

Life Enrichment –Southfield

January 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
|  <p>Spiritual Wellness: Monday, Tuesdays, and Fridays at 10:30</p> <p>Bible Study: Wednesdays at 11:15 in the Orange Room</p> <p>Choir Practice: Monday at 11</p> <p>National Activity Professionals Week: January 26th-30th</p> | | |  <p>1 CLOSED for New Years</p> | <p>2 Tasha's Bday Wear Red!</p> <p>10:15 Coffee & Resolutions</p> <p>10:45 Ppt. Rights</p> <p>11:00 Dance w/ Ladon</p> <p>12:00 Big Balloon Bop</p> <p>1:30 LEA iN2L Choice</p> |
| <p>5</p> <p>10:15 Music & Mingle</p> <p>10:45 855 Education</p> <p>11:00 Motor City Sensations</p> <p>12:00 January Trivia</p> <p>1:30 Bingo</p> | <p>6 Mary Kay \$</p> <p>10:15 Music & Mingle</p> <p>10:45 Seated Hustle</p> <p>11:00 Paint w/ a Twist</p> <p>12:00 Ppt. Rights Jeopardy</p> <p>1:30 Independent leisure</p> | <p>7 Outback Outing, Oil Vendor\$</p> <p>10:15 Music & Mingle</p> <p>10:45 Big Balloon Bop</p> <p>11:00 Painting</p> <p>12:00 855 Education</p> <p>1:30 iN2L Wheel of Fortune</p> | <p>8 Elvis Presley's Birthday</p> <p>10:15 Music & Mingle</p> <p>10:45 Breathing Exercise</p> <p>11:00 Pokeno</p> <p>12:00 Elvis Trivia</p> <p>1:15 Dance w/ Elvis</p> | <p>9 Avon \$</p> <p>10:15 Music & Mingle</p> <p>10:45 Chair Stretches</p> <p>11:00 Family Feud</p> <p>12:00 Play & Ponder</p> <p>1:30 iN2L Word Game</p> |
| <p>12 Joy of Chocolate \$</p> <p>10:15 Coffee & Converse</p> <p>10:45 Shake the Stiffness</p> <p>11:00 Word Grid</p> <p>12:00 Hot Tea Bar</p> <p>1:30 January Trivia</p> | <p>13 Bowling Outing</p> <p>10:15 Coffee & Converse</p> <p>10:45 Name 5 Game</p> <p>11:00 Pokeno</p> <p>12:00 Careful Cardio</p> <p>1:30 Tabletop Games</p> | <p>14 Jenny's Hair Salon</p> <p>10:15 Coffee & Converse</p> <p>10:45 Careful Cardio</p> <p>11:00 Jewelry Making</p> <p>12:00 Math Gym</p> <p>1:30 Name That Tune</p> | <p>15 Avon \$ Wear a Hat Day</p> <p>10:15 Coffee & Converse</p> <p>10:45 Big Balloon Bop</p> <p>11:00 Jewelry Making</p> <p>12:00 This or That Game</p> <p>1:15 Dance w/ Deblon</p> | <p>16 Tim Hortons Carry Out\$</p> <p>10:15 Coffee & Converse</p> <p>10:45 Deep Breathing</p> <p>11:00 MLK Day Bingo</p> <p>12:00 Talk About MLK</p> <p>1:30 Number Game</p> |
| <p>19 CLOSED</p> <p>MARTIN LUTHER KING JR. DAY</p> | <p>20 Hands of Grace \$, SFD. Fish & Chicken Carry Out \$</p> <p>10:15 Sip & Socialize</p> <p>10:45 Deep Breathing</p> <p>11:00 Jeopardy</p> <p>12:00 Michigan Trivia</p> <p>1:30 Wheel of Fortune</p> | <p>21 Birthday Party!</p> <p>10:15 Sip & Socialize</p> <p>10:45 Chair Stretches</p> <p>11:00 DJ Mike Bday Party</p> <p>12:00 Discuss Goals for 2026</p> <p>1:30 iN2L Math Game</p> | <p>22 Bday Party Wear Polka Dots!</p> <p>10:15 Sip & Socialize</p> <p>10:45 Mid Morn. Movement</p> <p>11:00 Sherri Bday Party</p> <p>12:00 Discuss Goals for 2026</p> <p>1:30 Word Grid</p> | <p>23 Renee's Bday Wear Black & Red</p> <p>10:15 Sip & Socialize</p> <p>10:45 Arms in Action</p> <p>11:00 Decorate a Bag</p> <p>12:00 Karaoke</p> <p>1:30 Tabletop Games</p> |
| <p>26 African Clothing Vendor \$</p> <p>10:15 Talk & Tunes</p> <p>10:45 Big Balloon Bop</p> <p>11:00 National Lego Day</p> <p>12:00 Holocaust Remembrance</p> <p>1:30 Name That Tune</p> | <p>27</p> <p>10:15 Talk & Tunes</p> <p>10:45 Big Balloon Bop</p> <p>11:00 Snack Shop</p> <p>12:00 This or That Game</p> <p>1:15 Dance w/ Duo</p> | <p>28</p> <p>10:15 Talk & Tunes</p> <p>10:45 Arms in Action</p> <p>11:00 Snack Shop</p> <p>12:00 Name 5 Game</p> <p>1:15 Boogie w/ Bobby T.</p> | <p>29</p> <p>10:15 Talk & Tunes</p> <p>10:45 All about Pop Art</p> <p>11:00 Pop Art Craft</p> <p>12:00 Trivia</p> <p>1:00 Cardio Drumming</p> | <p>30 Activity Professionals Day</p> <p>10:15 Talk & Tunes</p> <p>10:45 Strong Steady Legs</p> <p>11:00 Boogie w/ Amando</p> <p>12:00 Hot Coco Bar</p> <p>1:30 Jeopardy</p> |

Life Enrichment Therapists:
(Activities are subject to change)

Lily Hargrave-Thomas CTRS: (313)-480-3332
 Trevon Green, ADC: (248)-532-8221

