

January 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

New Years Trivial!

1. Question: Why is January 1 considered the start of the New Year?

Answer: It was chosen to honor Janus, the Roman god of beginnings and transitions.

2. Question: In what year did the first Times Square New Year's Eve ball drop occur?

Answer: 1907.

3. Question: Which ancient civilization is credited with the first New Year celebrations?

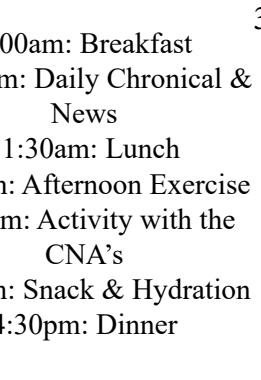
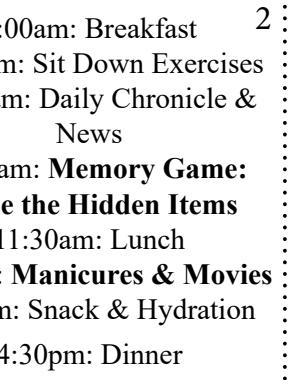
Answer: The Babylonians.

4. Question: What is the name of the song traditionally sung at midnight on New Year's Eve?

Answer: Auld Lang Syne.

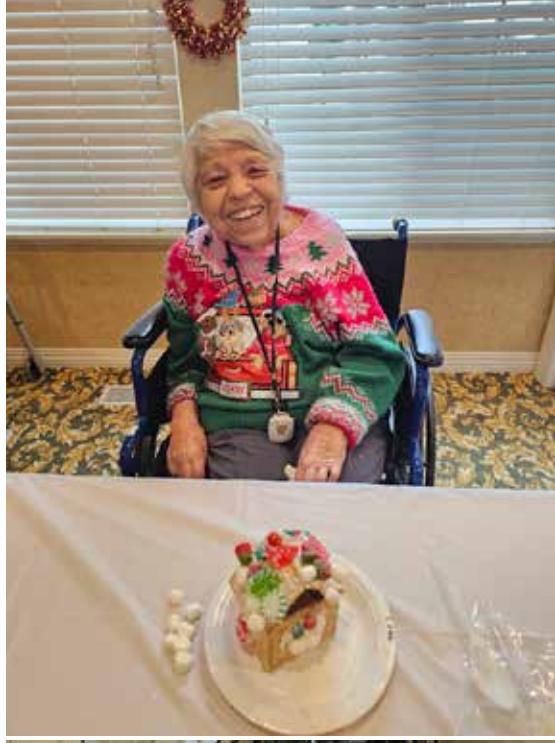
5. Question: Which country is among the first to celebrate the New Year each year?

Answer: New Zealand.



