


Monday	Tuesday	Wednesday	Thursday	Friday
 <div> Richardson Jan 2026 Breakfast & Morning Snacks Served until 10:00 a.m. Water & Juice 11:00 a.m. Lunch 12:30 p.m. Afternoon Snack 3:15 p.m. </div>			1 HOLIDAY CLOSED	2 HOLIDAY CLOSED
10:10 Competitive Games-Wiz Quiz-The Right Word Game-Word in a Word-Extra Activity 11:10 Tai Chi w/Sandy-Enrichment Activity- Spanish Made Simple 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group-Girl Talk/New Year's-Common Bonds-Baby Boomers Song Quiz-Extra Activity 2:30 BINGO-Baby, its "Cold" Outside-Skip Bo-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Tournament Cont. 5:00 Apples to Apples	10:10 Competitive Games-Clue Trivia-Keep your brain young-Famous January Birthdays-Extra Activity 11:10 Sit and Be Fit-Enrichment Activity- Book Club 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Travel Series-Girl Talk-Word Web-Reminiscing Cards-Extra Activity 2:30 BINGO-Memory Street-Colorist Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Tournament Cont. 5:00 Complete the Phrase	Ladies only Support Group 10:10 Competitive Games-Mind Trap-Brain Bats-Missing Pairs-Memory Street-Extra Activity 11:10 Tai Chi w/Sandy-Enrichment Activity 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Small Group-Extra Activity 2:00 Dallas Parkinsons Society/Meditation 2:45 BINGO-Riddles in a Jar-Art Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Tournament Cont. 5:00 Would You Rather?	Alzheimer's Support Group Elvis's Birthday 10:10 Competitive Games-Elvis Presley Quiz-Mind Joggers-Fractured Sentences-Memory Boards-Extra Activity 11:00 Heart of Texas Therapy Dogs 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group-Girl Talk/Elvis Presley-Associated Words-Elvis Presley Quiz-Extra Activity 2:30 BINGO-Elvis's Songs-Colorist Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Tournament Cont. 5:00 Elvis Presley Movies	10:10 Competitive Games-Hollywood Flashbacks-January IQ Mathematical Message-Conversational Cards-Extra Activity 11:10 Sit and Be Fit-Enrichment Activity 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Letter Rip-Name that Tune-Create a Story-Art Corner-Extra Activity 2:30 BINGO-Pokeemo-Art Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Comedy & Snack
10:10 Competitive Games-Words that Start with J-Fractured Sentences-Boggle-Extra Activity 11:10 Tai Chi w/Sandy-Enrichment Activity- Spanish Made Simple 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Scramble-Associated Words-Buzz Time-Extra Activity 2:30 BINGO-Pictionary-Banga-Art Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Tournament Cont. 5:00 Butterfly Quiz	10:10 Competitive Games-It's All Cliché-Wacky Wordies-Trivia Challenge for Seniors-Extra Activity 11:10 Sit and Be Fit-Enrichment Activity- Book Club 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Travel Series-Girl Talk-Houseplant Scrabble-ABC Logic-Extra Activity 2:30 BINGO-Memory Boards-Art Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Activity 4:30 Domino Tournament Cont. 5:00 Chicken Soup for the Soul	Staycation to Switzerland 10:10 Competitive Games-Switz Word Association-A-Z Travel through Switzerland-Extra Activity 11:10 Tai Chi w/Sandy-Enrichment Activity 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group-Girl Talk/fashion-Switz Matching Words-Switz-Story Building-Extra Activity 2:30 BINGO-Shut the Box-Beading-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Continued 5:00 Travel to Switzerland	Men only Support Group National Hat Day 10:10 Competitive Games-Mind Trap-Brain Bats-Missing Pairs-Memory Street-Extra Activity 11:00 Texas Winds Perform/Harpist 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group Girl Talk/History of hats "Eight" Is Great-Pot Luck Quiz-Shut the Box-Extra Activity 2:30 BINGO-Riddles in a Jar-Art Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Tournament Cont. 5:00 Would You Rather?	10:10 Competitive Games-Clue Trivia-Brain Bats-Word in a Word-Magazine Scavengers Hunt-Extra Activity 11:10 Sit and Be Fit-Enrichment Activity 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group-Girl Talk/Poetry-Follow the Letter-Brain Drain-Extra Activity 2:30 BINGO-Gestures-Spill & Spell-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Comedy & Snack
