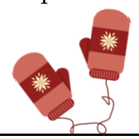
Activities subject to change and/or cancellation at any time

January 2026

Heritage Manor East Day Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12:00 Mindful Moments **2:30 New Year's Celebration with Jerry Castaldo (AUD)** New Year's Day	**2** 12:00 Mindful Moments 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages with Aromatherapy 3:15 Tactile Tables & 1:1 chats 3:45 Frankie Valli's Greatest Hits	**3** 10:30-10:45 Sit & Stay Fit 11:00-11:30 Winter Words Within 11:30-12:00 Winter Trivia **2-3:45 Day Room Program** 3:15 Movie Matinee: "Night at the Museum" (TV outside Day room)
4 10:15–11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 2:30 Worship Service (AUD) 	**5** 12:00 Mindful Moments 2:15 Soul refreshing worship songs 2:30 One-to-One with Rev. Dawn 3:00 Winter 4K with Shoulder and Hand Massages 3:45 Johnny Cash Hits **6:30 Harmonic Performance**	**6** 12:00 Mindful Moments 2:30 Communion (AUD) 6:45 Game Night with Josh 	**7** 12:00 Mindful Moments 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages 3:15 Gershwin Rhapsody in Blue - Hayato Sumino 3:45 Benny Goodman Hits 6:45 Evening Bingo (EGR) 	**8** 12:00 Mindful Moments 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages 3:15 Rick Steves: Switzerland 3:45 Elvis Presley's top songs	**9** 12:00 Mindful Moments **2:30 January Birthday Party with Angelo (AUD)** 	**10** 10:30-10:45 Morning Stretches 11:00-11:30 Who/What Am I? 11:30-12:00 True or False? **2-3:45 Day Room Program** 3:15 Movie Matinee: "Groundhog Day" (TV outside Day room)
11 10:15–11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 2:30 Worship Service (AUD)	**12** 12:00 Mindful Moments 2:15 Guitar Hymns 2:30 One-to-One with Rev. Dawn 3:00 Around the World 4K with shoulder and hand messages 3:45 70s Folk songs 6:45 Games & Trivia	**13** 12:00 Mindful Moments 2:30 Worship Service (AUD) 6:45 Game Night with Josh 	**14** 12:00 Mindful Moments 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages 3:15 Beautiful Snowflakes 4K 6:45 Games & Trivia	**15** 12:00 Mindful Moments 2:15 Martha Stewart's 12 Famous Cookies 3:15 The Best Winter Destinations to Visit 3:45 ABBA Hits 	**16** 12:00 Mindful Moments **2:30 Musical entertainment with John Heiserman (EDR)** 	**17** 10:30-10:45 Sit & Stay Fit 11:00-11:30 Creative Winter coloring with Jazz Café music 11:30-12 Memory Stretchers **2-3:45 Day Room Program** 3:15 Movie Matinee: "His Girl Friday" (TV outside Day room)
18 10:15–11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 2:30 Worship Service (AUD)	**19** **10:30 Pascack H.S Jazz Concert (AUD)** 12:00 Mindful Moments 2:15 Peaceful Hymns 2:30 One-to-One w/Rev. Dawn 3:00 Winter in Germany 4K with Shoulder and Hand Messages 3:45 Nina Simone Hits 6:45 Games & Trivia Martin Luther King Jr. Day	**20** 12:00 Mindful Moments 2:30 Worship Service (AUD) 6:45 Game Night with Josh 	**21** 12:00 Mindful Moments 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages 3:15 Comedy Classic: The Dick Van Dyke Show 3:45 Best of The Beatles 6:45 Evening Bingo (EGR)	**22** 12:00 Mindful Moments *2:30 Catholic Mass (AUD)* 	**23** 12:00 Mindful Moments 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages with Aromatherapy 3:15 Pictures & Puzzles with One-to-one chats 3:45 Dolly Parton Hits	**24** 10:30-10:45 Morning Stretches 11:00-11:30 Games on IN2L 11:30-12:00 You be the Judge! **2-3:45 Day Room Program** 3:15 Movie Matinee: "Gulliver's Travels" (TV outside Day room)
25 10:15–11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 2:30 Worship Service (AUD) 	**26** 12:00 Mindful Moments 2:15 Hillsong Worship 2:30 One-to-One with Rev. Dawn 3:00 Ocean Aquarium 4K with Shoulder and Hand Messages 3:45 Patsy Cline Hits 6:45 Games & Trivia Australia Day (Observed)	**27** 12:00 Mindful Moments 2:30 Worship Service (AUD) 6:45 Game Night with Josh 	**28** 12:00 Mindful Moments 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages 3:15 Day Trip to Mt. Fuji from Tokyo (YT) 3:45 Best of Paul Anka 6:45 Whiteboard Animal Match	**29** 12:00 Mindful Moments 2:15 Dean Martin, Live in London 1983 and 1:1 chats 	**30** 12:00 Mindful Moments 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages with Aromatherapy 3:15 Companion Pets & 1:1 Chats 3:45 The Best of Emmylou Harris	**31** 10:30 Making Mocktails **2-3:45 Day Room Program** 3:15 Movie Matinee: "My Big Fat Greek Wedding" (TV outside Day room)