

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2026

## Cambrian Assisted Living

<h1>January 2026</h1> <h2>Cambrian Assisted Living</h2>				10:30 Morning Exercise 1 11:00 Head Gamez **No Happy Hour today!** <i>Happy New Year!!!</i> <small>New Year's Day</small>		2 9:30 Rosary 10:30 Exercise 11:00 HOULA HOOP BALL 2:30 Bingo		3 10:30 Exercise 11:00 Documentary Shorts 1:30 Chair Yoga 2:00 Afternoon movie in Media Room					
4 2:00 Worship 3:30 TV in Media Room		**EARLY EXERCISE!!! 5 10:00 Exercise 11:00 St. Elizabeth Mass 1:30 Chair Yoga 2:30 Bingo 3:30 Ember/Charlie Pet Therapy Visit		6 10:30 Exercise 11:00 Sing Along 1:00 Cookie Club 1:30 Culinary Creation 2:00 Euchre 3:00 Happy Hour		7 10:30 Exercise 11:00 Sweat 4 Sweets 1:00 Library Games 3:00 Bible Study 3:00 Dominoes		8 10:30 Morning Exercise 11:00 Pet Therapy Shasta w/special guest "Ash" 1:30 Chair Yoga 2:00 Afternoon Euchre 3:00 Happy Hour		9 9:30 Rosary 10:30 Exercise 11:00 HOULA HOOP BALL 2:30 Bingo		10 10:30 Exercise 11:00 Documentary Shorts "What life was like during the black plague" 1:30 Chair Yoga 2:00 Afternoon movie in Media Room	
11 2:00 Worship 3:30 TV in Media Room 4:00 Tecumseh Schools Youth Musicians Performing in Living Room		12 10:30 Exercise 11:00 Trivia 1:30 Chair Yoga w/Sarah! 2:30 Bingo 3:30 Ember/Charlie Pet Therapy Visit		13 10:30 Exercise 11:00 Sing Along 1:00 Cookie Club 1:30 Crafting Hour 2:00 Euchre 3:00 Happy Hour		14 10:30 Exercise 11:00 Sweat 4 Sweets 1:00 Library Games 3:00 Bible Study 3:00 Dominoes		15 10:30 Morning Exercise 11:00 True or false 1:30 Chair Yoga 2:00 Afternoon Euchre 3:00 Happy Hour		16 9:30 Rosary 10:30 Exercise 11:00 HOULA HOOP BALL 2:30 Bingo		17 10:30 Exercise 11:00 Documentary Shorts "Thomas Edison-Lighting up the world" 1:30 Chair Yoga 2:00 Afternoon movie in Media Room	
18 2:00 Worship 3:30 TV in Media Room		19 10:30 Exercise 11:00 Trivia 1:30 Chair Yoga 2:30 Bingo 3:30 Ember/Charlie Pet Therapy Visit <small>Martin Luther King Jr. Day</small>		20 10:30 Exercise 11:00 Sing Along 1:00 Cookie Club 1:30 Ladies Spa!!! 2:00 Euchre 3:00 Happy Hour		21 10:30 Exercise 11:00 Sweat 4 Sweets 1:00 Library Games 3:00 Bible Study 3:00 Dominoes		22 10:30 Morning Exercise 11:00 True or false 1:30 Chair Yoga 2:00 Afternoon Euchre 3:00 Happy Hour		23 9:30 Rosary 10:30 Exercise 11:00 HOULA HOOP BALL 2:30 Bingo		24 10:30 Exercise 11:00 Documentary Shorts "Archaeology: Unearthing our past" 1:30 Chair Yoga 2:00 Afternoon movie in Media Room	
25 2:00 Worship 3:30 TV in Media Room		26 10:30 Exercise 11:00 Trivia 1:30 Chair Yoga w/Sarah! 2:30 Bingo 3:30 Ember/Charlie Pet Therapy Visit <small>Australia Day (Observed)</small>		27 10:30 Exercise 11:00 Sing Along 1:00 Cookie Club 1:30 Crafting Hour 2:00 Euchre 3:00 Happy Hour		28 10:30 Exercise 11:00 Sweat 4 Sweets 1:00 Library Games 3:00 Bible Study 3:00 Dominoes		29 10:30 Morning Exercise 11:00 True or false 1:30 Chair Yoga 2:00 Afternoon Euchre 3:00 Happy Hour		30 9:30 Rosary 10:30 Exercise 11:00 HOULA HOOP BALL 2:30 Bingo		31 10:30 Exercise 11:00 Documentary Shorts "Howard Carter and the tomb of Tutankhamun" 1:30 Chair Yoga 2:00 Afternoon movie in Media Room	