

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

HELEN'S

<p>11:15 Spiritual Elder Care (YT) 4 2:30 National Trivia Day: "General Bible Trivia Game" (YT: Children's Ministry Deals) 4:15 "18 One Hit Wonder Songs From 1961 You Forgot" (YT: Retro America) 6:15 Sunday Devotional</p>	<p>HBD KITTY! 5 Music Monday: ELVIS & DOLLY DAY! 11:15 Morning Movement: Music & Pool Noodle Balloon Toss! 2:30 Elvis & Dolly Day w/ Ray! 4:15 "EVERY BILLBOARD #1 HIT (1960 - 1969) WITH VIDEO" (YT: Trombozbek) 6:15 Evening Movie: "Grease Live!" (YT)</p>	<p>WEAR WHITE 6 11:15 Hymn Sing: Spiritual Eldercare OR Mass (YT) 2:30 "Making Exercise Fun with Classics of the 1970's! 70's music Dance Workout" (YT: Improved Health) 4:15 Manicures & "Disco Music 80s - Video Mix" (YT: Daniele Cinto) 6:15 Water Painting</p>	<p>HAIRDRESSER 7 11:15 "Love to Our Old Timers - Chair Yoga Dance Class with Sherry Zak Morris..." (YT: Yoga Vista) 2:15 Art Show & Tell w/ Alyssa 4:15 Word Puzzle Wednesday 6:15 Reminiscing with "60's Pop Rock Reunion Show 2004" (YT: Luiz Magno Guanaes)</p>	<p>HBD JOHN! 1 11:00 Worship Service (Melfi) @ HELEN'S 11:00 Rose Parade (Cable: NBC, ABC, CNN) 2:30 "8 Beautiful Vintage Travelogues" (YT: British Pathé) 4:15 Manicures & Country Music 6:15 Popcorn & Movie: While You Were Sleeping (Disney+) New Year's Day alyssa - off</p>	<p>11:15 Morning Movement: Elder's Choice! 2:30 School of Rock (Disney+) 3:30 HAPPY HOUR: Fruit, Cheese & Crackers 4:30 Monthly Gazette Reading 6:15 Friday Night BINGO!</p>	<p>11:15 "15-Min Beginner Christmas Workout + Stretch Low Impact & Festive Fun!" (YT: Improved Health) 2:30 - 3:30 Pet Therapy Visits w/ RocDog! 4:30 Table Balloon Toss 7:00 The Lawrence Welk Show & Saturday Night Snack</p>
<p>11:15 Spiritual Elder Care (YT) 11 2:30 Afternoon Snack & "Paul McCartney: Live from NYC" (YT) 4:30 Table Balloon Toss 6:15 Sunday Devotional</p>	<p>11:15 Coffee & Conversation: Daily Chronicle Reading! 1:15 ZUMBA w/ Denise 2:30 Dozen Day: Name 12 Game! (Handout) 4:15 Relaxing Music & Reading Hour 6:15 Cheaper by the Dozen - 2003 (Disney+)</p>	<p>WEAR BLUE 12 11:15 What Am I? (Handout) 2:30 Elder's Choice! 4:00 Manicures & Call of the Wild 2020 (Disney+) 6:15 Tuesday Trivia (Trivia Binder)</p>	<p>11:15 "Dick Van Dyke Watch the Romance Movie Fitzwilly" (YT: Classic Hollywood Tv Series) 2:15 Pictionary w/ Alyssa 4:15 Coloring Club! 6:15 Reminiscing with "Top 30 Catchiest Songs from Classic Movie Musicals" (YT: MsMojo)</p>	<p>HAPPY BDAY ELVIS! 8 10:00 Music Therapy w/ Cassie! 2:00 Cards & Crafts w/ Deb 4:15 Manicures & Music: Elvis Greatest Hits (YT) 6:15 Peanut Butter and Banana Sandwiches & Elvis Movie Night: King Creole (YT)</p>	<p>11:15 HOUSE HUDDLE: Staff & Elders 9 11:45 ELDER COUNCIL 2:30 STAFF CHOIR 3:30 HAPPY HOUR: Moose Tracks Ice Cream & "Super Moose (Full Episode) America the Wild" (YT: Nat Geo Animals) 4:30 Daily Chronicle Reading 6:15 Evening Art: "Rick Steves Art of the Modern Age" (YT: Rick Steves' Europe)</p>	<p>11:15 Walking Club: House Walk 10 w/ Music! 2:30 Chicken Soup Reading Circle 4:30 Table Games 7:00 The Lawrence Welk Show & Saturday Night Snack</p>
