

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Sunny Cove Activities

				1 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Painting and Snacks	2 10:00 Table Game-CE 11:00 Yoga-YM/PE 2:00 Out and About-PE 3:00 Trivia-CE	3 10:00 Trivia-CE 11:00 Exercise-PE 2:00 BINGO-CE
4 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats	5 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Puzzles and Pajamas 3:00 Sing Along-MP 6:00 Balloon Ball-PE	6 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Relaxation Hour-YM/SM 3:00 Task Group-CE	7 10:00 Catholic Service-MP 10:15 Card BINGO-CE 11:00 Exercise-PE 1:30 Protestant Service 2:00 Out and About	8 10:00 Table Game-CE 11:00 Exercise-PE 1:45 Rosary-YM 2:30 Marshmallow Snowmen	9 10:00 Table Game-CE 11:00 Yoga-YM/PE 2:00 Out and About-PE 3:00 Trivia	10 10:00 Trivia-CE 11:00 Exercise-PE 2:00 BINGO-CE
11 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats	12 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Popsicle Snowmen-ART 3:00 Sing Along-MP 6:00 Balloon Ball-PE	13 10:30 Brandy the Dog Visits 11:00 Exercise-PE 2:00 Relaxation Hour-YM/SM 3:00 Task Group-CE	14 10:00 Catholic Service-MP 10:15 Card BINGO-CE 11:00 Exercise-PE 1:30 Protestant Service 3:00-4:00 Music with Steve!!!	15 10:00 Table Game-CE 11:00 Snowball Fight! 1:45 Rosary-YM 2:30 Out and About-PE 3:00 Snowball Social!	16 10:00 Table Game-CE 11:00 Yoga-YM/PE 2:00 BINGO 3:00 Trivia FIRE and ICE Dress-Up Day	17 10:00 Trivia-CE 11:00 Exercise-PE 2:00 BINGO-CE
18 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats	19 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Trivia 3:00 Therapeutic Coloring 6:00 Balloon Ball-PE Martin Luther King Jr. Day	20 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Relaxation Hour-YM/SM 3:00 Task Group-CE	21 10:00 Catholic Service-MP 10:15 Card BINGO-CE 11:00 Exercise-PE 1:30 Protestant Service 2:00 Salt Snowflake Painting	22 10:00 Table Game-CE 11:00 Exercise-PE 1:45 Rosary-YM 2:30 Out and About-PE	23 10:00 Table Game-CE 11:00 Yoga-YM/PE 2:00 Winter Trivia 3:00 Trivia	24 10:00 Trivia-CE 11:00 Exercise-PE 2:00 BINGO-CE
25 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats	26 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Trivia 3:00 Sing Along-MP 6:00 Balloon Ball-PE Australia Day (Observed)	27 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Relaxation Hour-YM/SM 3:00 Task Group-CE	28 10:00 Catholic Service-MP 10:15 Card BINGO-CE 11:00 Exercise-PE 1:30 Protestant Service 3:00-4:00 Music with Steve!!!	29 10:00 Table Game-CE 11:00 Exercise-PE 1:45 Rosary-YM 2:30 Coffee Filter Coloring	30 10:00 Table Game-CE 11:00 Yoga-YM/PE 2:00 Out and About-PE 3:00 Trivia	31 10:00 Trivia-CE 11:00 Exercise-PE 2:00 BINGO-CE

CE-Cognitive Activities

PE-Physical Activities

MP-Music Program

YM/SM-Yoga Meditation/Stress

ART-Art Programming

MA-Multisensory Activity