

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The Roosevelt at Salt Creek Assisted Living Edition

# January 2026

Dimensions Of Wellness

**Emotional    Vocational    Intellectual    Environmental    Health Services    Social    Physical    Spiritual**

<p>9:00 Gather Resident, Music 9:15 Daily Chronicle <b>9:30- Parachute Exercise (MC)</b> <b>10:00- Sunday Chat in Theater</b> <b>10:30 Sunday Stretch</b> 1:30- Missing Letters <b>2:30 Bingo</b> 5:00 Evening Movie Your Choice</p>								<p>9:15- Gather Resident &amp; Music- 9:45- Daily Chronicle <b>10:00- Rosary W/ Frank in MC</b> <b>10:30- Happy Tails w/ Frankie Dog</b> 1:30 – Fancy Nails &amp; Hand Massage <b>2:30- Ladybug Roll and Cover</b> 2:30- Men's Club <b>5:00- Bingo</b></p>								<p>9:15 Good Morning News 9:45- Daily Chronicle <b>10:00- Sit and Be Fit</b> 10:30- Crosswords <b>1:30- New Years Vision Board</b> 2:30- Name that Tune (MC) 5:45- Scouts Troupe 90 After Dinner Game Night</p>								<p>9:15- Good Morning News 9:45- Daily Chronicle <b>10:00- Chair Exercise</b> <b>10:30 – Word Ladder</b> 1:30- AL Concert w/ Jennifer Hall 2:30- MC Concert w/ Jennifer Hall <b>5:00- Loteria Mexican Bingo</b></p>								<p>9:00- Good Morning News 9:45- Daily Chronicle <b>10:00- Chair Mobility: New Year New You Fitness</b> <b>10:30- Word Searches</b> 5:00- Roll and Cover</p>								<p>1 9:00- Good Morning and Music <b>10:00- Cardio Drumming</b> 10:30- Find Hidden Object <b>1:30- "Musical Memories" w/ Jessica 1<sup>st</sup> FL</b> <b>2:00- Horse Races</b> 5:00- Friday Night Feature Flix: <b>Blue Hawaii (1961)</b></p>								<p>2 9:00- Gather Resident, Music 9:15- Daily Chronicle 9:30- Coffee Chat with MOD-7<sup>th</sup> FL <b>10:00- Chair Fitness</b> <b>10:30-Memory Match</b> 1:30- Ring Toss 2:30- Bingo 5:00- Evening Movie Your Choice</p>							
<p>9:00 Gather Resident, Music 9:15 Daily Chronicle <b>9:30- Scarf Stretch (MC)</b> <b>10:00 Sunday Stretch</b> <b>10:30- Word Jumbles</b> 1:30- Sensory Art (MC) <b>2:30 Bingo</b> 5:00 Evening Movie Your Choice</p>								<p>4 9:15- Gather Resident &amp; Music- 9:45- Daily Chronicle <b>10:00- Chair Fitness</b> <b>10:00- Rosary W/ Frank in MC</b> <b>10:30- Happy Tails w/ Frankie Dog</b> 1:00- Teacher Appreciation Luncheon 1<sup>st</sup> FL 1:30 – Fancy Nails &amp; Hand Massage <b>2:30- Horse Races</b> 2:30- Men's Club <b>5:00- Bingo</b></p>								<p>5 9:15 Good Morning News 9:45- Daily Chronicle <b>10:00- Sit and Be Fit</b> 10:30- Brain Teaser: Guess the Food <b>2:00- National Rubber Duck Day: Relay Games</b> 3:00- Balloon Toss 5:00- Blackjack</p>								<p>6 9:15- Good Morning News 9:45- Daily Chronicle <b>10:00- Chair Exercise</b> <b>10:30 – Word Ladder</b> 1:30- AL Concert w/ Jennifer Hall 2:30- MC Concert w/ Jennifer Hall <b>5:00- Loteria Mexican Bingo</b></p>								<p>7 9:00- Good Morning News 9:45- Daily Chronicle <b>10:00- Chair Mobility</b> <b>10:30- Music