

**NORTHLAND ADULT DAY CENTER**  
**January 2026 ---- \*Activities Calendar**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JAN</b>	<i>Our lives begin to end the day we become silent about things that matter. Martin Luther King Jr.</i>		1	2
5	6	7	8	9
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
70's Sittercise	Exercise	80's Sittercise	Stretching Exercise	Motown Exercises
Manicure Monday	Bean Bag Toss	Walmart Wednesday	Ring Toss	Target Friday
Therapeutic Coloring	Crossword Puzzles	Brain Games	Memory Chess	
				JENGA
12	13	14	15	16
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Exercise	90's Sittercise	Exercise	Boots on the Ground	Exercise
Hot Tea Day	Vision Board Project	Name That Song	Simon Memory Game	
Make Your Dream	Word Numbers	Music in Motion		Movie Matinee
Come True Day			Therapeutic Coloring	Birthday Celebration
19	20	21	22	23
<b>CLOSED FOR MARTIN LUTHER KING JR HOLIDAY</b>	Current Affairs	Current Affairs	Current Affairs	Current Affairs
	Exercise	Chair Yoga	Exercise	Exercise
	Concentration	Walmart Wednesday	Arts and Crafts	Puzzles Pizazz
		Bean Bag Toss		Music N Motion
	Pictionary		Word Rhymes	Int'l Day of Education
26	27	28	29	30
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Meditation Monday	Stretching Exercise	90's Exercise	Exercise	Exercise
Guess The Logo	Ball Toss	Karaoke	Ring Toss	Puzzles Pizazz
	JENGA	Sudoku Puzzles		
Word Ryhme	Board Games		Puzzle Day	Parachute Game

*\*It is at the discretion of Northland ADC management to make changes to the activity calendar without prior notice.*