Guided Meditation Strength & Balance Energy Burst <sup>14</sup>	Brain Games Slow Flow Yoga 11:15am Lunch Trip (L) Energy Burst Happy Hour (CLR) <sup>15</sup>	Uplifting Stories Read Aloud (PCR) Joyful Movement Energy Burst 1:30pm Getting to Know You Ball Game (PCR) <sup>16</sup>	Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR) <sup>17</sup>
Energy Burst 6:00pm Cinematic Sunday (PCR) <sup>18</sup>	Martin Luther King Jr. Day Chat and Reminisce (PCR) Joyful Movement Energy Burst WU: Culinary Creations 2:00pm MLK Art (PCR) <sup>19</sup>	Listening to the Oldies But Goodies (PCR) Brain Games Gentle Movement Energy Burst <sup>20</sup>	Manicures (PCR) Puzzles with Friends (PCR) Strength & Balance Energy Burst <sup>21</sup>	Brain Games Slow Flow Yoga Energy Burst Happy Hour (CLR) 2:00pm JT - Singer (2T) <sup>22</sup>	Uplifting Stories Read Aloud (PCR) Joyful Movement Energy Burst 1:30pm Getting to Know You Ball Game (PCR) <sup>23</sup>	Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR) <sup>24</sup>
Energy Burst 6:00pm Cinematic Sunday (PCR) <sup>25</sup>	Chat and Reminisce (PCR) Joyful Movement Energy Burst WU: Culinary Creations <sup>26</sup>	Listening to the Oldies But Goodies (PCR) Brain Games Gentle Movement Energy Burst 2:00pm Craig Satchell- Pianist and Singer (L) <sup>27</sup>	Manicures (PCR) Puzzles with Friends (PCR) Guided Meditation Strength & Balance Energy Burst <sup>28</sup>	Brain Games Slow Flow Yoga Energy Burst Happy Hour (CLR) <sup>29</sup>	Uplifting Stories Read Aloud (PCR) Joyful Movement Energy Burst 1:30pm Getting to Know You Ball Game (PCR) <sup>30</sup>	Stretch & Strength Energy Burst Hand Massages (PCR) Saturday Movie (PCR) <sup>31</sup>

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

