

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 January 2026 Southgate Special Care- A & C Lounge Programs				10:15-10:30 Zumba Gold Fitness with Michelle Thomas (YT) 10:30-11:00 Tabletop Sensory 11-11:30 Conversation Cards 11:30 Dean Martin NYE 1970, with Sinatra 2:30-3:30 New Year's Day Celebration w/ Jerry Castaldo (AUD) 4-4:30 Discussion Group: New Year's Resolutions	2 10:15-10:30 Gentle Rhythm 10:30-11:00 Mindful Moments 11-11:45 Doo Wop 50-Part 1 2:15-2:45 Mix and Match Sensory Boxes 2:45-3:45 40 Fingers - Guitar Rhapsody, Full Live Concert (YT) and Hand Massages 4-4:30 Winter Theme Stories	3 10:15-10:30 Exercise to Polka Music 10:30-11:30 Snoezelen Sensory 11:30 Songs of Neil Dimond 2:15-2:45 Hymns with Lyrics 2:45-3:00 Picture Books and 1:1 Chats 3-3:30 The Mario Lanza Collection: Lanza at His Best (YT) 
4 10:15-10:30 Praise and Worship: Taren Wells Greatest Hits 10:30-11:00 Creative Coloring and Music of Josh Groban 11-11:30 Perfect Winter Soup Recipes 11:30 Greatest Hits of the 60s (YT) 2:30 Worship Service (AUD)	5 10:15-10:30 Musical Balloons 10:30-11:00 Tactile Tables 11-11:30 Songs with Colors 11:30 Vintage Postcard Collage 2:30-3:30 Musical Entertainment with Cecilia (C-Lounge) 4-4:30 Bossa Nova Music and Hand Massages 	6 10:15-10:30 Chair Dancing 10:30-11:00 Target Toss 11-11:30 Memorable Slogans 11:30-11:45 Rick Steve's: Switzerland's Jungfrau Region: Best of the Alps (YT) 2:30 Communion Service (AUD) 4-4:30 Hymns of Faith and Hand Massages 	7 10:15-10:30 Mind and Body Exercises 10:30-11:00 Games on the IN2L: Card Sharks and Trivia 11-11:45 Beat the January Blues: "Indoor Gardens" 2:15-3:15 Snoezelen Sensory 3:15-3:45 Elvis Presley Song 4-4:30 Food Network: Ree's Top Cake Recipes	8 10:15-10:30 Rocking Oldies Seated Workout with Paul Eugene 10:45-11:20 Chaplain Time 11:20-11:45 Paul Anka, at the Palace, New Haven, CT 2:15-3:00 Touch of Lavander Spa with Margarita 3-3:45 The Ed Sullivan Show 1964 Performances (YT) 4-4:30 1:1 Chats and Soothing Jazz Music	9 10:15-10:30 Gentle Rhythm 10:30-11:00 Mindful Moments 11-11:45 Vintage Dance Scenes 2:30-3:30 January Birthday Party with Angelo (AUD) 4-4:30 Sing-Along with Susie Q. 	10 10:15-10:30 Gentle Fitness 10:30-11:00 Reminiscing Through Music 11-11:30 Fifty States and Fifty Fun Facts 11:30-11:45 The Drifters in Manchester 1985 (YT) 2:15-3:15 Snoezelen Sensory 3:15 Michael Bublé: Live in New York (2022) 
11 10:15-11:30 Zach Williams Christian Worship Songs 10:30-11:00 Dogs Playing in the Snow and Soothing Music 11-11:30 Best Movie Musicals of the 1960s 11:30 Vera Lynn Sings (1977) 2:30 Worship Service (AUD)	12 10:15-10:30 Musical Balloons 10:30-11:30 Snoezelen Sensory 2:15-3:00 Spanish Club: "South American Most Luxurious Train" 3-3:30 Best Movie Musicals of the 1960s 3:30-3:45 Let's Talk Cards 4-4:30 Martha Stewart's Favorite Winter Recipes	13 10:15-10:30 Chair Dancing 10:30-11:00 Tabletop Sensory 11-11:30 Mid-Century Home Life-50's (YT) 11:30 Bing Crosby Musical Videos 2:30 Worship Service (AUD) 4-4:30 Reminiscing About Classic TV Shows 	14 10:15-10:30 Mind and Body Exercises 10:30-11:30 Snoezelen Sensory 11:30 Neil Diamond Greatest Hits 2:30-3:30 John Heiserman Performs (C-Lounge) 4-4:30 Listening to Mozart, Citrus Scents and Hand Massages 	15 10:15-10:30 Music and Movement 10:45-11:20 People of Faith 11:20-11:45 "Singer" Presents Tony Bennett (1966) 2:15-3:00 The History of Fashion Through the Decades 3:00 Bee Gees - One Night Only (1997) (YT) 4-4:30 Jeopardy Gameshow Episode (YT)	16 10:15-10:30 Gentle Rhythm 10:30-11:00 Sensory "Touch and Feel" 11-11:30 Martha Stewart's Favorite Breakfast Recipes 2:15-2:45 Creative Coloring 2:45-3:20 Birds of Winter (YT) 3:20-3:45 Jazz Café music 4-4:30 Story wise	17 10:15-10:30 Exercise to Rock & Roll Music 10:30-11:00 Adorable Babies and 1:1 Chats 11-11:45 Celine Dion Concert-A New Day (2007) 2:15-3:15 Snoezelen Sensory 3:15 Lionel Richie Symphonica in Rosso and Cinnamon Scents 
