




January 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|---|
|  | | Key CR—Community Room SR—Sun Room CL—Center Lounge OOB—Out of Building ST—Studio <i>Programs are subject to change</i> |  | 10:00 Chair Yoga 1 10:30 New Year's Resolutions 1:30 New Years Movie: Grumpier Old Men (1995) Starring: Walter Matthau Jack Lemmon  | 10:00 Wake Up Stretch 2 10:30 Words With Friends 1:30 Friday Flicks: The Chronicles Of Narnia (2005) Starring: Georgie Henley William Moseley 5:30 Who, What, Where? | 10:00 Brain Boosters: Logic 3 10:30 Saturday Sing Along 1:30 Saturday Matinee: The Call Of The Wild (2020) Starring: Harrison Ford Karen Gillan |
| 10:00 Sunday News 4 10:30 Worship Sing Along 2:00 Worship Service 3:00 Jeopardy  <u>National Trivia Day</u> | 10:00 Chair Yoga 5 10:30 Winter Trivia 1:30 I Got It! 3:00 Who, What, Where? | 10:00 Catholic Communion 6 10:30 Hymns & Devotions 1:30 Bingo 3:00 Snack & Chat: Snow Puppy Chow 5:30 Evening Movie: Cool Runnings | 10:00 Balloon Toss 7 10:30 How Many Words? 1:30 I Got It! 3:00 Resident Choice Activity 5:30 Curiosity Unleashed: How Animals Survive The Winter | 10:00 Ball Toss 8 10:30 Pictionary 1:30 Bingo 3:00 Let's Travel: Wonders Of Christmas 5:30 Noddle Ball 6:00 Resident Choice Sing Along | 10:00 Wake Up Stretch 9 10:30 Words With Friends 1:30 Friday Flicks: Miracle (2004) Starring: Kurt Russell Eddie Cahill | Independent Morning 10 12:30 The Rainbow Puppet Show: Sing Loud, Laugh Louder |
| Independent Morning 11 2:00 Worship Service 3:00 Resident Choice Trivia | 10:00 Chair Yoga 12 10:30 Animal Trivia 1:30 Rosary Group 2:15 Freeze the Moment: Winter Painting | 10:00 Noodle Ball 13 10:30 Hymns & Devotions 1:30 Bingo 3:00 Craft Corner: Rainbow Ducks  5:30 Country Sing Along <u>National Rubber Ducky Day</u> | 10:00 Balloon Toss 14 10:30 How Many Words? 1:30 I Got It! 3:00 Resident Choice Activity 5:30 Curiosity Unleashed: The Secret Routes of Migratory Bird | 10:00 Ball Toss 15 10:30 Pictionary 1:30 Bingo 3:00 Snack & Chat: Strawberry Ice Cream  5:30 Noodle Ball 6:00 Resident Choice Sing Along <u>National Strawberry Ice Cream Day</u> | 10:00 Wake Up Stretch 16 10:30 Words With Friends 1:30 Friday Flicks: Snow Dogs (2002) Starring: Cuba Gooding Jr. James Coburn  5:30 Who, What, Where? <u>National Fig Newton Day</u> | 10:00 Brain Boosters: Logic 17 10:30 Saturday Sing Along 1:30 Saturday Matinee: Snow Buddies (2008) Starring: Dylan Minnette Dylan Sprouse |
| 10:00 Sunday News 18 10:30 Worship Sing Along 2:00 Worship Service 3:00 Jeopardy | 10:00 Chair Yoga 19 10:30 Music Trivia 1:30 I Got It! 3:00 Craft Corner: Snowflake Suncatchers 5:30 Evening Movie: March Of The Penguins | 10:00 Noodle Ball 20 10:30 Hymns & Devotions 1:30 Bingo 3:00 Snack & Chat: Cheese and Meats  5:30 Oldies Sing Along <u>National Cheese Lover's Day</u> | 10:00 Catholic Mass 21 10:30 How Many Words? 1:30 Food Committee 2:00 I Got It! 3:00 Resident Choice Activity 5:30 Curiosity Unleashed: MythBusters: Snow Special! | 10:00 Ball Toss 22 10:30 Pictionary 1:30 Bingo 3:00 Let's Travel: 25 Best Winter Destinations 5:30 Noodle Ball 6:00 Resident Choice Sing Along | 10:00 Wake Up Stretch 23 10:30 Words With Friends 1:30 Friday Flicks: The Golden Compass (2007) Starring: Dakota Blue Richards Sam Elliott | Independent Morning 24 1:30 Saturday Matinee: Paddington (2014) Starring: Ben Whishaw Hugh Bonneville |
| Independent Morning 25 2:00 Worship Service 3:00 Resident Choice Trivia | 10:00 Chair Yoga 26 10:30 History Trivia 1:30 I Got It! 3:00 Craft Corner: Button Snowmen | 10:00 Noodle Ball 27 10:30 Hymns & Devotions 1:30 Bingo 3:00 Snack & Chat: Chocolate Cake  5:30 Hymns Sing Along <u>National Chocolate Cake Day</u> | 10:00 Balloon Toss 28 10:30 How Many Words? 1:30 I Got It! 3:00 Resident Choice Activity 5:30 Curiosity Unleashed: How It's Made: Winter Edition | 10:00 Ball Toss 29 10:30 Pictionary 1:30 Resident Council 2:00 Bingo 3:00 Let's Travel: Alaska 5:30 Noodle Ball 6:00 Resident Choice Sing Along | 10:00 Wake Up Stretch 30 10:30 Words With Friends 1:30 Friday Flicks: Eddie The Eagle (2016) Starring: Hugh Jackman Christopher Walken | 10:00 Ball Toss 31 10:30 Saturday Sing Along 1:30 Saturday Matinee: The Mighty Ducks (1992) Starring: Emilio Estevez Joshua Jackson |

