


January 2026
Goldton Woodlands Activities



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