

East Apartment January 2026

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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