A New Year in God's Faithful Hands

As we welcome a new year, we pause to reflect on the journey that brought us here. The turning of the calendar reminds us that time continues to move forward, but through every moment—every high and every low—God has remained constant. The year behind us may have been filled with laughter, change, uncertainty, loss, or growth. Whatever it held, we did not walk through it alone.

Scripture reminds us, *"The Lord himself goes before you and will be with you; he will never leave you nor forsake you."* (Deuteronomy 31:8) God was present in every season of the past year, even in moments when His presence felt quiet or unseen. He carried us through days of strength and days when we felt weary. Each step, known or unknown, was held in His care.

A new year brings fresh beginnings. It is not a promise that everything will be easy or perfect, but it is an invitation to start again with hope. God's mercy does not run out at the end of December—it is renewed daily. *"His mercies are new every morning,"* and today, they are new for this year as well. No matter what mistakes or regrets we carry, God meets us here with forgiveness, grace, and love.

As we look ahead, we may feel excitement, uncertainty, or even fear. The future can feel overwhelming when we try to face it alone. But God does not ask us to know the entire path—only to trust Him step by step. *"Trust in the Lord with all your heart... and He will make your paths straight."* (Proverbs 3:5–6) We are called not to worry about what tomorrow holds, but to rest in the knowledge that God already holds tomorrow.

This new year is also a time to renew our hearts. It is a chance to grow in patience, kindness, and faith. It is an opportunity to show love more freely, offer forgiveness more quickly, and lean on God more fully. Small acts of faithfulness—kind words, quiet prayers, moments of gratitude—can shape the year in powerful ways.

No matter our age or season of life, God still has purpose for us. Each day ahead is a gift. Each breath is a reminder that God is not finished with us yet. As we walk into this new year, we do so with confidence—not in ourselves, but in the God who walks beside us.



Skilled Care Newsletter

Loving God,

Thank You for being with us through every moment of the past year. Thank You for Your protection, Your patience, and Your unending grace. As we enter this new year, help us to release what weighs us down and to trust You with what lies ahead. Fill our hearts with peace, our minds with hope, and our lives with purpose. Guide us in our words and actions, and help us to reflect Your love to everyone we meet. May this year be one of growth, healing, and deeper faith in You. We place this new year in Your hands. Amen.

