

Sunday

Monday

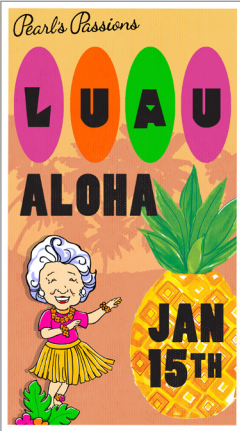
Tuesday

Wednesday

Thursday

Friday

Saturday



Mary B

All Nature documentaries on YouTube

- Chronicles  
- Non Denominational TV Service  
- Hydration Break  
- After lunch stretches  
- Mini Puzzles  
- After Dinner movie

4

- Improved Health TV Exercise  
-Chronicles  
- Hydration Break  
-Mexico's Underwater Wildlife Kingdom: Nature Documentary  
- Give me 5

5

- Arm and Leg Excercise  
- Chronicles  
-Hydration Break  
- Ballon Volly  
- Visits with Happy & Marie  
- Water Break

6

- Roll the Die Exercise  
-Chrocnicles  
- Hydration Break  
- Cooking Time  
- Story Break  
- Water Break

7

**NEW YEAR'S DAY**  
- Chronicles  
- Light stretch  
- What's new in 2026? Eating Grapes and other Resolutions

1

-Chronicles  
-Chair Yoga  
- Hydration Break  
- Lunch trip: Sorrento  
- Putting the past in order  
- After Lunch Stretach  
- Relaxtion time

2

-Morning stretch  
-Chronicles  
- Music and Relatxtation  
-Group Coloring page  
- Hydration Break  
- TV Time: I love Lucy

3

- Chronicles  
- Non Denominational TV Service  
-Hydration Break  
- Relation Stretch  
- Art Time  
- After Dinner movie

11

- Improved Health TV Exercise  
-Chronicles  
- Hydration Break  
-Brazil: The Pulse Of The Atlantic Forest: Nature Documantry  
- Tidbit Talks

12

- Arm and Leg Excercise  
- Chronicles  
-Hydration Break  
-Rubber Duck Hunt  
- Trivia Fun  
-Hydration Break

13

- Roll the Die Exercise  
-Chrocnicles  
- Hydration Break  
- Hidden in plain Sight  
- Story Break  
- Water Break

14

**LUAU**  
-Chronicles  
- Lets learn how to hula  
- Hydration break  
-Non Denominational Service with Chaplin Jill  
- Luau Time

15

-Chronicles  
-Chair Yoga  
- Hydration Break  
- Junk Drawer Detective  
- After Lunch Stretach  
- Relaxtion time

16

-Morning stretch  
-Chronicles  
- Music and Relatxtation  
-Group Coloring page  
- Hydration Break  
- TV Time: I loveLucy

17

- Chronicles  
- Non Denominational TV Service  
-Hydration Break  
- After lunch stretches  
- Mini Puzzles  
- After Dinner movie

18

- Improved Health TV Exercise  
-Chronicles  
- Hydration Break  
-Nile - The Origins of The World's Longest River  
- EZ Music trivia

19

- Arm and Leg Excercise  
- Chronicles  
-Hydration Break  
- Ballon Volly  
- Visits with Happy & Marie  
- Water Break

20

- Light stretch  
-Chronicles  
- Cleveland Museum of Natural History (10)  
-Music Break  
- Hydration Break

21

- Chronicles  
- Dance Excercise  
- Hydration Break  
- Friendship APL  
-Collage Detective

22

-Chronicles  
-Chair Yoga  
- Hydration Break  
- Armchair Travels  
- After Lunch Stretach  
- Relaxtion time

23

- Chronicles  
- Mini Story  
-Hydration Break  
- Relation Stretch  
- Mini Maniacures

24

- Chronicles  
- Non Denominational TV Service  
-Hydration Break  
- Relation Stretch  
- Art Time  
- After Dinner movie

25

- Improved Health TV Exercise  
-Chronicles  
- Hydration Break  
-Forests of Our World: Where Wildlife and Wilderness Thrive: Nature Documentary  
-EZ Does it Trvia

26

- Arm and Leg Excercise  
- Chronicles  
-Hydration Break  
- [The Majestic Alaskan Moose](#)  
- Water Break

27

- Roll the Die Exercise  
-Chrocnicles  
- Hydration Break  
- No Bake Activity  
- Story Break  
- Water Break

28

- Chronicles  
-Dance Excercise  
-Hydration Break  
- Coloring Page  
- Light Stretch  
- Water Break

29

-Chronicles  
-Chair Yoga  
- Hydration Break  
- Where am I?  
- Pizza Party  
- Relaxtion time

30

-Morning stretch  
-Chronicles  
- Music and Relatxtation  
-Group Coloring page  
- Hydration Break  
- TV Time: Carol Burnnett Show

31