

# Sopris Sanctuary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January 2026</div> <div>Sopris Sanctuary</div>				<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Chair Dancing</div></div><div><div>1:30pm</div><div>Armchair Travel</div></div><div><div>2:30pm</div><div>Afternoon Music</div></div><div><div>3:00pm</div><div>Nail Care Time</div></div><div><div>3:30pm</div><div>Snack Break</div></div><div><div>4:45pm</div><div>Set the Dinner Table</div></div></div> <div>1</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Drumming Exercise</div></div><div><div>1:30pm</div><div>Color Match</div></div><div><div>2:00pm</div><div>Playing Golf</div></div><div><div>2:30pm</div><div>Listening to Modern Music</div></div><div><div>3:00pm</div><div>Tea Party</div></div><div><div>4:00pm</div><div>Flipping through Memory Books</div></div><div><div>6:00pm</div><div>Sensory Board Wind Down</div></div></div> <div>2</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>11:00am</div><div>Indoor Bowling</div></div><div><div>1:00pm</div><div>Secrets of the Penguins on Hulu</div></div><div><div>3:30pm</div><div>Snack Break</div></div></div> <div>3</div>
<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>11:00am</div><div>MC Puzzle Time</div></div><div><div>2:00pm</div><div>Hand Massages</div></div><div><div>3:30pm</div><div>Snack Break</div></div><div><div>6:00pm</div><div>Sensory Board Wind Down</div></div></div> <div>4</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Chair Yoga</div></div><div><div>1:30pm</div><div>Jenga</div></div><div><div>2:00pm</div><div>Table Topics: Baking and Cooking</div></div><div><div>2:30pm</div><div>Listening to Classical Music</div></div><div><div>3:00pm</div><div>Puzzle Time</div></div><div><div>3:30pm</div><div>Hydration Break</div></div><div><div>4:00pm</div><div>Afternoon Walk</div></div><div><div>5:15pm</div><div>I Love Lucy and Tea</div></div></div> <div>5</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Chair Tai Chi</div></div><div><div>2:00pm</div><div>Watercolor Hour</div></div><div><div>2:30pm</div><div>Watching an Ice Skating Performance</div></div><div><div>3:00pm</div><div>Dipping Fruit into Chocolate</div></div><div><div>4:00pm</div><div>Balloon Volleyball</div></div><div><div>4:45pm</div><div>Set the Dinner Table</div></div><div><div>6:00pm</div><div>Sensory Board Wind Down</div></div></div> <div>6</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>11:30am</div><div>Chair Stretching</div></div><div><div>2:00pm</div><div>Painting Faux Stained Glass</div></div><div><div>2:30pm</div><div>Elvis Sing Along</div></div><div><div>3:00pm</div><div>Balloons! The Forgotten Flights That No One Talks About on YouTube</div></div><div><div>3:30pm</div><div>Snack Break</div></div><div><div>4:00pm</div><div>Ping Pong Basketball</div></div></div> <div>7</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Chair Dancing</div></div><div><div>2:00pm</div><div>Taking Down the Christmas Tree</div></div><div><div>2:30pm</div><div>Afternoon Music</div></div><div><div>3:00pm</div><div>Nail Care Time</div></div><div><div>3:30pm</div><div>Snack Break</div></div><div><div>4:45pm</div><div>Set the Dinner Table</div></div><div><div>5:15pm</div><div>I Love Lucy and Tea</div></div></div> <div>8</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Drumming Exercise</div></div><div><div>1:00pm</div><div>Music Bingo</div></div><div><div>2:00pm</div><div>Hangman</div></div><div><div>2:30pm</div><div>Dance Break</div></div><div><div>3:00pm</div><div>Tea Party</div></div><div><div>4:00pm</div><div>Table Topis: Careers</div></div><div><div>6:00pm</div><div>Sensory Board Wind Down</div></div></div> <div>9</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>11:00am</div><div>Indoor Bowling</div></div><div><div>1:00pm</div><div>Secrets of the Penguins on Hulu</div></div><div><div>3:30pm</div><div>Snack Break</div></div></div> <div>10</div>