Therapy W/ Diane</b> 2:00- Bingo 2:30- Elvis Presley Birthday Bash (MC) 5:00- Roll and Cover</p>								<p>8 9:00- Good Morning and Music <b>10:00- Cardio Drumming</b> 10:30- Find Hidden Object <b>1:00- Picture Day</b> 1:30- Share Your Story <b>2:00- Friday Board Games</b> 5:00- Friday Night Feature Flix: <b>Return of the King: The Fall and Rise of Elvis (2024)</b></p>								<p>9 9:00- Gather Resident, Music 9:15- Daily Chronicle 9:30- Coffee Chat with MOD-7<sup>th</sup> FL <b>10:00- Chair Fitness</b> <b>10:30- Winter Art Make &amp; Take</b> 1:00- Magnet Tile Therapy (MC) 2:30- Bingo 5:00- Evening Movie Your Choice</p>							
<p>9:00 Gather Resident, Music 9:15 Daily Chronicle <b>9:30- Scarf Stretch (MC)</b> <b>10:00 Sunday Stretch</b> <b>10:30- Word Jumbles</b> 1:30- Sensory Art (MC) <b>2:30 Bingo</b> 5:00 Evening Movie Your Choice</p>								<p>11 9:15- Gather Resident &amp; Music- 9:45- Daily Chronicle <b>10:00- Chair Fitness</b> <b>10:00- Rosary W/ Frank in MC</b> <b>10:30- Happy Tails w/ Frankie Dog</b> 1:00- Teacher Appreciation Luncheon 1<sup>st</sup> FL 1:30 – Fancy Nails &amp; Hand Massage <b>2:30- Horse Races</b> 2:30- Men's Club <b>5:00- Bingo</b></p>								<p>12 9:15 Good Morning News 9:45- Daily Chronicle <b>10:00- Sit and Be Fit</b> 10:30- Brain Teaser: Guess the Food <b>2:00- National Rubber Duck Day: Relay Games</b> 3:00- Balloon Toss 5:00- Blackjack</p>								<p>13 9:15- Good Morning News 9:45- Daily Chronicle <b>10:00- Chair Exercise</b> 10:30- Finish the Phrase (MC) <b>11:00- Worship Service (1<sup>st</sup> FL)</b> 11:00- American Sign Language w/ Jessica 2:00- Sparkling Wednesday Live Karaoke with Jason <b>5:00- Trivia Games</b></p>								<p>14 9:00- Good Morning News 9:45- Daily Chronicle <b>10:00- Chair Mobility</b> <b>10:30- Word Searches</b> 2:00- Bingo <b>2:00- MC Family Engagement w/ Thom + Mac Duo (In MC)</b> 5:00- Roll and Cover</p>								<p>15 9:00- Good Morning and Music <b>10:00- Cardio Drumming</b> 10:30- Find Hidden Object 1:00- Finish the Lyric Live (MC) <b>2:00 Friday Board Games</b> 5:00- Friday Night Feature Flix: <b>Jailhouse Rock (1957)</b></p>								<p>16 9:00- Gather Resident, Music 9:15- Daily Chronicle 9:30- Coffee Chat with MOD-7<sup>th</sup> FL <b>10:00- Chair Fitness</b> <b>10:30- Card Game</b> 1:30 Bingo <b>2:30- Tim Wilsey Presents "Elvis is The King" (1<sup>st</sup> FL)</b> 5:00- Evening Movie Your Choice</p>							
<p>9:00 Gather Resident, Music 9:15 Daily Chronicle <b>10:00- Sunday Stretch</b> <b>10:00 Janet and Grant The Dog Live Performance (MC)</b> 1:30- Missing Letters 2:00- John Boda Presents: Sound Of Music History (1<sup>st</sup> FL) <b>2:30- Bingo w/ John</b> 5:00 Evening Movie Your Choice</p>								<p>18 9:15- Gather Resident &amp; Music- 9:45- Daily Chronicle <b>10:00- Chair Fitness</b> <b>10:00- Rosary W/ Frank in MC</b> <b>10:30- Happy Tails w/ Frankie Dog</b> 1:30 – Fancy Nails &amp; Hand