

Life Enrichment – Sterling Heights

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Craft Club: Monday, January 26th Book Club: Tuesday, January 6th Bible Study on Thursdays Baking Club: Tuesday, January 27th</p> <p>NAP Week: January 26-30</p>			<p>1</p> 	<p>2 Movie Day</p> <p>10:00 Morning Gratitude 10:30 Chair Yoga 10:45 Movie & Popcorn 11:30 Movie & Popcorn 1:00 Movie & Popcorn</p>
<p>5 Elderific Salon</p> <p>10:00 Salon Sign-Up 10:30 Morning Stretches 10:45 Relaxing Coloring 11:30 Calendar Review 1:00 New Year, New Photo</p>	<p>6 AVON</p> <p>10:00 Daily Wordle 10:30 Chair Aerobics 10:45 Book Club/Snowball Toss 11:30 Calendar Review 1:00 New Year, New Photo</p>	<p>7</p> <p>10:00 Music & Mingle 10:30 Movement to Music 10:45 Snowball Toss 11:30 TED Talk & Discussion 1:00 Cardio Drumming</p>	<p>8 Walmart Outing/Elvis' Birthday</p> <p>10:00 This Day in History 10:30 Walk 'n' Roll 10:45 Ceramic Painting 11:30 Bio: Elvis Presley 1:00 Music with Elvis/Bingo</p>	<p>9 Mismatched Clothes Day</p> <p>10:00 Coffee & Conversation 10:30 Basketball 10:45 Ceramic Painting 11:30 Name that Tune 1:00 January Trivia</p>
<p>12 Walmart Outing</p> <p>10:00 Daily Wordle 10:30 Chair Yoga 10:45 Hot Cocoa Bar 11:30 Sam Richardson Bio 1:00 Craft Cart</p>	<p>13 Elderific Salon</p> <p>10:00 Salon Sign-Up 10:30 Morning Stretches 10:45 Hot Cocoa Bar 11:30 Activity Planning 1:00 Heart of the Hills/Bingo</p>	<p>14 AVON</p> <p>10:00 This Day in History 10:30 Chair Aerobics 10:45 PACE Book of Wisdom 11:30 Activity Planning 1:00 Dynamic Duo/Euchre</p>	<p>15 National Hat Day</p> <p>10:00 Coffee & Conversation 10:30 Movement to Music 10:45 PACE Book of Wisdom 11:30 Favorite Hat Showcase 1:00 Cardio Drumming</p>	<p>16 Pop-Up Shop</p> <p>10:00 Morning Gratitude 10:30 Walk 'n' Roll 10:45 Ladder Golf/Darts 11:30 Learn about Wolves 1:00 Karaoke</p>
<p>19 CLOSED</p> 	<p>20 National Penguin Day</p> <p>10:00 Penguin Live Cams 10:30 Cornhole 10:45 Seafoam Art w/ Kim 11:30 MLK Jr. Spotlight 1:00 Music Making Hour</p>	<p>21 Cracker Barrel Outing</p> <p>10:00 Coffee & Conversation 10:30 Chair Yoga 10:45 Seafoam Art w/ Kim 11:30 855 Education 1:00 Casino Dealer</p>	<p>22 Snow Ball Dance</p> <p>10:00 Morning Gratitude 10:30 Morning Stretches 10:45 Balloon Volleyball 11:30 Snow King & Queen 1:00 Dynamic Duo/Bingo</p>	<p>23 Snow Ball Dance</p> <p>10:00 Music & Mingle 10:30 Chair Aerobics 10:45 Fancy Fashion Show 11:30 Snow King & Queen 1:00 Neil Diamond/Bingo</p>
<p>26</p> <p>10:00 Daily Wordle 10:30 Bowling 10:45 Meet Your LE Team 11:30 Feb. Outing Sign-Up 1:00 Music Making/Craft Club</p>	<p>27 Golden Corral Outing</p> <p>10:00 Coffee & Conversation 10:30 Chair Yoga 10:45 Baking Club/LE Team 11:30 Participant Art Show 1:00 Outing Sign-Up/Craft Cart</p>	<p>28</p> <p>10:00 Morning Gratitude 10:30 Morning Stretches 11:00 Tai Chi 11:30 Participant Art Show 1:00 Gary Pillow/Euchre</p>	<p>29</p> <p>10:00 Music & Mingle 10:30 Chair Aerobics 10:45 All About Alaska 11:30 855 Education 1:00 Snowflakes</p>	<p>30 National Activity Professionals Day</p> <p>10:00 Daily Wordle 10:30 Walk 'n' Roll 10:45 All About Alaska 11:30 FDR Birthday Bio 1:00 Craft Stick Snowflakes</p>

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