Martin Luther King, Jr Day National Popcorn Day 10:10 Competitive Games-Martin Luther King Jr. Day-MLK Timeline-Similes-Extra Activity 11:10 Tai Chi w/Sandy-Enrichment Activity- Spanish Made Simple 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group-Girl Talk/Mrs. King-Martin Luther King Secret Quote-MLK Trivia-Extra Activity 2:30 BINGO- Would You Rather-Art Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Tournament Cont. 5:00 Old Time Radio Shows	National Cheese Lover's Day 10:10 Competitive Games-Words Ending with Ship-Word Mining-Word Train Quiz-Extra Activity 11:10 Sit and Be Fit-Enrichment Activity- Book Club 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Travel Series-Girl Talk-Word Wheel-Early Radio Shows and Stars-Art Corner-Extra Activity 2:30 BINGO-Trivia Challenge for Seniors-Art Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Tournament Cont. 5:00 Creative Forecasting	10:30 Competitive Games-Hollywood Flashbacks-You Be the Judge-Snowman-Extra Activity 11:10 Sit and Be Fit-Enrichment Activity 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group Girl Talk-Famous Folks-Ungame-Extra Activity 2:30 BINGO-Riddles in a Jar-Beading Jewelry-Active Group 3:00 Ultimate Senior Trivia-Beading Cont.-Extra Activity 3:30 Light & Lively Exercise-Extra Activity 4:00 Wheel of Fortune-1 Spy-Dominos/Cards 4:30 Scruples-Dominos/Cards Cont.-Extra Activity 5:00 Would You Rather?	Informational Support Group Sundance Film Festival 10:10 Competitive Games-Match the Stars to Movies-Strengthen your Mind-Category Puzzle-Extra Activity 11:10 Sit and Be Fit-Enrichment Activity 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group-Girl Talk/Favorite Films-1950's Classic Films-Memory Street-Extra Activity 2:30 BINGO-Who Sang this Tune?-Short Stories-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Tournament Cont. 5:00 Did you Know	National Pie Day 10:10 Competitive Games-Catch Phrase-52 Weeks of Trivia-Choices in a Jar-Scrambled Words-Extra Activity 11:10 Sit and Be Fit-Enrichment Activity 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group-Pies A to Z-Pop Trivia-Missing Double Letters-Art Corner-Extra Activity 2:30 BINGO-Gestures-Art Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Comedy & Snack
10:10 Competitive Games-Finishing Lines-Famous Folks-This or That?-Extra Activity 11:10 Tai Chi w/Sandy-Enrichment Activity- Spanish Made Simple 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Word Teasers-Punny Names-Extra Activity 2:30 BINGO-Left, Right, Center-Active Group-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 5:00 Creative Forecasting	National Chocolate Cake Day 10:10 Competitive Games-Clue Trivia-Name Chase-Spinning Words-Mixed-Up Winter-Extra Activity 11:10 Sit and Be Fit-Enrichment Activity- Book Club 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Travel Series-Girl Talk/Heirlooms-Name Ten-Astrology-Art Corner-Extra Activity 2:30 BINGO-52 Weeks of Trivia-Colorist Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Tournament Cont. 5:00 Words that End In?	January Birthday Party 10:10 Competitive Games-Clue Trivia-Name Chase-Keep Your Brain Young-Extra Activity 11:10 Tai Chi w/Sandy-Enrichment Activity 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Faces & Places 2:00 Birthday Party w/Tony Macaroni 3:00 BINGO-Shut the Box-Extra Activity 3:45 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament-Small Group 4:30 Dominos Tournament Cont. 5:00 Chicken Soup of the Soul	National Puzzle Day 10:10 Competitive Games-Name the Classic Toy-"Cold" as Ice-You be the Judge-Spill & Spell-Extra Activity 11:10 Sit and Be Fit-Enrichment Activity 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Word Mining-Memory Street-Extra Activity 2:30 BINGO-Colorist Corner-Short Stories-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament 4:30 Dominos Tournament Cont. 5:00 Magazine Scavenger Hunt	10:10 Competitive Games-Letter Getter-Winter Season-Name that Personality-Moose Are Magnificent-Extra Activity 11:10 Sit and Be Fit-Enrichment Activity 11:45 Music/Songs & Trivia-Enrichment Activity 1:45 Deal, Rack and Roll-Men's Group-Opposite Word Game-4 Letter Ryming Quiz-Extra Activity 2:30 BINGO-Expressions Quiz-Art Corner-Extra Activity 3:30 Light Stretching-Extra Activity 4:00 Wheel of Fortune-Dominos Tournament 4:30 Comedy & Popcom

Daily 9:00 -10:15 Coffee, Chit Chat, News & Views