Massage <b>2:00- MLK: I Have a Dream Discussion &amp; Activity</b> 2:30 Men's Club <b>5:00- Bingo</b></p>								<p>19 9:15 Good Morning News 9:45- Daily Chronicle <b>10:00- Menu Chat</b> <b>10:30- Crosswords</b> 1:30- Spin Karaoke 2:30- Over the Net <b>3:00 Balloon Toss</b> 5:00-Rock Around The Clock</p>								<p>20 9:15- Good Morning News 9:45- Daily Chronicle <b>10:00- Chair Mobility</b> <b>10:30 Fitness Dance</b> <b>2:00- Passport Series: Albania Day (1<sup>st</sup> FL)</b> 5:00- Loteria Mexican Bingo</p>								<p>21 9:00- Good Morning News 9:45- Daily Chronicle <b>10:00- Chair Mobility</b> <b>10:30- Music Therapy W/ Diane</b> 1:00- Bingo w/ ICCP (MC) 2:00- Bingo (AL) <b>5:00- Twenty Questions Trivia</b></p>								<p>22 9:00- Good Morning and Music <b>10:00- Cardio Drumming</b> 10:30- Find Hidden Object 1:00- Uno to Twenty One (MC) <b>2:00- Steel Drums and Pina Coladas (1<sup>st</sup> FL)</b> 5:00- Friday Night Feature Flix: <b>King Creole (1958)</b></p>								<p>23 9:00- Gather Resident, Music 9:15- Daily Chronicle 9:30- Coffee Chat with MOD-7<sup>th</sup> FL <b>10:00- Chair Fitness</b> <b>10:30- Saturday Arts and Crafts</b> 1:00- Magnet Tile Therapy (MC) 2:30- Bingo 5:00- Evening Movie Your Choice</p>							
<p>9:00 Gather Resident, Music 9:15 Daily Chronicle <b>10:00- Sunday Chat in Theater</b> <b>10:30 Sunday Stretch</b> 1:30- Missing Letters 2:30 Bingo 5:00 Evening Movie Your Choice</p>								<p>25 9:15- Gather Resident &amp; Music- 9:45- Daily Chronicle <b>10:00- Chair Fitness</b> <b>10:00- Rosary W/ Frank in MC</b> <b>10:30- Happy Tails w/ Frankie Dog</b> 1:00- ICCP Student Visits 1:30 – Fancy Nails &amp; Hand Massage <b>2:30- Horse Races</b> 2:30- Men's Club <b>5:00- Bingo</b></p>								<p>26 9:15 Good Morning News 9:45- Daily Chronicle <b>10:00- Sit and Be Fit</b> 10:30- Crosswords <b>1:30- Winter Scenic Drive w/ Cocoa and Conversations</b> 2:30- Table Top Game <b>3:00 Balloon Toss</b> 5:00- Blackjack</p>								<p>27 9:15- Good Morning News 9:45- Daily Chronicle <b>10:00- Chair Exercise</b> <b>10:30- Make, Bake &amp; Take</b> <b>11:00- Worship Service (1<sup>st</sup> FL)</b> <b>1:00- Over the Net w/ ICCP (MC)</b> <b>2:00- Sparkling Wednesday</b> <b>5:00- Trivia Games</b></p>								<p>28 9:00- Good Morning News 9:45- Daily Chronicle <b>10:00- Chair Mobility</b> <b>10:30- Word Searches</b> <b>1:30- Twilight Zone Watch &amp; History</b> <b>3:00- Flip Cup (MC)</b> 5:00- Roll and Cover</p>								<p>29 9:00- Good Morning and Music <b>10:00- Cardio Drumming</b> 10:30- Find Hidden Object <b>1:00- Rosary w/ ICCP Students</b> <b>2:00- Horse Races</b> 5:00- Friday Night Flix: <b>Viva Las Vegas (1964)</b></p>								<p>30 9:00- Gather Resident, Music 9:15- Daily Chronicle 9:30- Coffee Chat with MOD-7<sup>th</sup> FL <b>10:00- Chair Zumba w/ Marianne</b> <b>10:30-Memory Match</b> 1:30- Ring Toss 2:30- Bingo 5:00- Evening Movie Your Choice</p>							