

Life Enrichment – Westland

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Aisha's Salon: Thursday & Friday, Sign Up \$</p> <p><i>*activities are subject to change*</i></p> <p>NAP Week: January 26-30</p>			<p>1</p> 	<p>2 Welcome to January!</p> <p>10:15 Monthly Gazette 10:45 Seated Stretches 11:00 You Pick Craft 1:00 Spiritual Wellness 1:30 Bingo</p>
<p>5</p> <p>10:15 Monday Morning Music 10:45 Seated Stretches 11:00 Craft 1:00 Spiritual Wellness 1:30 Silk Entertainment</p>	<p>6 Joy of Chocolate \$</p> <p>10:15 Sip & Socialize 10:45 Move & Groove 11:00 Uno Hour 1:00 Spiritual Wellness 1:30 Bingo</p>	<p>7 Mary Kay \$</p> <p>10:15 Talk & Tunes 10:45 Chair Zumba 11:00 Art Hour 1:00 Bible Study 1:30 AA Support Group</p>	<p>8 Elvis Presley's Birthday</p> <p>10:15 Elvis Music 10:45 Pom Pom Exercise 11:00 Elvis Entertainment 1:00 Bible Study 1:30 Elvis Word Puzzles/Trivia</p>	<p>9 Sweet Fruit \$</p> <p>10:15 Coffee & Converse 10:45 Chair Exercise 11:00 Ceramic Painting 1:00 Spiritual Wellness 1:30 IN2L</p>
<p>12</p> <p>10:15 Coffee & Converse 10:45 Chair Exercise 11:00 Jewelry Making 1:00 Spiritual Wellness 1:30 Bingo</p>	<p>13 Famous Dave's Outing \$</p> <p>10:15 Morning Music 10:45 Seated Stretches 11:00 Independent Leisure 1:00 Spiritual Wellness 1:30 Movie</p>	<p>14</p> <p>10:15 Sip & Socialize 10:45 Move & Groove 11:00 Board Games 1:00 Bible Study 1:30 Lavance Sykes Music</p>	<p>15</p> <p>10:15 Talk & Tunes 10:45 Chair Zumba 11:00 Canvas Painting 1:00 Bible Study 1:30 Bingo</p>	<p>16 Lady V Creative Tee \$</p> <p>10:15 Music & Mingle 10:45 Pom Pom Exercise 11:00 Dream Catcher Craft 1:00 Spiritual Wellness 1:30 MLK Movie</p>
<p>19</p> 	<p>20</p> <p>10:15 Coffee & Converse 10:45 Chair Exercise 11:00 Manicures 1:00 Spiritual Wellness 1:30 Boogie w/ Bobby T.</p>	<p>21</p> <p>10:15 Morning Music 10:45 Seated Stretches 11:00 Manicures 1:00 Bible Study 1:30 IN2L</p>	<p>22 Walmart Outing \$</p> <p>10:15 Sip & Socialize 10:45 Move & Groove 11:00 Independent Leisure 1:00 Bible Study 1:30 Bingo</p>	<p>23</p> <p>10:15 Talk & Tunes 10:45 Chair Zumba 11:00 Uno Hour 1:00 Spiritual Wellness 1:30 Painting w/ a Twist</p>
<p>26</p> <p>10:15 Talk & Tunes 10:45 Chair Zumba 11:00 Art Hour 1:00 Spiritual Wellness 1:30 Amando Entertainment</p>	<p>27</p> <p>10:15 Music & Mingle 10:45 Pom Pom Exercise 11:00 Jewelry Making/Act. Survey 1:00 Spiritual Wellness 1:30 AA Support Group</p>	<p>28</p> <p>10:15 Coffee & Converse 10:45 Chair Exercise 11:00 Velvet Art/ Act. Survey 1:00 Bible Study 1:30 Monthly Birthday Party</p>	<p>29</p> <p>10:15 Morning Music 10:45 Seated Stretches 11:00 Board Games 1:00 Bible Study 1:30 Bingo</p>	<p>30 National Activity Professionals Day</p> <p>10:15 Sip & Socialize 10:45 Move & Groove 11:00 Learn about LE/Craft 1:00 Spiritual Wellness 1:30 Shake it w/ Sheri</p>