

Sunday

Monday

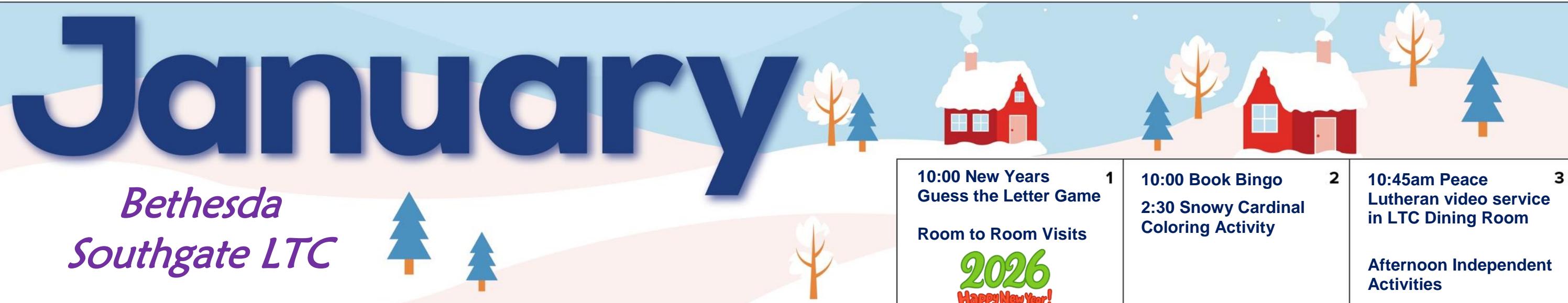
Tuesday

Wednesday

Thursday

Friday

Saturday

 <h1>January</h1> <p><i>Bethesda Southgate LTC</i></p>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45 Mass on TV in LTC Dining Room Afternoon Independent Activities	10:30am Exercise 5 2:30 Bingo 7pm Cards & TV Shows	10:00 Nail Painting (100 & 400 Halls) Room to Room Visits 7pm Balloon Volleyball	10:00 Snowman Window Clings 2:30 Winter Scattergories 7pm Bingo	10:00 New Years Guess the Letter Game 1 Room to Room Visits 2026 <i>Happy New Year!</i>	10:00 Book Bingo 2 2:30 Snowy Cardinal Coloring Activity	10:45am Peace Lutheran video service in LTC Dining Room Afternoon Independent Activities
10:45 Mass on TV in LTC Dining Room Afternoon Independent Activities	10:30am Exercise 11 2:30 Bingo 7pm Cards & Music	10:00 Nail Painting (200 & 300 Halls) 2:30 Elvis YouTube Concert 7pm Soda Pop Drop	10:00 Uno Card Games 2:30 Stretching to Music 3pm Dining Circle 7pm Bingo	10:00 Mia the therapy dog visits 8 2:30 Snowflake Happy Hour 7pm Winter Memories	10:00 St. Louis Dance 9 Theater Afternoon treat cart Room to Room	10:45am Peace 10 Lutheran video service in LTC Dining Room Afternoon Independent Activities
10:45 Mass on TV in LTC Dining Room Afternoon Independent Activities	10:30am Exercise 12 2:30 Bingo 7pm Cards & Music	10:00 Nail Painting (200 & 300 Halls) 2:30 Elvis YouTube Concert 7pm Soda Pop Drop	10:00 Uno Card Games 2:30 Stretching to Music 3pm Dining Circle 7pm Bingo	10:00 Mia the therapy dog visits 15 2:30 Winter Canvas Painting 7pm Ice Cream Social	10:00 Bingo 16 Afternoon Room to Room Visits	10:45am Peace 17 Lutheran video service in LTC Dining Room Afternoon Independent Activities
10:45 Mass on TV in LTC Dining Room Afternoon Independent Activities	7pm Cards & Movies 18 	10:00 Mia the therapy dog visits 19 10:00 Nail Painting (100 & 400 Halls) 2:30 Lemonade and Chat w/ Joe 7pm Snowflake Tic Tac Toe	10:00 Devotions 2:30 Youtube Quizzes 3pm Community Council Meeting 7pm Bingo	10:00 Kings in the Corner Card Game 22 2:30 Birthday Party 7pm Hot Cocoa & Movies	10:00 Bingo 23 2:30 Guess that song!	10:45am Peace 24 Lutheran video service in LTC Dining Room Afternoon Independent Activities
10:45 Mass on TV in LTC Dining Room Afternoon Independent Activities	10:30am Exercise 25 2:30 Bingo	10:00 Nail Painting (200 & 300 Halls) 26 2:30 Cookie Decorating 7pm Snoopy Basketball	10:00 Dot Painting 2:30 Toss and Trivia 7pm Bingo	10:00 Mia the therapy dog visits 29 2:30 Word Mining 7pm Candy Mint Toss	10:00 Bingo 30 Afternoon Room to Room Visits	10:45am Peace 31 Lutheran video service in LTC Dining Room Afternoon Independent Activities