<p>11:15 Coffee Day: Morning Coffee & Daily Chronicle Reading! 2:30 Spiritual Elder Care (YT) 4:15 "50 One Hit Wonders From The 1950s You Forgot" (YT: Retro America) 6:15 Sunday Devotional</p>	<p>HAPPY BDAY DOLLY! 19 11:15 Martin Luther King Jr. Day Facts (Handout) 2:30 Name That Celebrity Binder 4:15 Happy Birthday Dolly: Dolly Parton Greatest Hits (YT) 6:15 Popcorn & Dolly Movie Night: "Blue Valley Songbird" (Prime)</p>	<p>WEAR YELLOW 20 10:00 Music w/ Ryan! 2:30 Tuesday Trivia (Trivia Binder) 4:15 Manicures & "Top of the Pops - Pop Go the Sixties - 31st December 1969" (YT: TottyP) 6:15 Chicken Soup Reading Circle</p>	<p>HAIRDRESSER 21 11:15 "The Beatles - A Hard Days Night - In Colour" (YT: Itsamodthing) 2:15 Hangman w/ Alyssa 4:15 Disco Day: "Disco Music 70s - Video Mix" (YT: Daniele Cinto) & Word Puzzles 7:00 ROCappella (w/ Alice's)</p>	<p>10:00 Music Therapy w/ Cassie! 22 2:30 Music & Movement: Pool Noodle Balloon Toss! 4:30 Worship Service (Melfi) @ HELEN'S 6:15 The Lucy Show (Prime)</p>	<p>11:15 Morning BINGO! 2:30 STAFF CHOIR 3:30 HAPPY HOUR: Ice Cream Social! 4:30 Daily Chronicle Reading 6:15 Rock & Roll Hall of Fame Day: "The Rock and Roll Hall of Fame 25th Anniversary Concert Best of 4K" (YT: Michael David)</p>	<p>11:15 Walking Club: House Walk 24 w/ Music! 1:30 Dog Visits w/ A Confident Dog 4:30 Table Games 7:00 The Lawrence Welk Show & Saturday Night Snack</p>
<p>11:15 Spiritual Elder Care (YT) 25 2:30 Soda Fountain Day: Root Beer Float Social! 4:30 Table Balloon Toss 6:15 Sunday Devotional</p>	<p>HBD HELEN! 26 11:15 Coffee & Conversation: Daily Chronicle Reading! 2:00 ZUMBA w/ Denise 4:15 Music Hour: Helen's Pick! 6:15 "Cary Grant Romcom Full Movie His Girl Friday (1940) Retrospective" (YT: Retrospective - Classic Movies)</p>	<p>STRANGE SOCKS DAY! 27 11:15 Tea & Trivia! 2:00 Meeting Pastor Chrissie! 4:15 Manicures & Music 6:15 Mad Hatter Day: Alice in Wonderland - 2010 (Disney+)</p>	<p>11:15 Music Trivia (Handout) 2:15 Coffee Tasting w/ Alyssa 4:15 Coloring Club! 6:15 Reminiscing with "Sonny & Cher Show (Comedy Hour) December 27, 1971"</p>	<p>10:00 Music Therapy w/ Cassie! 28 3:00 Reading w/ Deb! 4:15 Manicures & Full House (Disney+) 6:15 Music by the Fire: Music & Cocoa by the Fireplace</p>	<p>11:15 Nat Geo Show (Disney+) 2:30 Music Hour: Elder's Choice! 3:30 HAPPY HOUR: Fruit, Cheese & Crackers 4:30 Daily Chronicle Reading 6:15 Friday Night BINGO!</p>	<p>11:15 "Posture Power - Wheelchair & Chair Yoga for Better Alignment - with Sherry Zak Morris" (YT: Yoga Vista) 2:30 Walking Club: House Walk w/ Music! 4:30 Table Balloon Toss 7:00 The Lawrence Welk Show & Saturday Night Snack</p>

Activities are provided by the Shahbazim in each house unless otherwise stated. Activities subject to change. To verify events or check for changes, please contact the house Shahbaz. CY = Courtyard YT = YouTube **All Concerts will be held in the courtyard if weather cooperates. If not, concerts will be held in house. Any questions, please contact Alyssa at (585) 594-8720 ext. 102 or alyssa.macidyn@rph.org