

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# January 2026

## Assisted Living

### Life Enrichment Calendar

10:30am Sunday Church Service (CH)	4	9:30am Exercise (HP)	5	9:30am Exercise (HP)	6	9:30am Exercise (HP)	7	9:30am Exercise (HP)	8	9:30am Exercise (HP)	9
1:00pm Grocery Store Trip (Sign up with Emily)		10:30am Balloon Tennis (CC)		10:30am Brain Games with Emily (CC)		10:30am Morning Movement (CC)		10:30am Morning Movement (CC)		10:30am Morning Movement (CC)	
4:00pm Charleston Flute Choir Concert (CH)		1:00pm Documentary: 3:00pm January Random Trivia (CC)		1:00pm Manicures (LEC)		1:00pm Great Courses: American Revolution (CC)		1:00pm Great Courses: American Revolution (CC)		1:00pm Great Courses: American Revolution (CC)	
10:30am Sunday Church Service (CH)	11	9:30am Exercise (HP)	12	9:30am Exercise (HP)	13	9:30am Exercise (HP)	14	9:30am Exercise (HP)	15	NO EXERCISE CLASSES	16
10:30am Art Therapy Class with Marie from MUSC (LEC)		10:30am Balloon Tennis (CC)		10:30am Brain Games with Emily (CC)		10:30am Morning Movement (CC)		10:30am Morning Movement (CC)		1:00pm Great Courses: American Revolution (CC)	
1:00pm Documentary: 3:00pm January Jeopardy Trivia (CC)		10:00am Confessions (CH)		10:00am Confessions (CH)		1:00pm Mobile Library (BC)		1:00pm Mobile Library (BC)		7:00pm \$2 BINGO (CH)	
10:30am Sunday Church Service (CH)	18	9:30am Exercise (HP)	19	9:30am Exercise (HP)	20	9:30am Exercise (HP)	21	9:30am Exercise (HP)	22	9:30am Exercise (HP)	23
3:00pm Remington Concert Series: <i>Four by Two</i> (CH)		10:30am Balloon Tennis (CC)		11:30am Takeout Tuesday: Chicken Salad Chick Lunch (Sign Up with Emily)		10:30am Morning Movement (CC)		10:30am Morning Movement (CC)		10:30am Morning Movement (CC)	
1:00pm Documentary: 3:00pm January Modern Trivia (CC)		1:00pm Documentary: 3:00pm January Modern Trivia (CC)		1:00pm Manicures (LEC)		1:00pm Great Courses: American Revolution (CC)		1:00pm Great Courses: American Revolution (CC)		1:00pm Great Courses: American Revolution (CC)	
Martin Luther King Jr. Day				1:00pm Brain Exercises (OL)		2:00pm BINGO (LEC)		1:00pm Bible Study (OL)		3:00pm Corn Hole Social (CC)	
10:30am Sunday Church Service (CH)	25	9:30am Exercise (HP)	26	9:30am Exercise (HP)	27	9:30am Exercise (HP)	28	9:30am Exercise (HP)	29	9:30am Exercise (HP)	30
3:00pm Nick Chambers Performance (CH)		10:30am Balloon Tennis (CC)		10:30am Brain Games with Emily (CC)		10:30am Morning Movement (CC)		10:00am Resident Council Meeting (HP)		10:30am Morning Movement (CC)	
1:00pm Documentary: 3:00pm Jeopardy Trivia (CC)		1:00pm Manicures (LEC)		1:00pm Mobile Library (BC)		1:00pm Great Courses: Choose a new topic (CC)		1:00pm SoCalm Group (LEC)		1:00pm Great Courses: New topic chosen (CC)	
		1:00pm Brain Exercises (OL)		1:00pm Great Courses: Choose a new topic (CC)		2:00pm BINGO (LEC)		1:00pm Bible Study (OL)		3:00pm Corn Hole Social (CC)	
		2:45pm Dog Therapy Group		3:00pm Dominoes (LEC)		3:00pm Dominoes (LEC)		1:45pm Choir Practice (CH)		7:00pm \$2 BINGO (CH)	
		3:00pm Happy Hour (CC)		6:00pm Group Puzzle (HH)		6:00pm Group Puzzle (HH)		2:00pm Beach Ball Volley (CC)			
								3:00pm Happy Hour (CC)			