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| 4 | 8:00am: Breakfast 9:30am: Sacrament Meeting 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner | 5 | 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Words that start with J 11:30am: Lunch 1:00pm: Craft: Popsicle Stick Snow Flakes 3:00pm: Snack & Hydration 3:30pm: Balloon Badminton 4:30pm: Dinner | 6 | 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: What's in the Bag? 11:30am: Lunch 1:00pm: Afternoon Bus Ride 3:00pm: Snack & Hydration 3:30pm: Snack & Hydration 4:30pm: Dinner | 7 | 8:00am: Breakfast 10:00am: Sit Down Exercises 10:30am: Daily Chronical & News 11:00am: Beach Ball Soccer 11:30am: Lunch 1:00pm: Craft: Snowflake Letters 3:00pm: Snack & Hydration 3:30pm: Bowling 4:30pm: Dinner | 8 | 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 2:00pm: Fun w/ Friends! Birthday Visits & Treats 3:00pm: Snack & Hydration 4:30pm: Dinner | 9 | 8:00am: Breakfast 10:00am: Sit Down Exercises 10:30am: Daily Chronical & News 11:00am: Balloon Volleyball 11:30am: Lunch 1:30pm: Manicures & Movies 3:00pm: Snack & Hydration 4:30pm: Dinner | 10 | 8:00am: Breakfast 10:00am: Daily Chronical & News 11:30am: Lunch 1:00pm: Afternoon Exercise 1:30pm: Activity with the CNA's 3:00pm: Snack & Hydration 4:30pm: Dinner |
| 11 | 8:00am: Breakfast 9:30am: Sacrament Meeting 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner | 12 | 8:00am: Breakfast 9:00am: Morning Bus Ride 11:30am: Lunch 1:00pm: Craft: Pom Pom Flowers 3:00pm: Snack & Hydration 3:30pm: Feed the Snowman 4:30pm: Dinner | 13 | 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Game: Spin the Wheel! 11:30am: Lunch 2:00pm: Cooking Show: Banana's Foster with Ice Cream 3:30pm: Snack & Hydration | 14 | 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Balloon Knock Out 11:30am: Lunch 1:00pm: Craft: Puffy Paint Melted Snowmen 3:00pm: Snack & Hydration 3:30pm: Whiteboard Game A-Z 4:30pm: Dinner | 15 | Happy Birthday Lois Roberts! 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 2:00pm: Fun w/ Friends! Craft Paint Stick Snowman 3:00pm: Snack & Hydration 4:30pm: Dinner | 16 | 8:00am: Breakfast 10:00am: Sit Down Exercises 10:30am: Daily Chronical & News 11:00am: Candy Cane Fishing 11:30am: Lunch 1:00pm: Manicures & Movies 3:00pm: Snack: Apple Pie in a Cup 4:30pm: Dinner | 17 | 8:00am: Breakfast 10:00am: Daily Chronical & News 11:30am: Lunch 1:00pm: Afternoon Exercise 1:30pm: Activity with the CNA's 3:00pm: Snack & Hydration 4:30pm: Dinner |
| 18 | 8:00am: Breakfast 9:30am: Sacrament Meeting 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner | 19 | 8:00am: Breakfast 10:00am: Exercise 10:30am: Daily Chronical & News 11:00am: Balloon in a Basket 11:30am: Lunch 1:00pm: Craft: Winter Lanterns 3:00pm: Snack & Hydration 3:30pm: Game: Snowball 'n' Hoops 4:30pm: Dinner | 20 | 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Snowball Shooters! 11:30am: Lunch 1:00pm: Afternoon Bus Ride 3:00pm: Snack & Hydration 4:30pm: Dinner | 21 | 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Watermelon Toss 11:30am: Lunch 1:00pm: Craft: Watercolor Polar Bears 3:00pm: Snack & Hydration 3:30pm: Don't Find Pete 4:30pm: Dinner | 22 | 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 2:00pm: Fun w/ Friends! Game Bowling 3:00pm: Snack & Hydration 3:30pm: Craft: Winter Globes 4:30pm: Dinner | 23 | 8:00am: Breakfast 10:00am: Sit Down Exercises 10:30am: Daily Chronical & News 11:00am: Puppy Racing 11:30am: Lunch 1:30pm: Manicures & Movies 3:00pm: Snack & Hydration 4:30pm: Dinner | 24 | 8:00am: Breakfast 10:00am: Daily Chronical & News 11:30am: Lunch 1:00pm: Afternoon Exercise 1:30pm: Activity with the CNA's 3:00pm: Snack & Hydration 4:30pm: Dinner |
| 25 | 8:00am: Breakfast 9:30am: Sacrament Meeting 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner | 26 | 8:00am: Breakfast 10:00am: Exercise 10:30am: Daily Chronical & News 11:00am: Hillbilly Golf 11:30am: Lunch 1:00pm: Craft: Button Trees 3:00pm: Snack & Hydration 3:30pm: Brain Game: Rhyming Words 4:30pm: Dinner | 27 | 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Balloon in a Basket 11:30am: Lunch 1:00pm: Afternoon Bus Ride 3:00pm: Snack & Hydration 3:30pm: Afternoon of Coloring 4:30pm: Dinner | 28 | 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Bean Bag Foot Fling 11:30am: Lunch 1:00pm: Craft: Pool Noodle Stamping 3:00pm: Snack & Hydration 3:30pm: Afternoon of Coloring 4:30pm: Dinner | 29 | 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 1:00pm: Craft: Winter Globes 3:00pm: Snack & Hydration 3:30pm: Manicures & Movies 4:30pm: Dinner | 30 | 8:00am: Breakfast 10:00am: Sit Down Exercises 10:30am: Daily Chronical & News 11:00am: Snack Tasting! 11:30am: Lunch 1:00pm: Afternoon Exercise 1:30pm: Activity with the CNA's 3:00pm: Snack & Hydration 4:30pm: Dinner | 31 | 8:00am: Breakfast 10:00am: Daily Chronical & News 11:30am: Lunch 1:00pm: Afternoon Exercise 1:30pm: Activity with the CNA's 3:00pm: Snack & Hydration 4:30pm: Dinner |

Activities are subject to change



The Joy of Winter!

The snow had fallen all night, and when Ben woke up, the world outside his window was white and quiet. He pulled on his coat and boots as fast as he could, while Max, his golden retriever, danced in circles by the door, tail thumping with excitement.

The moment they stepped outside, Max leapt into the snow, disappearing in a puff of powder. Ben laughed and scooped up a handful, tossing it gently. Max bounded after it, barking happily, then skidded to a stop and looked back as if to say, Again!

They raced across the yard, leaving crooked trails behind them. Ben built a small snowman while Max tried to steal its carrot nose, and soon they were both covered in snowflakes. When Ben finally sat down, breathless and smiling, Max curled up beside him, warm and content.

As the sky turned pale pink with the setting sun, Ben wrapped an arm around Max's neck. The cold nipped at his nose, but his heart felt full. In the quiet of the snowy afternoon, boy and dog headed inside, carrying the joy of winter with them.

January 2026

Fun Facts About January!

First month of the year: January became the first month of the year in 153 BCE, when the Roman calendar was adjusted.

Coldest month (for many places): In the Northern Hemisphere, January is usually the coldest month of the year.

Popular for resolutions: January is famous for New Year's resolutions, when many people set goals for health, work, and personal growth.

Opposite seasons: While January is winter in the Northern Hemisphere, it's summer in the Southern Hemisphere.

National celebrations: January includes fun observances like National Popcorn Day (Jan 19) and National Hot Tea Month.

Long nights: January has some of the shortest days and longest nights of the year in many regions.

Zodiac signs: People born in January are Capricorn (until Jan 19) or Aquarius (from Jan 20 onward).

Happy Birthday!

Floyd J. - 1st
Lois R. - 15th