

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Activities 9am- Morning Greetings & Daily Chronicles 1pm- Mail Delivery & Room Visits Pet Visits Every other Wednesday- Cat visits (Wilbur or Jake)- (AM-Rooms)- sign up to see Wilbur or Jake with the activities team. Friday- Bunny Visit with Abby (AM-Lobby & Rooms) Ice Cream Socials are held now on- Wednesdays & Sundays 2pm-3:30pm <i>(Sundae's on Sunday is with toppings, whip cream and cherry)</i>				9 Morning Greetings & Daily Chronicles 1 10 Table Games -3Dr 10:30 Devotions with Cindy - 2D 1 Mail Delivery 2 Lobby Activities -Superstitions and resolutions - New Years Trivia - Snack & Chat New Years Day	10:30 Trivia - L 2 10:45 Bunny Visits with Abby - L 11 Chair Exercise - L 1 Mail Delivery 1:30 Hot Chocolate Chat - ICP 2:30 Game-Group Keno -L 3:45 Lobby Chat	9:30 Morning Greetings 3 10:30 Bible Study -3E 10:30 Dice Game -2D 11:30 Table Talk -3Dr 1 Mail Delivery 1:30 Spintopia - 2D Electronic Word Game 1:30 Resident Bell Choir - 3E 2 Theater Movie -1st fl. 3:30 Craft Time - 3E
10 Fellowship -ICP 4 <i>hot coco & pastries</i> 10:40 Lobby Church Service w/Cheryl 11 Mt. Airy Christ Church Service - 3E 1 Mail Delivery 2-2:30 Sunday Sundae Social - ICP & Variety Hour - L 3:30 Weight Class -2D	9 Morning Greetings 5 10 History Talk - Guest Speaker on Harper Ferry Park Guide -2D 10:30 Bingo - 3Dr. 11:45 Table Talk - 3Dr 1 Mail Delivery 1:30 Graden Therapy Group - 2D 2 Theater Movie 2:30 Reminiscing with Betsy - 3E 3 Book Talk - <i>Library area</i>	9 Morning Greetings 6 10 Chair Yoga -2D 10 Classic Movie -T 10:30 Balloon Volleyball - 3E 10:40 Word Mining -2D 1 Mail Delivery 1:30 Classical Music - 2D 2 Reminiscing - <i>Stories out of a Hat</i> -3E 3 Travelogue - 2D 3:30 Music & Nail Painting - 3Dr	10 Weight Class -2D 7 10:30 Stretch it out with Amanda - 3E 10:45 Cards- Kings in the Corner - 2D 11:30 Table Chat - 3Dr 1 Mail Delivery 1:30 Bingo - 2D 2-3:30 Ice Cream Social - ICP 2:30 Music Entertainment by Joe C - L 3:40 Lobby Chat	9 Morning Greetings & Daily Chronicles 8 10:30 Devotions with Cheryl -2D 10:30 I Love Lucy Show -T 1 Mail Delivery 2 Active Game -3E 2:30 Kitchen Band Sing-Along - L 3:45 Happy Hour -1D	9 Morning Greetings 9 10:30 Word Game - L 10:45 Bunny Visits with Abby - L 11 Chair Exercise - L 1 Mail Delivery 2:30 Entertainment by Bob K - L 3:30 Lobby Chat & Cookies	9:30 Morning Greetings 10 10 3rd fl. Room Visits 10:30 Dice Game -2D 10:45 Bingo - 3Dr 1 Mail Delivery 1:30 Spintopia - 2D Electronic Word Game 1:30 Resident Bell Choir - 3E 2 Theater Movie -1st fl. 3:30 Craft Time - 3E

