

Life Enrichment – Pontiac

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>NAP Week: January 26-30</p>			<p>1</p> 	<p>2</p> <ul style="list-style-type: none"> 10:00 Coffee & Convos 10:30 Walk & Stroll 10:45 What am I? 11:30 Word Search Race 1:00 Salon Signup
<p>5</p> <ul style="list-style-type: none"> 10:00 Coffee & Convos 10:30 Motivation Monday 10:45 BINGO 11:30 Therapeutic Coloring 1:00 Salon Signup 	<p>6 National take down tree day</p> <ul style="list-style-type: none"> 10:00 Velcro Darts 10:30 Our Daily Bread 10:45 BINGO 11:30 Guess Who 12:00 Deblon-Flutist 	<p>7</p> <ul style="list-style-type: none"> 10:00 Calendar Planning 10:30 Our Daily Bread 11:00 Word Search Race 11:30 Music Trivia 1:00 Human Trafficking Awareness 	<p>8 AVON \$</p> <ul style="list-style-type: none"> 10:00 Calendar Planning 10:30 Show & Tell Day 11:00 Karaoke 11:30 Happy Birthday Elvis Tribute 1:00 Human Trafficking Awareness 	<p>9 Wear Detroit Lions Gear</p> <ul style="list-style-type: none"> 10:00 Let's Talk News 10:30 Beat to the music 11:00 Detroit Lions Trivia 11:30 Mocktails 1:00 Open Recreation
<p>12</p> <ul style="list-style-type: none"> 10:00 Hallway Bowling 10:30 Movement to music 11:00 Christmas picture frames 11:30 Ring toss 1:00 Jeopardy 	<p>13 Golden Corral\$</p> <ul style="list-style-type: none"> 10:00 Morning Gratitude 10:30 Our Daily Bread 10:45 BINGO 11:30 Reindeer Cocoa Craft 1:00 Card Club 	<p>14</p> <ul style="list-style-type: none"> 10:00 855 Education 10:30 Our Daily Bread 10:45 BINGO 11:30 Guess the Word 12:45 Griffin Sisters 	<p>15 AVON \$ Natl. Hat Day</p> <ul style="list-style-type: none"> 10:00 Therapeutic coloring 10:30 Open Mic Poetry 11:00 Cotton ball snowman 11:30 Movie Matinee 1:00 Participant Choice 	<p>16 Culvers\$</p> <ul style="list-style-type: none"> 10:00 MLK voice around the world 10:30 MLK Trivia 11:00 Glazed Tile Craft 11:30 Party like it's 1999 1:00 participant Choice
<p>19</p> 	<p>20</p> <ul style="list-style-type: none"> 10:00 855 Education 10:30 Our Daily Bread 10:45 BINGO 11:30 Participant Choice 1:00 Family Feud 	<p>21 Dollar Tree \$</p> <ul style="list-style-type: none"> 10:00 Tai Chi 10:30 Our Daily Bread 10:45 Snow globe craft 11:30 Mandala Coloring 1:00 Card Club 	<p>22 Wear Polka-dot Day</p> <ul style="list-style-type: none"> 10:00 Velcro Darts 10:30 Word-in-Word 11:00 Jewelry making 11:30 Build-A-Penguin 1:00 Open Recreation 	<p>23 National Pie Day</p> <ul style="list-style-type: none"> 10:00 This Day in History 10:30 Cornhole 10:45 BINGO 11:30 Card Club 1:00 Participant Choice
<p>26</p> <ul style="list-style-type: none"> 10:00 Silver Sneakers 10:30 Karaoke 10:45 BINGO 11:30 Movie Matinee 1:00 Name that Tune 	<p>27</p> <ul style="list-style-type: none"> 10:00 Coffee & Convos 10:30 Our Daily Bread 10:45 BINGO 11:30 Movie Matinee 12:45 Jake & Sarah 	<p>28</p> <ul style="list-style-type: none"> 10:00 Mindfulness Exercise 10:30 Our Daily Bread 11:00 Sip & Paint 11:30 Name that Tune 1:00 Participant Choice 	<p>29 Walmart \$</p> <ul style="list-style-type: none"> 10:00 Morning Gratitude 10:30 What am I? 10:45 BINGO 11:30 Independent Leisure 1:00 Card Club 	<p>30 National Activity Professionals Day</p> <ul style="list-style-type: none"> 10:00 National Hot Cocoa Day 10:30 Movin' & Groovin 11:00 Karaoke 11:30 Price is Right 1:00 Open Recreation