<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>11:00am</div><div>MC Puzzle Time</div></div><div><div>2:00pm</div><div>Hand Massages</div></div><div><div>3:30pm</div><div>Snack Break</div></div><div><div>6:00pm</div><div>Sensory Board Wind Down</div></div></div> <div>11</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Chair Yoga</div></div><div><div>2:00pm</div><div>Making Pop-Up Cards</div></div><div><div>2:30pm</div><div>Afternoon Dancing</div></div><div><div>3:00pm</div><div>The Golden Eagle Documentary on YouTube</div></div><div><div>3:30pm</div><div>Popcorn Snack Break</div></div><div><div>4:00pm</div><div>Darts</div></div></div> <div>12</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Chair Tai Chi</div></div><div><div>2:00pm</div><div>Watercolor Hour</div></div><div><div>2:30pm</div><div>Afternoon Music</div></div><div><div>3:00pm</div><div>February Birthday Party</div></div><div><div>3:30pm</div><div>Snack Break</div></div><div><div>4:45pm</div><div>Set the Dinner Table</div></div><div><div>6:00pm</div><div>Sensory Board Wind Down</div></div></div> <div>13</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>11:30am</div><div>Chair Stretching</div></div><div><div>1:30pm</div><div>Balloon Volleyball</div></div><div><div>2:00pm</div><div>Roll a Snowman Game</div></div><div><div>3:00pm</div><div>Playing the Maracas</div></div><div><div>3:30pm</div><div>Apple Snack Break</div></div><div><div>4:00pm</div><div>Group Coloring</div></div><div><div>4:30pm</div><div>Setting the Dinner Table</div></div></div> <div>14</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Chair Dancing</div></div><div><div>1:30pm</div><div>Armchair Travel to Canada</div></div><div><div>2:30pm</div><div>Musical Sing Along</div></div><div><div>3:00pm</div><div>Nail Care Time</div></div><div><div>3:30pm</div><div>Snack Break</div></div><div><div>4:00pm</div><div>Kings in a Corner Card Game</div></div><div><div>4:45pm</div><div>Set the Dinner Table</div></div></div> <div>15</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Drumming Exercise</div></div><div><div>1:30pm</div><div>Tic Tac Toe</div></div><div><div>2:00pm</div><div>Making Paper Cup Snow Globes</div></div><div><div>3:00pm</div><div>Tea Party</div></div><div><div>4:00pm</div><div>Bracelet Making</div></div><div><div>6:00pm</div><div>Sensory Board Wind Down</div></div></div> <div>16</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>11:00am</div><div>Indoor Bowling</div></div><div><div>1:00pm</div><div>Secrets of the Penguins on Hulu</div></div><div><div>3:30pm</div><div>Snack Break</div></div></div> <div>17</div>
<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>11:00am</div><div>MC Puzzle Time</div></div><div><div>2:00pm</div><div>Hand Massages</div></div><div><div>3:30pm</div><div>Snack Break</div></div><div><div>6:00pm</div><div>Sensory Board Wind Down</div></div></div> <div>18</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Chair Yoga</div></div><div><div>2:00pm</div><div>Mahjong</div></div><div><div>2:30pm</div><div>Afternoon Music</div></div><div><div>3:00pm</div><div>Remembering MLK Jr.: Legacy of Courage and Inspiration Documentary</div></div><div><div>3:30pm</div><div>Cookie Snack Break</div></div><div><div>4:00pm</div><div>Bowling</div></div><div><div>5:15pm</div><div>I Love Lucy and Tea</div></div></div> <div>19</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>1:30pm</div><div>Watercolor Hour</div></div><div><div>2:30pm</div><div>Watching Ballroom Dances</div></div><div><div>3:30pm</div><div>Hydration Break</div></div><div><div>4:00pm</div><div>Afternoon Walk</div></div><div><div>4:45pm</div><div>Set the Dinner Table</div></div><div><div>6:00pm</div><div>Monopoly Game Night</div></div><div><div>6:00pm</div><div>Sensory Board Wind Down</div></div></div> <div>20</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>11:30am</div><div>Chair Stretching</div></div><div><div>1:30pm</div><div>Darts</div></div><div><div>2:00pm</div><div>Color Walk</div></div><div><div>2:30pm</div><div>Watching an Andrea Bocelli Performance</div></div><div><div>3:00pm</div><div>Making our Own Cheese Boards</div></div><div><div>4:00pm</div><div>Reading "A Dogs Story"</div></div></div> <div>21</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Chair Dancing</div></div><div><div>1:30pm</div><div>Laundry Basket Ball Toss</div></div><div><div>2:30pm</div><div>Watching a Piano Recital</div></div><div><div>3:00pm</div><div>Nail Care Time</div></div><div><div>3:30pm</div><div>Snack Break</div></div><div><div>4:45pm</div><div>Set the Dinner Table</div></div><div><div>5:15pm</div><div>I Love Lucy and Tea</div></div></div> <div>22</div>	<div><div><div>9:30am</div><div>Reading the Morning Paper Together</div></div><div><div>10:30am</div><div>Drumming Exercise</div></div><div><div>1:00pm</div><div>Music Bingo</div></div><div><div>2:00pm</div><div>Puzzle Time</div></div><div><div>3:00pm</div><div>Lets Make Collages</div></div><div><div>3:00pm</div><div>Tea Party</div></div><div><div>4:00pm</div><div>Flipping through Memory Books</div></div><div><div>6:00pm</div><div>Sensory Board Wind Down</div></div></div> <div>23</div>	<div>&lt;</div>