

# January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30am Daily Chronicles and Current Events 10:00am Catholic Mass	2 9:30am Daily Chronicles and Current Events 10:00am Protestant Church Service	3 Check White Board for updated Activities

4 Check White Board for updated Activities Popcorn and Beers 1:00pm Green Bay Packers vs. Minnesota Vikings - CBS	5 9:30am Daily Chronicles and Current Events 10:15am February Monthly Planning- 2 West Day Room 1:30pm Bingo-Rec. Hall 2:30pm Bible study w/ Dr. J – Rec. Hall	6 9:30am Daily Chronicles and Current Events 10:15am Creative Sensory Activity – TBD 1:30pm Live Music w/ Whiskey Ryan - Chapel	7 9:00am 1 North Hair Cuts 12:00pm Load for Bowling Outing – per list 1:30pm Movie on units- Members' choice	8 9:30am Daily Chronicles and Current Events 10:00am Catholic Mass- Chapel 1:30pm Celebrate the King of Rock Elvis Presley "Happy Hour"	9 9:30am Daily Chronicles and Current Events 10:00am Protestant Church Service- Chapel 1:30pm Live music with Toni Saari – Chapel 5:30pm NMU hockey game - per list	10 Check White Board for updated Activities
11 Check White Board for Daily Activities	12 9:30am Daily Chronicles and Current Events 10:15am Stretch & Move 1:30pm Bingo – Rec. Hall 2:30pm Bible Study-Rec Hall	13 9:30am Daily Chronicles and Current Events 10:15am Baking 3:00pm Small group Flute Workshop – per list	14 9:00am 1 South Hair Cuts 10:15 decorate for Onsite Lunch 11:45am Onsite Pasty lunch – per list – Rec. Hall 3:00pm Activity staff meeting	15 9:30am Daily Chronicles and Current Events 10:00am Catholic mass w/ FMCA kids - Chapel 1:30pm Baking for Birthday Bingo the 16th	16 9:30am Daily Chronicles and Current Events 10:00am Protestant Church Service – Chapel 1:30pm Birthday Bingo with treats after – Rec. Hall	17 Check White Board for updated Activities
18 Check White Board for Daily Activities	19 9:30am Daily Chronicles and Current Events 10:15am Documentary on MLK Jr. Luther King Jr. – on unit 1:30pm Bingo Rec. Hall 2:30pm Bible study w/ Dr. J – Rec Hall Martin Luther King Jr. Day	20 9:30am. Daily Chronicles and Current Events 10:00am Dome Walking – per list 1:30pm Moose Mixer Happy Hour TBD 2:30pm Member Council - tbd	21 9:00am MCU Hair Cuts 9:30am Daily Chronicles and Current events 10:15 Ball Toss – OR- Produce Harvest 11:30 Salad Bar Lunch – per list – Rec Hall 1:30pm Games, Games, Games and brews – on units	22 9:30am Daily Chronicles and Current events 10:00am Catholic Church- Chapel 1:00pm Meijer shopping – per list 1:30pm Reminiscing and pie tasting – on units 5:30pm NMU hockey game - per list	23 9:30am Daily Chronicles and Current events 10:15am Pie making for National Pie Day 1:30pm Reminiscing and pie tasting – on units 5:30pm NMU hockey game - per list	24 Check White Board for updated Activities
25 1:30 Chris Valenti – Music - Chapel	26 9:30am Daily Chronicles and Current events 10:00am Painting w/ Alison – Rec. Hall 1:30pm Bingo on units	27 9:30am Daily Chronicles and Current events 10:15am baking and trivia 1:30pm Exercise Drumming	28 9:00am 2 South Hair Cuts 9:30am Daily Chronicles and Current events 11:35am Kentucky Friend Chicken lunch- per list 1:30pm members choice	29 9:30am Daily Chronicles and Current events 10:00am Catholic Church – chapel 1:30pm work on Valentine crafts	30 9:30am Daily Chronicles and Current events 10:00am Protestant Church – Chapel 1:30pm cribbage and other games 5:30pm NMU hockey game - per list	31 Check White Board for updated Activities