18 10:15-10:30 Worship with Jeremy Riddle (YT) 10:30-11:00 Mix and Match Sensory Boxes 11-11:30 Hand Massages 11:30 The Carpenters at the BBC (1971) 2:30 Worship Service (AUD) 	19 10:15-10:30 Musical Balloons 10:30-11:30 Snoezelen Sensory 11:30 Dean Martin Greatest Hits 2:30-3:30 Entertainment with RuthAnn (C-Lounge) 4-4:30 Legends of Hollywood Reminisce Martin Luther King Jr. Day	20 10:15-10:30 Chair Dancing 10:30-11:00 Reminiscing Corner: Classic Cars and Music of the 50's 11:15-11:45 Classic TV Bloopers from the 50s and 60's (YT) 2:30 Worship Service (AUD) 4-4:30 Mary Berry's Favorite Recipes	21 10:15-10:30 Mind and Body Exercises 10:30-11:00 Table Games and Puzzles 11-11:45 Sing along with Susie Q 2:15-3:15 Snoezelen Sensory 3:15-3:45 Complete the Phrase 4-4:30 Three Letter Word Game	22 10:15-10:30 Gentle Stretch 10:30-10:45 Words of Hope 10:45-11:20 Songs of Yesterday 11:20-11:45 Ray Charles: "Live in Concert" Paris 1969 2:30 Catholic Mass (AUD) 4-4:30 Historic Homes: Four Restored Homes with Timeless Charm (YT)	23 10:15-10:30 Gentle Rhythm 10:30-11:00 Mindful Moments 11-11:45 The Doris Day Show 2:15-2:45 Hand/Shoulder Massages with Snow in The Lofoten Islands 2:45-3:45 Frank Sinatra and Perry Como Live at the White House (1982) 4-4:30 Pondering Prompts	24 10:15-10:30 Boogie to the Beat Exercise 10:30-11:00 Music and Color 11-11:45 The Bing Crosby Show with Rosemary Clooney 1964 (YT) 2:15-3:15 Snoezelen Sensory 3:15-3:45 Relaxing piano music (YT) 
25 10:15-10:30 Jenn Johnson and Bethel Church-Worship Medley 10:30-11:00 Tabletop Sensory 11-11:30 Easy Listening Music and Hand Massages 11:30 Front Porch Travelers: "The View of Japan" 2:30 Worship Service (AUD)	26 10:15-10:30 Musical Balloons 10:30-11:30 Snoezelen Sensory 11:15-11:45 Karaoke Fun on the IN2L 2:15-3:15 Drumming Circle with Talia 3:15-3:45 The Magic of Winter in New England (YT) 4-4:30 Iceland in 4K and 1:1 Chats Australia Day (Observed)	27 10:15-10:30 Chair Dancing 10:30-11:00 Relaxation and Calm Time: Beautiful Birds in Winter 11:30-11:45 How It's Made: M&M's 2:30 Worship Service (AUD) 4-4:30 Songs from Musicals (YT) 	28 10:15-10:30 Mind and Body Exercise 10:30-11:30 Snoezelen Sensory 11:30-11:45 The Preppy Kitchen: Delicious no Baked Treats 2:30-3:30 Entertainment with Estere Diva (C-Lounge) 3:15-3:45 Classic Hollywood Musical Song Collection 4-4:30 Balloon Stretch	29 10:15-10:30 Rocking Oldies Seated Workout with Paul Eugene 10:30-11:00 Sight and Sounds pf Nature 11:20-11:45 Hand/Shoulder Massages 2:15-3:15 Snoezelen Sensory 3:15-3:45 A Closer Look: Inside Martha Stewart's Iconic New York House and Estate 4-4:30 Doo-Wop Love Songs	30 10:15-10:30 Gentle Rhythm 10:30-11:00 Famous Faces and Places 11-11:30 The Dick Van Dyke Show 2:15-3:15 Winter Theme Sensory Spa 3:15 Amy Grant Came to Newton, NC (YT) 4-4:30 Guess the 60's TV Show Theme Song	31 10:15-10:30 Exercise to Polka Music 10:30-11:30 Snoezelen Sensory 11:30 Judy Garland Musical Performances 2:15-2:45 Creative Coloring 2:45-3:20 Winter Wildlife 4K and Aromatherapy 3-3:30 Rick Steves: Iceland (YT)