

January 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**MHSDC
Closed for
New Year's Day**

1 Morning Games 2
What is Science Fiction
News of the Day
Stretch & Flex
Lunch
Bingo
Snack & Sing-along
Science Fiction Day

Music Time 5 Learn about Birds Today's History Stretch & Flex Lunch Parachute Fun Craft Fun <i>Bird Day</i>	News of the Day 6 Cards & Coloring The Three Wise Men Stretch & Flex Lunch Field Trip to Musical Moments Show <i>Epiphany</i>	Morning Chat 7 Puzzles/Games Stretch & Flex Lunch Spa Sessions Sing-a-long	Today's History 8 Coloring/Wordsearches Elvis Presley Songs Stretch & Flex Lunch Bean Bag Toss Where Am I? <i>Elvis Presley's Birthday</i>	Morning Games 9 Hot Air Balloons News of the Day Stretch & Flex Lunch Corn Hole Soda Taste Test
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Music Time 12 Travel to England Today's History Stretch & Flex Lunch Spa Sessions Bead Necklaces with Caylla from Residence at Salem Woods	News of the Day 13 Duck Races Rubber Duck History Stretch & Flex Lunch Corn Hole Word Games <i>Rubber Duck Day</i>	Morning Chat 14 Puzzles/Games Stretch & Flex Lunch Craft Time Karaoke Time	Today's History 15 Wordsearches/Puzzles How Bagels are Made Stretch & Flex Lunch Bean Bag Toss Make a Bagel Snack <i>Bagel Day</i>	Morning Games 16 Who Am I? News of the Day Stretch & Flex Lunch Parachute Fun Bingo <i>Fig Newton Day</i>
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Music Time 19 Learn about MLK Today's History Stretch & Flex Lunch Parachute Fun Games & Puzzles <i>Martin Luther King Day</i>	News of the Day 20 Cards & Coloring Jeopardy Stretch & Flex Lunch How Cheese is Made Taste Test Cheese <i>Cheese Lover Day</i>	Morning Chat 21 Puzzles/Games Stretch & Flex Lunch Spa Sessions Sing-along <i>Granola Bar Day</i>	Today's History 22 Dot Art Brain Games Stretch & Flex Lunch Bean Bag Toss Polka Music <i>Polka Dot Day</i>	Morning Games 23 History of Pies News of the Day Stretch & Flex Lunch Corn Hole Pie Tasting <i>Pie Day</i>
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Music Time 26 Travel to Australia Today's History Stretch & Flex Lunch Spa Sessions Craft Time <i>Australia Day</i>	News of the Day 27 Marble Art Word Games Stretch & Flex Lunch Corn Hole Chocolate Cake Snack <i>Chocolate Cake Day</i>	Morning Chat 28 Puzzles/Games Stretch & Flex Lunch Brain Games Karaoke Time <i>Blueberry Pancake Day</i>	Today's History 29 Parachute Fun Wordsearches/Puzzles Stretch & Flex Lunch Bean Bag Toss Word Games <i>Puzzle Day</i>	Morning Games 30 What Am I? News of the Day Stretch & Flex Lunch Pokeno Snack & Sing-along <i>Croissant Day</i>
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Activities are subject to change based on the number of participants.