

# January 2026

## DAILY SCHEDULE

### MORNING

8-9am: Meet & Greet

Breakfast

Individual Needs

9-10:15am: Gathering Activity

10:15-10:30am: Breaktime

Outside Break

Coffee Refill

Restroom Break

10:30-11am: Physical Activity

Wii

Outside Game

Walk

11-11:30am: Transitional Period

Cognitive Game

Self-Directed Arts & Crafts

Help w/ Lunch

Hygiene before Lunch

### AFTERNOON

11:30-12pm: Lunch

12-2pm: Group Activities

Outings

Games

Art

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>SDP CLOSED</b>	2 <b>IRON ON T SHIRT PATCHES</b>	3 <b>MONEY MANAGEMENT</b>	4
5	6 <b>LET'S LEARN SPADES</b>	7 <b>2026 MOOD BOARDS</b>	8 <b>MENTAL HEALTH GROUP</b>	9 <b>GOALS FOR 2026</b>	10 <b>LANYARD MAKING</b>	11
12	13 <b>SONGS THOUGH THE DECADE TRIVIA</b>	14 <b>NO NEEDLE SEWING</b>	15 <b>MENTAL HEALTH GROUP</b>	16 <b>DARTS! &amp; CAN JAM!</b>	17 <b>PIZZA MAKING!</b>	18
19	20 <b>XMAS TRIVIA</b>	21 <b>LET'S BAKE! PIES</b>	22 <b>MENTAL HEALTH GROUP</b>	23 <b>TRIP TO THE MOVIES!</b>	24 <b>TIE DYE WITH SNOW</b>	25
26	27 <b>TIE DYE WITH SNOW</b>	28 <b>LUNCH OUTING</b>	29 <b>MENTAL HEALTH GROUP</b>	30 <b>BAKING CHEESECAKE</b>	31 <b>PAINT AND "SIP"</b>	