

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

A = Activity Room
DR = Dining Room

Shelby – An Optalis Health & Rehabilitation Center

				<p>9:00 January Activity Boards & Calendars in Rooms 11:00 Trivia Session (A) 1:00 Rose Bowl Game (Ch. 49) 2:30 New Year Goals & Fun (A)</p> <p>New Year's Day</p>	<p>10:00 Guitar with Bobby (A) 11:00 Rosary (A) 2:00 Ice Cream Social (DR) 3:00 Card Group (DR) 8:00 Friday Movie (Ch. 10)</p>	<p>10:30 Music & Meditations 11:00 Non-denominational Bible Study Group (A) 1:00 Friendly Room Visits 2:30 Winter Crafting (A)</p>
<p>9:00 Friendly Room Visits 10:30 Virtual Catholic Mass (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A)</p>	<p>10:00 Morning Club (A) 11:00 Sit Fit Session (A) 2:00 Ice Cream Social (DR) 3:00 Spin the Wheel Game (A) 6:30 Music w/ Michelle</p>	<p>10:00 Morning Club (A) 11:00 "Guess that TV Theme Song" (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>10:30am Pet Therapy Group (Bistro) 1:00 Room Visits 2:00 Ice Cream Social (DR) 3:00 Snowflakes Art/Craft (A) 6:30 Evening Games (A)</p>	<p>10:00 Morning Club (A) 11:00 Chair Yoga (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>10:00 Virtual Music Therapy (A) 10:30 Chef's Table Discussion (A) 2:00 Ice Cream Social 2:30 Music Entertainment with Jeffrey Breza (DR) 8:00 Friday Movie (Ch.10)</p>	<p>10:30 Who, What, Where? Clues Activity (A) 1:00 Friendly Room Visits 2:30 Snowman Word Activity (A)</p>
<p>9:00 Friendly Room Visits 10:30 Virtual Non-Denominational Church (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A)</p>	<p>10:00 Morning Club (A) 11:00 Whole Brain Health: Fitness 'History' Trivia (A) 2:00 Ice Cream Social (DR) 3:00 Collect Four Card Game (A) 6:30 Karaoke Night</p>	<p>10:00 Morning Club (A) 10:30 Say What? Activity (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>10:00 Morning Club (A) 11:00 Toss & Talk Movement Ball (A) 1:00 Room Visits 2:30 Piano Music with Alan (DR) 6:30 Pet Therapy Room Visits</p>	<p>10:00 Morning Club (A) 10:30 Farkle Dice Game (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>10:00 Friday Fun (A) 11:00 Rosary (A) 2:00 Ice Cream Social (DR) 3:00 Card Group (DR) 8:00 Friday Movie (Ch. 10)</p>	<p>10:30 Music & Meditations 11:00 Non-denominational Bible Study Group (A) 1:00 Friendly Room Visits 2:30 Jeopardy (A)</p>
<p>9:00 Friendly Room Visits 10:30 Virtual Catholic Mass (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A)</p>	<p>10:00 Morning Club (A) 11:00 MLK Day Activity (A) 2:00 Resident Council (A) 2:00 Ice Cream Social (DR) 3:00 Resident Choice Game 6:30 Music w/ Michelle</p> <p>Martin Luther King Jr. Day</p>	<p>10:00 Morning Club (A) 10:30 Moose Word Game (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>10:00 Morning Club (A) 11:00 Balloon Volleyball (A) 1:00 Room Visits 2:30 Deep River Music Entertainment (DR) 6:30 Evening Games (A)</p>	<p>10:00 Morning Club (A) 11:00 Ladder Ball (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>10:00 Friday Fun (A) 11:00 Chair Exercises (A) 2:00 Ice Cream Social (DR) 3:00 Paint & Sip (DR) 8:00 Friday Movie (Ch. 10)</p>	<p>10:30 Who, What, Where? Clues Activity (A) 1:00 Friendly Room Visits 2:30 Sensory: Molding Foam Craft (A)</p>
<p>9:00 Friendly Room Visits 10:30 Virtual Non-Denominational Church (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A)</p>	<p>10:00 Morning Club (A) 11:00 Mind/Body Fitness (A) 2:00 Ice Cream Social (DR) 3:00 "Travel Club" to Anchorage, Alaska (A) 6:30 Sing-A-Long Session (A)</p> <p>Australia Day (Observed)</p>	<p>10:00 Morning Club (DR) 10:30 Bowling Club (DR) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>10:30 Winter Talent Show (DR) 1:00 Room Visits 2:00 Ice Cream Social (DR) 3:00 Roll & Cover Game (DR) 6:30 Men's Group: Wayne Gretzky Activity & Nok Hockey (A)</p>	<p>10:00 Morning Club (A) 11:00 Scarf Exercises (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>10:00 Friday Fun (A) 11:00 Rosary (A) 2:00 Ice Cream Social (DR) 2:30 January Birthday Party & Music Entertainment with Chet (DR) 8:00 Friday Movie (Ch. 10)</p>	<p>10:30 Music & Meditations 11:00 Non-denominational Bible Study Group (A) 1:00 Friendly Room Visits 2:30 Star of the Month: Jason Bateman Activity (A)</p>