

# January 2026 Goldton Woodlands Activities

created with 

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |   |   |
|--|--|--|---|---|--|---|---|---|
| <br><b>THE GOLDTON</b><br>AT JONES FARM<br><br>2238 Cecil Ashburn Dr SE<br>Huntsville, AL 35802<br>(256) 429-3008 | <br><b>THE GOLDTON</b><br>AT JONES FARM<br><br><b>Intellectual</b><br><b>Physical</b><br><b>Purposeful</b><br><b>Social</b><br><b>Spiritual</b> |  |   | <b>New Year's Day</b><br>8:30  "Ball Bounce Challenge"<br>10:00  Morning Nourishment with "Share a Moment"<br>11:00  "Putt-Chipper"<br>11:30  Famous Actors and Actresses from the Early 1900s<br>11:00  Tennis<br>11:30  Finish the Phrase<br>2:30  NYD Holiday Social | <b>1</b><br>9:30  Motown Movers<br>10:00  Morning Nourishment with "Share a Moment"<br>11:00  "Putt-Chipper"<br>11:30  Famous Actors and Actresses from the Early 1900s<br>2:30  Memories and Mocktails<br>4:00  Range of Motion Exercises             | <b>2</b><br>9:30  The Singing Ladies<br>1:30  Manicures with DJ<br>2:30  Afternoon Nourishment and Create a Word<br>3:00  Early 1900s Saturday Matinee (Life Enrichment Area)   | <b>3</b><br>9:30  The Singing Ladies<br>1:30  Manicures with DJ<br>2:30  Afternoon Nourishment and Create a Word<br>3:00  Early 1900s Saturday Matinee (Life Enrichment Area)   |   |
|  | 10:00  Morning Nourishment and Hymns<br>2:30  Flexible Frisbee Toss<br>3:00  Afternoon Nourishment with Name that Tune<br>3:30  Shuffleboard   | <b>4</b><br><b>"De-Decorating from The Holidays All Day Long"</b><br><b>National Bird Day</b><br>9:30  Chair Aerobics<br>10:00  Morning Nourishment and Bird Facts<br>11:00  Televised Singalong<br>2:30  Human Ringer | <b>5</b><br>9:30  Stretch Band Stretches<br>10:00  Morning Nourishment with Active Attributes<br>-  "Dancing with Deb"<br>11:30  "(Think Tank) Famous Inventions of the Early 1900s<br>2:30  "Perfect Pitch"<br>3:30  Early 1900s Name That Tune                                      | <b>6</b><br>9:00  Shakercises<br>10:00  Morning Nourishment with Spiritual Stories<br>11:00  Rock n' Bowl<br>11:30  Famous Athletes of the Early 1900s<br>2:30  Acrylic Rock Painting<br>4:00  Singalong Cluster  | <b>7</b><br>10:00  Morning Nourishment with Spiritual Stories<br>10:30  Winter Scenic Outing<br>11:00  Tennis<br>11:30  Finish the Phrase<br>1:30  Women's Group<br>2:30  "I Teach You, You Teach Me"<br>4:00  Cardio Workouts (Boxing Moves)          | <b>8</b><br>9:30  Motown Movers<br>10:00  Morning Nourishment with "Share a Moment"<br>11:00  "Putt-Chipper"<br>11:30  Famous Actors and Actresses from the Early 1900s<br>2:30  Memories and Mocktails<br>4:00  Range of Motion Exercises                                | <b>9</b><br>9:30  Sensory Snowball Toss<br>10:00  Morning Nourishment with Categorical Trivia<br>11:00  Deer Shot<br>1:30  Manicures with DJ<br>2:30  Afternoon Nourishment and Create a Word<br>3:00  Early 1900s Saturday Matinee (Life Enrichment Area)  | <b>10</b><br>9:30  Sensory Snowball Toss<br>10:00  Morning Nourishment with Categorical Trivia<br>11:00  Deer Shot<br>1:30  Manicures with DJ<br>2:30  Afternoon Nourishment and Create a Word<br>3:00  Early 1900s Saturday Matinee (Life Enrichment Area) |
|  | 10:00  Morning Nourishment and Hymns<br>2:30  Flexible Frisbee Toss<br>3:00  Afternoon Nourishment with Name that Tune<br>3:30  Shuffleboard   | <b>11</b><br>9:30  Chair Aerobics<br>10:00  Morning Nourishment and Travel Club<br>11:00  Beanbag Touchdown<br>2:30  Human Ringer  | <b>12</b><br><b>"Mr Quackers Conga Line"</b><br><b>National Rubber Duckie Day</b><br>9:30  "Mr Quackers Conga Line"<br>11:00  "Rubber Duckie Shots with DJ"<br>11:30  "(Think Tank) Famous Inventions of the Early 1900s<br>2:30  "Perfect Pitch"<br>3:30  Early 1900s Name That Tune | <b>13</b><br>9:00  Shakercises<br>10:00  Morning Nourishment with Spiritual Stories<br>11:00  Rock n' Bowl<br>11:30  Famous Athletes of the Early 1900s<br>2:30  Acrylic Rock Painting<br>4:00  Singalong Cluster   | <b>14</b><br><b>National Bagel and Hat Day</b><br>9:00  Shakercises<br>10:00  Morning Nourishment with Spiritual Stories<br>11:00  Rock n' Bowl<br>11:30  Famous Athletes of the Early 1900s<br>2:30  Acrylic Rock Painting<br>4:00  Singalong Cluster | <b>15</b><br><b>Happy Birthday Mary Anna!