

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