



# 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><b>New Year's Day</b></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>	<ul style="list-style-type: none"><li>All activities are subject to change</li><li>9:00 Watermark Walking Club</li><li>10:00 Outing: 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>	<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>	<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>	<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 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>	<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>	<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>	<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>	<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>
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