Lorien Mt. Airy Assisted Living

January 2026

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 Fellowship-ICP 11 <i>hot coco & pastries</i> 10:40 Lobby Church Service w/Cheryl 1 Mail Delivery 2-2:30 Sunday Sundae Social- ICP & Variety Hour- L 3:30 Weight Class-2D	10 Tai Chi- 2D 12 10:30 Spintopia- 2D 10:30 Table Games- 3E 11:30 Table Chat- 3Dr 1 Mail Delivery 1:30 Bingo- 2D 2 Bingo- 3Dr 2 Theater Movie 3 Poetry Readings-Lib. 3:30 3rd Fl. Room Visits	10 Yoga- 2D 13 10 Classic Movie-T 10 Hymns & Catholic Mass- 3E 10:40 Word Mining-2D 1:30 Classical Music- 2D 2 Women's group- Stories out of a Hat-3E 3 Travelogue- 2D 3:30 Nail Painting- 3Dr	9 Morning Greet s 14 10:30 Veteran Talk-L 10:30 Stretches- 3E 1 Mail Delivery 1:30 Bingo- 2D 2-3:30 Ice Cream Social- ICP 2 Music by Joshua P-L 3:30 Lobby Chat	9 Morning Greetings 15 10:30 Devotions-2D 10:30 Carol Burnett-T 1 Mail Delivery 2 Brain Games- 3E 2:30 Sing-Along- L 3:45 Happy Hour- 1D	10:30 Trivia- L 16 10:45 Bunny Visits 11 Chair Exercise- L 1 MAIL DELIVERY 2-3:30 On the Wagon Day- 1920's Speak Easy Social -Lobby & ICP	10:30 Bible Study-3E 17 10:30 Dice Game-2D 11 3rd fl. Room Visits 1:30 Spintopia- 2D Electronic Word Game 2 Theater Movie 2:30 Balloon Volleyball- 3E 3:30 Craft Time-3E
10 Fellowship-ICP 18 10:40 Lobby Church Service w/Cheryl 11 Mt. Airy Christ Church Service- 3E 2-2:30 Sunday Sundae Social- ICP & Variety Hour- L 3:30 Weight Class-2D	10 Tai Chi- 2D 19 10:30 Stretches-3E 10:30 Spintopia -2D 1 Mail Delivery 1:30 Bingo- 2D 2 Theater Movie-1st fl. "Selma" 2:30 Word Games- 3E 3 Book Talk-Lib. 3:30 3rd fl Room Visit	10 Yoga- 2D 20 10 Classic Movie-T 10:30 Music & Motion Ribbon Exercise-3E 10:40 Word Mining-2D 1:30 Classical Music- 2D 2 Women's group- Stories out of a Hat-3E 3 Resident Council-2D 3:30 Nail Painting- 3Dr	10 Weight Class-2D 21 10:30 Bingo- 3Dr 10:40 Card Game-2D 1 Mail Delivery 1:30 Bingo- 2D 1:45 Piano Music by Debbie Long- 3E 2-3:30 Ice Cream Social- ICP	9 Morning Greetings 22 10:30 Devotions-2D 10:30 Dean Martin-T 1 Mail Delivery 2 Active Games- 3E 2:30 Sing- Along-L 3:45 Happy Hour-1D	10:30 Word Game- L 23 10:45 Bunny Visits with Abby- L 11 Chair Exercise- L 2-3:30 A Day to "Wine" about Drinks & Music by Acoustic Chicks- L	9 Morning Greeting 24 10:30 Bingo- 3Dr 10:30 Dice Game-2D 11 3rd fl. Room Visits 1:30 Spintopia- 2D Electronic Word Game 1:30 Bell Choir-3E 2 Theater Movie 3:30 Craft Time-3E
10 Fellowship-ICP 25 <i>hot coco & pastries</i> 10:40 Lobby Church Service w/Cheryl 1 Mail Delivery 2-2:30 Sunday Sundae Social- ICP & Piano Performances-L 3:30 Weight Class-2D	10 Tai Chi- 2D 26 10:30 Penny Ante'-3E 10:30 Spintopia- 2D 11:30 Table Chat- 3Dr 1:30 Bingo- 2D 2 Theater Movie "Larry Crowne" 3 Library Trip 3:30 3rd fl Room Visit	10 Yoga- 2D 27 10 Classic Movie-T 10:30 Music & Motion Ribbon Exercise-3E 10:40 Word Mining-2D 1:30 Classical Music- 2D 2 Women's group- Stories out of a Hat-3E 3 Travelogue- 2D 3:30 Nail Painting- 3Dr	10 Weight Class-2D 28 10:30 Bingo- 3Dr 10:40 Card Game-2D 1 Mail Delivery 1:30 Bingo- 2D 2-3:30 Ice Cream Social- ICP 2:30 Word Game- L	9 Morning Greetings 29 10:30 Devotions-2D 10:30 Laugh In-T 1 Mail Delivery 2 Brain Games- 3E 2:30 Sing- Along-L 3:45 Happy Hour-1D	10:30 Trivia- L 30 10:45 Bunny Visits with Abby- L 11 Chair Exercise- L 1 Mail Delivery 2:30 Musical Jam- Marsha, Rick & Mark-L	9 Morning Greetings 31 10:30 Bible Study-3E 10:30 Dice Game-2D 11 3rd fl. Room Visits 1:30 Spintopia- 2D 1:30 Bell Choir-3E 2 Theater Movie 3:30 Craft Time-3E

Activities are Subject to Change

Key: L-Lobby, ICP- Ice Cream Parlor, T-Theater (1st fl.), 1D-1st fl. dayroom, 2D-2nd fl. dayroom, 3Dr.-3rd fl. dining room, 3E- 3rd fl. Eden Room.