

Better Days



January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Activity Color Coding: Red - Religious Orange - Memory & Brain Stimulation Green - Therapeutic (Pet, Music, Sensory) Purple - Physical Activity Blue - Purposeful Life Station	Meal Times Breakfast 7:30 am - 9:00 am Lunch 12:00 pm Dinner 5:00 pm	1 *Bible Reading *Resolution Circle *Fire Work Art *Music and Movement *Snack Mix Making	2 *Daily Devotions *Minute to Win It *Dan's Band *Ball Toss *Office Organizer	3 *Bible Reading *Coffee and Quizzes *Calming Coloring *Hallway Walk *Saturday Sweep!
4 *Televised Church *Finish the Phrase *Sunday Sitcoms *Youtube Yoga *Clear the Table	5 *Daily Devotions *Pictionary *Bingo *Table Basketball *Mail Delivery	6 *Bible Reading *How Many Words Game *Marble Art *Charades *Tidy Up Tuesday!	7 *Daily Devotions *Bingo *Higher or Lower *Music and Movement *Hamper Helper	8 *Bible Reading *ABC Grocery Store *Snow Coloring *Balloon Volleyball *Peanut Butter Balls	9 *Daily Devotions *Hangman *Set the Table *Chair Exercises *Movie Night	10 *Bible Reading *Card Corner *Calming Coloring *Table Hockey *Saturday Sweep!
11 *Televised Church *Table Talk *Sunday Sitcoms *Charades *Folding Fun	12 *Daily Devotions *Name that TV Show *True or False *Putt Putt Tournament *Mail Delivery	13 *Bible Reading *Quiz Blitz *Char's Band *Balloon Volleyball *Tidy Up Tuesday!	14 *Daily Devotions *Bingo *Around the Clock *Ring Toss *Name that Smell	15 *Bible Reading *Trivia Time *Winter Jar Craft *Table Hockey *Hamper Helper	16 *Daily Devotions *Opposite Game *Music with Gary *Bags Tournament *Laundry Folding	17 *Bible Reading *Coffee and Quizzes *Calming Coloring *Kickball *Saturday Sweep!
18 *Televised Church *Puzzle Party *Sunday Sitcoms *Music and Movement *Set the Table	19 *Daily Devotions *This Day in History *Magnet Maze *Ring Toss *Mail Delivery	20 *Bible Reading *Pictionary *What's in the Bag *Music and Movement *Tidy Up Tuesday!	21 *Daily Devotions *Bingo *Double or Nothing! *Keep it Up *Set the Table	22 *Bible Reading *This or That *Let's Build a Snowman! *Hallway Walk *Silverware Sorting	23 *Daily Devotions *Dominoes *Toe Tapping Tunes! *Silverware Sorting *John Schumacher	24 *Bible Reading *Card Corner *Calming Coloring *Ring Toss *Saturday Sweep!
25 *Televised Church *Name that Tune *Sunday Sitcoms *String Ball *Sock Sorting	26 *Daily Devotions *Minute to Win it *Bingo *Balloon Volleyball *Mail Delivery	27 *Bible Reading *Mix and Matching *Name that Smell *Sit and Stretch *Tidy Up Tuesday!	28 *Daily Devotions *Bingo *Shake, Rattle and Roll! *Music and Movement *Pie Baking	29 *Bible Reading *Word Search Fun *Cotton Ball Art *Bingo *Clear the Table	30 *Daily Devotions *String Mazes *Valentine Decorating *Table Basketball *Calendar Delivery	31 *Bible Reading *Coffee and Quizzes *Calming Coloring *Chair Exercises *Saturday Sweep!

*Activities subject to change