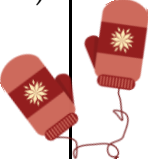


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 January 2026 Heritage Manor West Unit 4 Activities take place in Blanton Lounge unless otherwise noted				10:15 January Scattegories on Whiteboard 11:00 Sit & Be Fit Stretch 2:30 New Year's Celebration with Jerry Castaldo (AUD) 	2 10:30 People of Faith 11:00 Rosary 2:30 Bocce Ball	3 10:30 Coffee, Tea & Hot Cocoa with Pastries (BL) 2:30 Bingo (WGR) 
4 10:30 Name That 50s/60s Tune 11:00 Light Stretch 2:30 Worship Service (AUD) 	5 10:15 Noodle Ball 11:00 Noodle Fitness 2:15 Bingo (WGR) 	6 10:15 Crafter's Corner: Let's Build a Snowman craft 2:30 Communion Service (AUD) 	7 10:15 Winter Trivia 11:00 Morning Stretch 12:00 Candlelight Luncheon: "Ring in the New Year!" (WGR) 2:30 The Nutcracker Ballet 	8 10:15 Trip Outing: Dollar Tree 2:15 Classic Cuisine: Peanut Butter & Banana Sandwiches	9 10:30 People of Faith 11:00 Rosary 2:30 January Birthday Celebration with Angelo (AUD) 	10 10:30 Antiques Reminisce 11:00 Morning Stretch 2:30 Bingo (WGR) 
11 10:30 Hot Cocoa with mini-Cheesecake Bites 2:30 Worship Service (AUD) 	12 10:15 Words Within on the Whiteboard 11:00 Sit & Be Fit Stretch 2:15 Bingo (WGR) 	13 10:15 Crafter's Corner: Make a Winter Pillow 2:30 Worship Service (AUD)	14 10:15 Cornhole Game 11:00 Body Mindfulness 2:30 Resident Council: Activity & Menu Planning Meeting	15 10:15 Wheel of Fortune 11:00 Rise & Shine Stretch 2:15 Classic Cuisine: Snickerdoodle Cookies (H)	16 10:30 People of Faith 11:00 Rosary 2:30 Musical Entertainment with Efrat (WGR) 	17 10:30 Coffee & Hot Cocoa with assorted Cookies (BL) 2:30 Bingo (WGR) 
18 10:30 Family Feud (IN2L) 11:00 Morning Stretch 2:30 Worship Service (AUD) 	19 10:30 Pascack Hills High School Jazz Concert (AUD) 2:15 Bingo (WGR)  Martin Luther King Jr. Day	20 10:15 Crafter's Corner: Color your own Winter tote bag 2:30 Worship Service (AUD)	21 10:15 Jeopardy Trivia 11:00 Elastic Band Stretch 2:30 Catholic Communion with Deacon Andy 3:00 Rosary	22 10:15 Pictionary 11:00 Morning Stretch 2:30 Catholic Mass (AUD) 	23 10:30 People of Faith 11:00 Rosary 2:15 Classic Cuisine: Banana Bread (H)	24 10:30 Random IN2L Trivia 11:00 Stretch & Flex 2:30 Bingo (WGR) 
25 10:30 Hot Cocoa with Marshmallows and Cookies 2:30 Worship Service (AUD) 	26 10:15 Assorted Table Games 11:00 Dumbbell Fitness 2:15 Bingo (WGR) Australia Day (Observed)	27 10:15 Crafter's Corner: Wooden Snowman craft 2:30 Worship Service (AUD)	28 10:15 Who/What Am I Game 11:00 Reading Reflections with Rev. Dawn 2:15 Classic Cuisine: Strawberry Cake (H)	29 10:15 You Be the Judge 11:00 Noodle Fitness 2:30 Lucky Strike Bowling	30 10:30 People of Faith 11:00 Rosary 2:30 Winter Wonderland Tea Party (WGR) 	31 10:30 Penny Ante 2:30 Bingo (WGR)