Calendars are subject to change, please check white boards for current updates. **1<sup>st</sup> & 2<sup>nd</sup> Floors**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2026

## MCU Calendar

					10:00am Catholic Service 1:30 Member Choice 2:30 Linda Smith Music on Unit 4pm Ball Toss 6pm Relax and Unwind – hand massages New Year's Day	1	Diversional Activities on the unit & Cabin	2	1:30pm Balloon Battles 4:00pm Tabletop Bowling 6:00pm 1:1 – Room Visits Kristi's Weekend	3		
4	10:00 Member Choice Sensory 1:30pm Movement 3:30pm Balloon Fun 6:00pm Relaxation 101 Kristi's Weekend	5	10:00am Doughnuts and Coffee 1:30pm First Monday BINGO 2:30pm Whiskey Ryan on MCU 3:30pm Movement 6:00pm Parachute Games 6:00pm Sensory	6	10:00am Chair Exercise Bowling Outing Load 1:00pm See List	7	10:00am Catholic Mass 1:30 CELEBRATE THE KING OF ROCK – Elvis Birthday Happy Hour – Rec Hall 4:00pm Balloon Games 6:00pm Relax & Unwind	8	10:00am Protestant Church Service 2:30pm Toni Saari- Music on MCU 4pm Ball Toss 6pm Sensory NMU Hockey See List	9	9:30pm Good Morning Rounds 11:00am Movement 1:30pm Cognitive Games 3:00Pm Room Visits Megans Weekend	10
11	9:30am House Calls 11:00am Balloon Battles 1:30pm Music Memory 3:30pm Movement Megans Weekend	12	10:00am Balloon Volleyball 1:30pm 2 <sup>nd</sup> Monday Bingo 3:30pm Parachute Games 6:00pm Relax and Unwind	13	10:00am Painting Sun Catchers - Cabin 1:30pm Afternoon Movie and Popcorn 3:00pm Move & Groove Music 6:00pm Cognitive Games	14	10:00am Catholic Church with School Children On Site Pasty Luncheon 1:30pm January Craft 3:00pm Chair Aerobics 6:00pm Puzzles	15	10:00am Protestant Church Service 1:30 Root Beer Floats on Unit 3:00pm Movement 6:00pm Sensory	16	See Activity Board for Scheduled Activities Diversional Activities on unit & Cabin	17
18	See Activity Board for Scheduled Activities Diversional Activities on Unit & Cabin	19	10:00am Trivia and Coffee 1:30pm 2nd Monday Bingo	20	10:00am Musical Drumming Exercise 1:30pm Moose Mixer Party 4:00pm Ball Toss 6:00pm Memory Lane	21	10:00am Relaxation Therapy Hand Massage with Aroma Therapy 1:30pm Tabletop Bowling and Brews! 4:00pm Movement 6:00pm Sensory	22	10:00 Protestant Service 1:30 MCU Birthday Bingo 4:00pm Move & Groove 6:00pm Cognitive Games	23	1:30pm Craft 4:00pm Balloon Battles 6:00pm Winter Wonderland Fun Kristi's Weekend	24
25	2:30pm Music with Chris Valenti 4:00pm Creative Arts 6:00pm Travel Log	26	10:00am Chair Exercise with Aroma Therapy 1:30pm Edible Playdough Craft 6:30pm 4 <sup>th</sup> Monday Bingo	27	10:00am Pie Making 1:30pm Concert Movie Reminiscence 3:30pm Making Music 6pm Trivia	28	10:00am Set Up for Party 11:30am MCU Luncheon – Member Choice TBD 1:30 Movie and Snack 4pm Movement 6pm Relax & Unwind	29	10:00am Protestant Church Service 1:30pm Balloon Volleyball 4:00pm Name That Tune 6:00pm Trivia Time	30	9:30am House Calls 10:30am Artist Decorating 1:30pm Movement 3:00pm Music Memory Megans Weekend	31
Australia Day (Observed)												

ALL ACTIVITIES ARE SUBJECT TO CHANGE. SEE WHITE BOARDS FOR CURRENT SCHEDULED ACTIVITIES..