</b><br>9:30  Motown Movers<br>10:00  Morning Nourishment with "Share a Moment"<br>11:00  "Putt-Chipper"<br>11:30  Famous Actors and Actresses from the Early 1900s<br>2:30  Resident Council<br>4:00  Range of Motion Exercises | <b>16</b><br>9:30  Sensory Snowball Toss<br>10:00  Morning Nourishment with Categorical Trivia<br>11:00  Deer Shot<br>1:30  Manicures with DJ<br>2:30  Afternoon Nourishment and Create a Word<br>3:00  Early 1900s Saturday Matinee (Life Enrichment Area) | <b>17</b><br>9:30  Sensory Snowball Toss<br>10:00  Morning Nourishment with Categorical Trivia<br>11:00  Deer Shot<br>1:30  Manicures with DJ<br>2:30  Afternoon Nourishment and Create a Word<br>3:00  Early 1900s Saturday Matinee (Life Enrichment Area) |
|  | 10:00  Morning Nourishment and Hymns<br>2:30  Flexible Frisbee Toss<br>3:00  Afternoon Nourishment with Name that Tune<br>3:30  Shuffleboard   | <b>18</b><br><b>Martin Luther King, Jr. Day</b><br><b>Morning Nourishment and What Freedom Means to Me</b><br>9:30  Chair Aerobics<br>11:00  Beanbag Touchdown<br>2:30  Human Ringer                                   | <b>19</b><br><b>"Locomotion"</b><br>9:30  Stretch Band Stretches<br>10:00  Morning Nourishment with Active Attributes<br>11:30  "(Think Tank) Famous Inventions of the Early 1900s<br>2:30  "Locomotion"<br>3:30  Early 1900s Name That Tune  | <b>20</b><br>9:00  Shakercises<br>10:00  Morning Nourishment and Devotions<br>11:00  Rock n' Bowl<br>11:30  Famous Athletes of the Early 1900s<br>2:00  Men's Group<br>2:30  Acrylic Rock Painting<br>4:00  Singalong Cluster   | <b>21</b><br>9:00  Shakercises<br>10:00  Morning Nourishment and Devotions<br>11:00  Rock n' Bowl<br>11:30  Famous Athletes of the Early 1900s<br>2:00  Men's Group<br>2:30  Acrylic Rock Painting<br>4:00  Singalong Cluster                          | <b>22</b><br><b>Happy Birthday Sonny!</b><br>10:30  Televised Chair Aerobics<br>11:00  Tennis<br>11:30  Finish the Phrase<br>2:30  Starbuck's Outing for Blonde Brownies and Beverages<br>4:00  Cardio Workouts (Boxing Moves)  | <b>23</b><br>9:30  Motown Movers<br>10:00  Morning Nourishment with "Share a Moment"<br>11:00  "Putt-Chipper"<br>11:30  Famous Actors and Actresses from the Early 1900s<br>2:30  Memories and Mocktails<br>4:00  Range of Motion Exercises                 | <b>24</b><br>9:30  Sensory Snowball Toss<br>10:00  Morning Nourishment with Categorical Trivia<br>11:00  Deer Shot<br>1:30  Manicures with DJ<br>2:30  Afternoon Nourishment and Create a Word<br>3:00  Early 1900s Saturday Matinee (Life Enrichment Area) |
|  | 10:00  Morning Nourishment and Hymns<br>2:30  Flexible Frisbee Toss<br>3:00  Afternoon Nourishment with Name that Tune<br>3:30  Shuffleboard   | <b>25</b><br>9:30  Chair Aerobics<br>10:00  Morning Nourishment and Travel Club<br>11:00  Beanbag Touchdown<br>2:30  "Getting to Know You Social"<br>4:00  Holiday Knockout  | <b>26</b><br>9:30  Stretch Band Stretches<br>10:30  No-Bake Cherry-Amaretto Fools with Early 1900s Dessert Think Tank<br>11:00  No-Bake Cherry-Amaretto Fools Social<br>2:30  Early 1900s Name That Tune  | <b>27</b><br>9:00  Shakercises<br>10:00  Catholic Mass<br>10:30  No-Bake Cherry-Amaretto Fools with Early 1900s Dessert Think Tank<br>11:00  Famous Athletes of the Early 1900s<br>2:30  Monthly Birthday Social<br>3:30  Early 1900s Name That Tune                    | <b>28</b><br>9:00  Manager Stone Soup Creations<br>10:00  Morning Nourishment and Reminiscence<br>11:30  Famous Athletes of the Early 1900s<br>2:30  Big Spring Park Scenic Outing<br>4:00  Cardio Workouts (Boxing Moves)<br>4:00  Singalong Cluster  | <b>29</b><br>10:00  Manager Stone Soup Creations<br>10:00  Morning Nourishment with "Share a Moment"<br>11:00  "Putt-Chipper"<br>11:30  Famous Actors and Actresses from the Early 1900s<br>2:30  Memories and Mocktails<br>4:00  Puck Shot                               | <b>30</b><br>9:30  Motown Movers<br>10:00  Morning Nourishment with Categorical Trivia<br>11:00  Deer Shot<br>1:30  Manicures with DJ<br>2:30  Afternoon Nourishment and Create a Word<br>3:00  Early 1900s Saturday Matinee (Life Enrichment Area)         | <b>31</b><br>9:30  Sensory Snowball Toss<br>10:00  Morning Nourishment with Categorical Trivia<br>11:00  Deer Shot<br>1:30  Manicures with DJ<br>2:30  Afternoon Nourishment and Create a Word<br>3:00  Early 1900s Saturday Matinee (Life Enrichment Area) |