

January 2026 ~ Irene Baron Eden Centre ~ Life Enrichment Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	WELCOME TO 2026!! 	FORGET WHAT HURT YOU IN THE PAST, BUT NEVER FORGET WHAT IT TAUGHT YOU!				
4 10:00 Worship Service 1:30 Bean Bag Toss 	5 10:00 Chair Exercises 1:30 Plinko	6 10:00 Fun & Fitness 1:30 Musical Stories	7 UKRANIAN CHRISTMAS 10:00 Group Crossword Puzzle 	8 5:30 – Elder and Family Christmas Banquet 	9 10:00 Fitness and January News 2:00 New Years Party w/Echo Valley Boys	10 10:00 Manicures 1:30 How many words from “HAPPY NEW YEAR”
11 10:00 Worship Service 2:30 PROVIDENCE CHURCH	12 10:00 Chair Exercises 1:30 Bible Study	13 10:300 Fun & Fitness 1:30 Hawaiian Birthday Party w/Guitarist Cal Wookey	14 10:00 Chair Yoga 1:30 Activity on neighborhood (TBA) 1-2pm GR Hosting meeting for S.H.	15 11:30 Outing for 1st Floor (Ivy Trails & Ramblin Rose) for Chinese Food at Phoenix Square	16 10:00 Sit n’ Dance moves 2:00 Piano by Sue	17 10:00 Ribbon Dancing 1:30 In House Bowling
18 10:00 Worship Service 1:30 Bean Bag Toss	19 10:00 Chair Exercises 1:30 Martin Luther King Jr. Secret Quote	20 11:30 Outing for 2nd Floor (Blueberry Bay & Marigold Lane) for Chinese Food at Phoenix Square	21 10:00 Chair Yoga 1:30 Beach Ball Circle	22 1:30 Bingo 6pm Hockey Shots on Net	23 10:00 Sit n’ Dance moves 1:30 Sing-a-long	24 10:00 Manicures 1:30 Washer Toss
25 10:00 Worship Service 1:30 Bean Bag Toss	26 10:00 Chair Exercises 1:30 Bible Study	27 10:00 Fun & Fitness 1:30 Shake Loose A Memory	28 10:00 Chair Yoga 1:30 Balloon Volleyball	29 1:30 Bingo 6pm Musical Dressup	30 2:00 Piano by Sue	31 10:00 Graceful Ballet Moves 1:30 Table Pong

* ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES*