

East Apartment January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Activities are subject to change at anytime.</p>	<p>Activities Room Codes: Library -L/Maple DR & Oak DR CMW=West Building RR=Rainbow Room MPRM=Multi-Purpose Room NSDR-North Star Dining Room Special Events Posted Independent Leisure in RM 218</p>			<p>1 9:30 Mary, the Holy Mother of God Mass CH.3/ CH </p>	<p>2 9:30 Mass CH.3/ CH 10:00 Songs of the Last Frontier 10:45 Today in History 1:00 Table Top Bowling 2:15 Happy Hour</p>	<p>3 1:30 L-R-C w/Joanne 4:00 Mass </p>
<p>4 9:30 Mass CH.3/CH 12:00 Packers vs Vikings FOX 6 </p>	<p>5 9:30 Church 10:15 Denali National Park Armchair Exercise 10:45 Brain Game 12:45 Pretty Paws-Nails 1:30 Cards (L) 2:00 Music-Tom</p>	<p>6 9:30 Church 9:45 Un Deck the Halls 11:00 National Days 1:30 Un Deck the Halls 2:30 Fact or Fiction</p>	<p>7 9:30 Mass CH.3/ CH 10:15 Be Fit & Factual Exercise 10:30 Communion 1:00 Art Pursuits 2:15 Polish Poker 3:00 Read the List 7:00 Rosary -2nd FL/Maple</p>	<p>8 9:30 Mass CH.3/ CH 10:00 Travel/Anchorage, AL 10:45 Alaska Trivia 1:00 Arts & Crafts  2:30 Elvis Tribute w/ Rockin' Randy-MPRM</p>	<p>9 9:30 Mass CH.3/ CH 10:15 Morning Stretch 10:45 Everyday Trivia 2:00 Winter Wonderland NSDR 6:00 Music-Ruth Joy</p>	<p>10 1:30 Sing-a-Long w/Rebecca 4:00 Mass </p>
<p>11 9:30 Mass CH.3/CH Independent Leisure </p>	<p>12 9:30 Church 10:15 Sit 'n Fit Exercise 10:45 Word Game 1:30 Tri-Shaw Bike-FHL 1:30 Cards (L) 2:00 Music-Tom</p>	<p>13 9:30 Church 10:00 Community Project 1:00 Snowball Roll Game 2:00 Virtual Skiing 2:30 Moose Tracks Ice Cream Taste Test 3:00 Alaska History</p>	<p>14 9:30 Mass CH.3/ CH 10:15 Brain Game 10:30 Communion 1:00 Art Pursuits 2:15 Music & Movement w/ Jim Turk 7:00 Rosary -2nd FL/Maple</p>	<p>15 9:30 Mass CH.3/ CH 10:15 Wacky Words 10:45 Today in History 2:00 Birthday Party w/ Joe Kadlec 1st FL/Oak DR</p>	<p>16 8:00 Breakfast Visit 9:30 Mass CH.3/ CH 10:00 Senior Spin w/ Todd & Jim 1:00 Dice Bowling Game 2:00 Casino Day-Rm 218</p>	<p>17 1:00 Bingo w/Michele 4:00 Mass </p>
<p>18 9:30 Mass CH.3/CH Independent Leisure </p>	<p>19 8:00 Breakfast Visits 9:30 Church 10:15 Pretty Paws-Nails 1:00 MLK Bingo 1:30 Cards (L) 2:00 MLK Program </p>	<p>20 8:00 Breakfast Visit 9:30 Church 10:15 Roll for It Dice Game 10:45 Today in History 1:30 Dolly Par' tay 1st FL/Oak DR </p>	<p>21 9:30 Mass CH.3/ CH 10:15 Pound Exercise 10:30 Communion 1:00 Art Pursuits 2:00 Resident Council 7:00 Rosary -2nd FL/Maple</p>	<p>22 9:30 Mass CH.3/ CH 10:15 Skip-Bo Cards 10:45 Today in History 1:00 Toss Up Dice Game 2:00 Floor Bowling 3:00 That's It!</p>	<p>23 9:30 Mass CH.3/ CH 10:15 Morning Stretch Ex 10:45 Trivial Pursuit 1:00 Balloon Volleyball 1:30 National Pie Day 6:00 Music-Ruth Joy</p>	<p>24 1:30 Pokeno w/Sabrina 4:00 Mass </p>
<p>25 9:30 Mass CH.3/CH Independent Leisure </p>	<p>26 9:30 Church 10:15 Mind & Body Exercise 10:45 Brain Game 1:00 Bingo 1:30 Cards (L) 2:00 Music-Tom</p>	<p>27 9:30 Church 10:15 Hangman 10:45 National Days 1:00 Movie/Snacks 1:30 Men's Club 1st FL/Oak DR </p>	<p>28 9:30 Mass CH.3/ CH 10:15 Pump It Up Exercise 10:30 Communion 1:00 Art Pursuits 1:00 Women's Club (L) 2:15 For Get It Dice Game 7:00 Rosary-2nd FL/Maple DR Ocean Attire/Blue </p>	<p>29 9:30 Mass CH.3/ CH 10:15 Community Project 1:00 Polar Bear Plunge Game 2:00 Snowball Toss 3:00 Everybody Knows </p>	<p>30 8:00 Breakfast Visit 9:30 Mass CH.3/ CH 10:15 Quirky Song Titles 10:45 National Days 2:00 Beach Party Social NSDR </p>	<p>31 1:30 Coverall w/Pam 4:00 Mass </p>
<p>Activities Professional Week: </p>	<p>Theme: "Summer in the Snow" Hawaiian Day</p>	<p>Adventure Day</p>			<p>Summer Hats/Sunglasses</p>	<p>Tie-Dye Shirts</p>