

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

HELEN'S

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	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: Tromboybk) 6:15 Evening Movie: "Grease Live!" (YT)	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	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)	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	11:15 Morning Movement: Elder's Choice! 2 2:30 School of Rock (Disney+) 3:30 HAPPY HOUR: Fruit, Cheese & Crackers 4:30 Monthly Gazette Reading 6:15 Friday Night BINGO!	11:15 "15-Min Beginner Christmas Workout + Stretch Low Impact & Festive Fun!" (YT: Improved Health) 3 2:30 - 3:30 Pet Therapy Visits w/ RocDog! 4:30 Table Balloon Toss 7:00 The Lawrence Welk Show & Saturday Night Snack
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	11:15 Coffee & Conversation: Daily Chronicle Reading! 12 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+)	WEAR BLUE 13 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)	11:15 "Dick Van Dyke Watch the Romance Movie Fitzwilly" (YT: Classic Hollywood Tv Series) 14 2:15 Pictionary w/ Alyssa 4:15 Coloring Club! 6:15 Reminiscing with "Top 30 Catchiest Songs from Classic Movie Musicals" (YT: MsMojo)	10:00 Music Therapy w/ Cassie! 15 2:30 Turner & Hooch (Disney+) 3:00 Dog Visit w/ Bella & Deb! 4:15 Manicures & M*A*S*H (Disney+) 6:15 Music by the Fire: Cocoa by the Fireplace & "Stevie Nicks - Stevie Nicks: Live At Red Rocks" (YT: YouTube Movies & TV)	11:15 "South Georgia - Penguin Paradise of the South Atlantic Free Documentary Nature" 16 (YT: Free Documentary - Nature) 2:30 Pool Noodle Balloon Toss! 3:30 HAPPY HOUR: Fig Newton Day! Snacks & Facts! 4:30 Daily Chronicle Reading 6:15 Friday Night BINGO!	11:15 "Where Chair Yoga Dance Began – Join Olga for the All-Dancing Class That Started It All!" 17 (YT: Yoga Vista) 2:30 - 3:30 Pet Therapy Visits w/ RocDog! 4:30 Daily Chronicle Reading 7:00 Betty White Day: The Golden Girls (Disney+) & Saturday Night Snack
11:15 Coffee Day: Morning Coffee & Daily Chronicle Reading! 18 2:30 Spiritual Elder Care (YT) 4:15 "50 One Hit Wonders From The 1950s You Forgot" (YT: Retro America) 6:15 Sunday Devotional	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) Martin Luther King Jr. Day	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	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)	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)	11:15 Morning BINGO! 23 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)	11:15 Walking Club: House Walk w/ Music! 24 1:30 Dog Visits w/ A Confident Dog 4:30 Table Games 7:00 The Lawrence Welk Show & Saturday Night Snack
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	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)	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+)	11:15 Music Trivia (Handout) 28 2:15 Coffee Tasting w/ Alyssa 4:15 Coloring Club! 6:15 Reminiscing with "Sonny & Cher Show (Comedy Hour) December 27, 1971"	10:00 Music Therapy w/ Cassie! 29 3:00 Reading w/ Deb! 4:15 Manicures & Full House (Disney+) 6:15 Music by the Fire: Music & Cocoa by the Fireplace	11:15 Nat Geo Show (Disney+) 30 2:30 Music Hour: Elder's Choice! 3:30 HAPPY HOUR: Fruit, Cheese & Crackers 4:30 Daily Chronicle Reading 6:15 Friday Night BINGO!	11:15 "Posture Power – Wheelchair & Chair Yoga for Better Alignment – with Sherry Zak Morris" (YT: Yoga Vista) 31 2:30 Walking Club: House Walk w/ Music! 4:30 Table Balloon Toss 7:00 The Lawrence Welk Show & Saturday Night Snack

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