January 2026

Day Break Neighborhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:00-Breakfast 9:00-Morning Activity with Jen & Carol 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00- Exercise Class 1:30-Daily Activity with Jen 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation New Year's Day	2 8:00-Breakfast 9:00-Friday Chats & Cheer 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Daily Activity with Megan 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	3 8:00-Breakfast 9:00-Morning Mingle 10:00-Daily Activity with Jen 10:30-Snack & Hydration 10:30-Morning Exercise 10:45-Daily Devotion Reading 11:00-Daily Chronicle News 12:00-Lunch 1:00-Saturday Matinee Movie 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Game Show 7:00-Snack & Relaxation
4 8:00-Breakfast 9:00-Current Events 10:00-Word Search Puzzle 10:30-Snack & Hydration 10:30-Daily Chronicle News 10:45-Daily Devotion Readings 12:00-Lunch 1:00-Afternoon Movie 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Game Show 7:00-Snack & Relaxation	5 8:00-Breakfast 9:00-Monday Memory Makers 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Afternoon Activity with Megan 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	6 8:00-Breakfast 9:00-Creative Crafts with Carol 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00- Exercise Class 1:30-Daily Activity with Jen 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	7 8:00-Breakfast 9:00-Wisdom & Wit Wednesdays 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Daily Activity with Megan 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	8 8:00-Breakfast 9:00-Morning Activity with Jen & Carol 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00- Exercise Class 1:30-Daily Activity with Jen 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	9 8:00-Breakfast 9:00-Friday Chats & Cheer 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Daily Activity with Megan 2:00-Musical Entertainment with Maria Damore 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	10 8:00-Breakfast 9:00-Morning Mingle 10:00-Daily Activity with Jen 10:30-Snack & Hydration 10:30-Morning Exercise 10:45-Daily Devotion Reading 11:00-Daily Chronicle News 12:00-Lunch 1:00-Saturday Matinee Movie 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Game Show 7:00-Snack & Relaxation
11 8:00-Breakfast 9:00-Current Events 10:00-Word Search Puzzle 10:30-Snack & Hydration 10:30-Daily Chronicle News 10:45-Daily Devotion Readings 12:00-Lunch 1:00-Afternoon Movie 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Game Show 7:00-Snack & Relaxation	12 8:00-Breakfast 9:00-Monday Memory Makers 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Afternoon Activity with Megan 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	13 8:00-Breakfast 9:00-Creative Crafts with Carol 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00- Exercise Class 1:30-Daily Activity with Jen 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	14 8:00-Breakfast 9:00-Wisdom & Wit Wednesdays 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Daily Activity with Megan 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	15 8:00-Breakfast 9:00-Morning Activity with Jen & Carol 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00- Exercise Class 1:30-Daily Activity with Jen 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	16 8:00-Breakfast 9:00-Friday Chats & Cheer 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Daily Activity with Megan 2:00-Musical Entertainment with Steve Barth 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	17 8:00-Breakfast 9:00-Morning Mingle 10:00-Daily Activity with Jen 10:30-Snack & Hydration 10:30-Morning Exercise 10:45-Daily Devotion Reading 11:00-Daily Chronicle News 12:00-Lunch 1:00-Saturday Matinee Movie 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Game Show 7:00-Snack & Relaxation
18 8:00-Breakfast 9:00-Current Events 10:00-Word Search Puzzle 10:30-Snack & Hydration 10:30-Daily Chronicle News 10:45-Daily Devotion Readings 12:00-Lunch 1:00-Afternoon Movie 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Game Show 7:00-Snack & Relaxation	19 8:00-Breakfast 9:00-Monday Memory Makers 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Afternoon Activity with Megan 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation Martin Luther King Jr. Day	20 8:00-Breakfast 9:00-Creative Crafts with Carol 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00- Exercise Class 1:30-Daily Activity with Jen 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	21 8:00-Breakfast 9:00-Wisdom & Wit Wednesdays 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Daily Activity with Megan 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	22 8:00-Breakfast 9:00-Morning Activity with Jen & Carol 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00- Exercise Class 1:30-Daily Activity with Jen 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	23 8:00-Breakfast 9:00-Friday Chats & Cheer 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Daily Activity with Megan 2:00-Musical Entertainment with Lee Moyer 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	24 8:00-Breakfast 9:00-Morning Mingle 10:00-Daily Activity with Jen 10:30-Snack & Hydration 10:30-Morning Exercise 10:45-Daily Devotion Reading 11:00-Daily Chronicle News 12:00-Lunch 1:00-Saturday Matinee Movie 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Game Show 7:00-Snack & Relaxation
25 8:00-Breakfast 9:00-Current Events 10:00-Word Search Puzzle 10:30-Snack & Hydration 10:30-Daily Chronicle News 10:45-Daily Devotion Readings 12:00-Lunch 1:00-Afternoon Movie 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Game Show 7:00-Snack & Relaxation	26 8:00-Breakfast 9:00-Monday Memory Makers 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Afternoon Activity with Megan 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation Australia Day (Observed)	27 8:00-Breakfast 9:00-Creative Crafts with Carol 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00- Exercise Class 1:30-Daily Activity with Jen 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	28 8:00-Breakfast 9:00-Wisdom & Wit Wednesdays 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Daily Activity with Megan 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	29 8:00-Breakfast 9:00-Morning Activity with Jen & Carol 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00- Exercise Class 1:30-Daily Activity with Jen 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	30 8:00-Breakfast 9:00-Friday Chats & Cheer 9:30-Exercise Class 10:00-Daily Chronicle News 10:15-Daily Devotion Reading 10:30-Snack & Hydration 11:00-The Price is Right 12:00-Lunch 1:00-Daily Activity with Megan 2:00-Musical Entertainment with Lorri Woodard 2:30- Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Jeopardy & Wheel of Fortune 7:00-Snack & Relaxation	31 8:00-Breakfast 9:00-Morning Mingle 10:00-Daily Activity with Jen 10:30-Snack & Hydration 10:30-Morning Exercise 10:45-Daily Devotion Reading 11:00-Daily Chronicle News 12:00-Lunch 1:00-Saturday Matinee Movie 2:30-Snack & Hydration 3:00-Let's Take a Walk 3:30-Music Hour 4:30-Dinner 6:00-Game Show 7:00-Snack & Relaxation