

# January 2026 Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>● Body</li> <li>● Community</li> <li>● Entertainment</li> <li>● Mind</li> <li>● Outing</li> <li>● Spirit</li> </ul>				<ul style="list-style-type: none"> <li>● New Year's Day</li> <li>● All activities are subject to change</li> <li>● 9:40 Walking Club (MC)</li> <li>● 10:15 Taoist YOGA w/ Stew</li> <li>● 11:30 New Year Portrait – Memory Care Family</li> <li>● 2:30 General Movement w/ Teresa (MC)</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Oouting: Marco Island Historical Museum</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 2:00 Dose of Daily Delight (MC)</li> <li>● 3:00 Movie Night and Popcorn (MC)</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 10:15 Taoist YOGA w/ Stew (WU)</li> <li>● Energy Burst - Saturday Night Fever (MC)</li> </ul>
<ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● Energy Burst - Music In The Air (MC)</li> <li>● Poppin' Nostalgic Movie Matinee (MC)</li> <li>● 6:00 Evening Creative Choice: Coloring &amp; Worksheets</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Music Melodies w/ Michael Nardi (MC)</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 2:00 Noodle Ball Exercises (MC)</li> <li>● 3:00 Name-that-tune with 1950s-1970s favorites</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:15 Taoist YOGA w/ Stew</li> <li>● 11:00 Memory Lane Trivia</li> <li>● 1:30 Drum Fit w/ Ken Staub (MC)</li> <li>● 2:30 General Movement w/ Teresa (MC)</li> <li>● 3:00 Garden Stroll &amp; Fresh Air Time</li> <li>● 6:30 After-Hours: Quiet Mind &amp; Meditation</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Dose of Daily Delight (MC)</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 11:30 Name-that-tune with 1950s-1970s favorites</li> <li>● 2:00 WU: Creative Crafting (AS)</li> <li>● 2:30 Cardio Drumming w/ Teresa</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:40 Walking Club (MC)</li> <li>● 10:15 Taoist YOGA w/ Stew</li> <li>● 11:00 The Trivia Hour</li> <li>● 2:30 General Movement w/ Teresa (MC)</li> <li>● 3:00 BINGO</li> <li>● 6:30 After-Hours: Quiet Mind &amp; Meditation</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Dose of Daily Delight (MC)</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 11:30 Name-that-tune with 1950s-1970s favorites</li> <li>● 2:00 Ice Cream Parlor Outing (MC)</li> <li>● 3:00 Movie Night and Popcorn (MC)</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 10:15 Taoist YOGA w/ Stew (WU)</li> <li>● Energy Burst - Saturday Night Fever (MC)</li> <li>● Saturday Puzzle Hour</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>
<ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● Energy Burst - Music In The Air (MC)</li> <li>● Poppin' Nostalgic Movie Matinee (MC)</li> <li>● 6:00 Evening Creative Choice: Coloring &amp; Worksheets</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Watermark Fishing Club</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 11:30 Sunshine and Fresh Air</li> <li>● 2:00 The Violin &amp; Candlelight Session w/ Kiara</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:15 Taoist YOGA w/ Stew</li> <li>● 11:00 Pet Therapy with Teddy</li> <li>● 2:00 Dominoes in the Garden</li> <li>● 2:30 General Movement w/ Teresa (MC)</li> <li>● 6:30 After-Hours: Quiet Mind &amp; Meditation</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Dose of Daily Delight (MC)</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 11:30 Hand Massages and Aromatherapy</li> <li>● 2:00 WU: Creative Crafting (AS)</li> <li>● 3:00 Bird Feeding &amp; Sing-Along in the Garden (L)</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:40 Walking Club (MC)</li> <li>● 10:15 Taoist YOGA w/ Stew</li> <li>● 2:00 Melodies w/ Sweet Lou (MC)</li> <li>● 3:00 General Movement w/ Teresa (MC)</li> <li>● 6:30 After-Hours: Quiet Mind &amp; Meditation</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Dose of Daily Delight (MC)</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 11:30 Name-that-tune with 1950s-1970s favorites</li> <li>● 2:00 WU Mobile Reader: Famous Detectives (MC)</li> <li>● 3:00 Movie Night and Popcorn (MC)</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 10:15 Taoist YOGA w/ Stew (WU)</li> <li>● Energy Burst - Saturday Night Fever (MC)</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>
<ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● Energy Burst - Music In The Air (MC)</li> <li>● Poppin' Nostalgic Movie Matinee (MC)</li> <li>● 2:00 Melodies w/ Sweet Lou (MC)</li> <li>● 6:00 Evening Creative Choice: Coloring &amp; Worksheets</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>● Martin Luther King Jr. Day</li> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Music &amp; Melodies w/ Michael Nardi (MC)</li> <li>● 11:00 WU: Cultivating Happiness w/ Teresa (MC)</li> <li>● 11:30 Name-that-tune with 1950s-1970s favorites</li> <li>● 2:00 Music Therapy - Movement to Music with Ken S. (MC)</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● An Eye for Art (MC)</li> <li>● 9:40 Walking Club (MC)</li> <li>● 10:15 Taoist YOGA w/ Stew</li> <li>● 11:00 Flower Club</li> <li>● 2:30 General Movement w/ Teresa (MC)</li> <li>● 6:30 After-Hours: Quiet Mind &amp; Meditation</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Dose of Daily Delight (MC)</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 11:30 Name-that-tune with 1950s-1970s favorites</li> <li>● 2:00 WU: Creative Crafting (AS)</li> <li>● 2:30 Cardio Drumming w/ Teresa</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:40 Walking Club (MC)</li> <li>● 10:15 Taoist YOGA w/ Stew</li> <li>● 11:00 The Trivia Hour</li> <li>● 2:30 General Movement w/ Teresa (MC)</li> <li>● 3:00 BINGO</li> <li>● 6:30 After-Hours: Quiet Mind &amp; Meditation</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Dose of Daily Delight (MC)</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 11:30 Name-that-tune with 1950s-1970s favorites</li> <li>● 2:00 Mystery Bus Ride (MC)</li> <li>● 3:00 Movie Night and Popcorn (MC)</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 10:15 Taoist YOGA w/ Stew (WU)</li> <li>● Energy Burst - Saturday Night Fever (MC)</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>
<ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● Energy Burst - Music In The Air (MC)</li> <li>● Poppin' Nostalgic Movie Matinee (MC)</li> <li>● 6:00 Evening Creative Choice: Coloring &amp; Worksheets</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Dose of Daily Delight (MC)</li> <li>● 10:00 Monday Flower Club (MC)</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 11:30 Name-that-tune with 1950s-1970s favorites</li> <li>● 3:00 Mystery Bus Ride</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:40 Walking Club (MC)</li> <li>● 10:15 Taoist YOGA w/ Stew</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 2:30 General Movement w/ Teresa (MC)</li> <li>● 6:30 After-Hours: Quiet Mind &amp; Meditation</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Dose of Daily Delight (MC)</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 11:30 Name-that-tune with 1950s-1970s favorites</li> <li>● 2:00 WU: Creative Crafting (AS)</li> <li>● 2:30 Cardio Drumming w/ Teresa</li> <li>● 3:00 Bird Feeding &amp; Sing-Along in the Garden (L)</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:40 Walking Club (MC)</li> <li>● 10:15 Taoist YOGA w/ Stew</li> <li>● 11:00 Hand Massages &amp; Aromatherapy</li> <li>● 2:30 General Movement w/ Teresa (MC)</li> <li>● 6:30 After-Hours: Quiet Mind &amp; Meditation</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 9:00 Watermark Walking Club</li> <li>● 10:00 Dose of Daily Delight (MC)</li> <li>● 11:00 Fit to Stretch w/ Teresa (MC)</li> <li>● 11:30 Name-that-tune with 1950s-1970s favorites</li> <li>● 2:00 Mystery Bus Ride (MC)</li> <li>● 3:00 Movie Night and Popcorn (MC)</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>● All activities are subject to change</li> <li>● 10:15 Taoist YOGA w/ Stew (WU)</li> <li>● Energy Burst - Saturday Night Fever (MC)</li> <li>● 6:30 After Hour Activities / Coloring and Puzzles / Resident Choice</li> </ul>