

Sunday

Monday

Tuesday

Wednesday



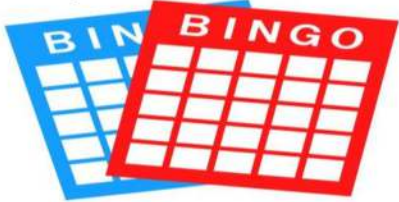





















Thursday

Friday

Saturday

January 2026

EASTCHESTER REHAB

<h1>January 2026</h1> <h2>EASTCHESTER REHAB</h2>													
		10:30am-Coffee Cart 2:30pm-Bingo  5:00pm-movie=Happy New Year CH2 <small>New Year's Day</small>		1 10:30 Seated Stretches 2:30pm-Happy Hour  5:00 Mr. & Mrs. Smith CH2		2 10:00am-Joel Osteen Ministry CH2 10:30am-Morning Visits 2:00pm-Soul Music Ch2 2:30pm-Dear Abby 4:30pm-Evening Movie Ch2							
10:00 Catholic Mass on Channel 2 10:30 Morning Visits 2:30pm-Bingo 4:00pm-Slow Jams CH2		4 10:30-Seated Work outs 2:30pm-Bingo  5:00pm-movie=Titanic		5 10:30am-Catholic Mass 2:30pm-Three Kings Day celebration  5:00pm-movie=Mary Mother Of Jesus CH2		6 10:30 Seated stretches 2:30pm-Winter Ball 9am-4:00pm-Beautician  5:00pm-movie=Four Brothers CH2		7 10:30am-Wii Gaming 2:30pm-Bingo  5:00pm-movie=War Room CH2		8 10:30 Seated work outs 2:30pm-Happy Hour  5:00pm-movie=amend EP1 CH2		9 10:00am-Joel Osteen Ministry CH2 10:30am-Morning Visits 2:00pm-Soul Music Ch2 2:30pm-Dear Abby 4:30pm-Evening Movie Ch2	
10:00 Catholic Mass on Channel 2 10:30am-Morning Visits 2:30pm-Bingo  4:00pm-Slow Jams CH2		11 10:30Seated Stretches 2:30pm-Let's Make a Snow Man.  5:00movie =Amend EP		12 10:30 Draw With Mike 2:30pm-Bingo  5:00=Amend EP 3 CH2		13 10:30 Seated Work outs 2:30pm-Wii Gaming  5:00 Amend EP4 CH2		14 10:30 National Bagel Day  2:30pm-Bingo 5:00 Amend EP 5 CH2		15 10:30 Seated Stretches 2:30pm-Happy Hour  5:00pm-movie=Amend EP6 CH2		16 10:00am-Joel Osteen Ministry CH2 10:30am-Morning Visits 2:00pm-Soul Music Ch2 2:30pm-Dear Abby 4:30pm-Evening Movie Ch2	
10:00am-Catholic Mass on Channel 2 10:30am-Morning Visits 2:30pm-Bingo 4:00pm-Slow Jams CH2		18 10:30Seated Work out 2:30 MLK Day Celebration  5:00movie=Rustin CH-2 <small>Martin Luther King Jr. Day</small>		20 10:30 Catholic Mass 2:30pm-Bingo  5:00pm-movie=Brother Outsider CH2		21 10:30Seated Stretches 2:30pm-Spelling Bee 9am-4pm-Beautician  5:00 -movie=13 th CH2		22 10:30am-Coffee Cart 2:30pm-Bingo  5:00 Blood Brother CH2		23 10:30 Morning Work outs 2:30pm-Happy Hour/ Disco Day  5:00 Not Easily Broken CH2		24 10:00am-Joel Osteen Ministry CH2 10:30am-Morning Visits 2:00pm-Soul Music Ch2 2:30pm-Dear Abby 4:30pm-Evening Movie Ch2	
10:00am-Catholic Mass on Channel 2 10:30am-Morning Visits 2:30pm-Bingo  4:00pm-Slow Jams CH2		25 10:30 Seated Stretches 2:30pm-Heng Man  5:00pm-movie=We Grown Now CH2 <small>Australia Day (Observed)</small>		27 10:30am-coffee cart 2:30pm-Bingo  5:00 Forrest Gump CH2		28 10:30 Seated Work Outs 2:30pm-Activities Professionals Week  5:00pm-movie=The Sandlot CH2		29 10:30 Hot Cocoa Social 2:30pm-Bingo  5:00pm-movie=The Closer CH2		30 10:30 Draw With Mike 2:30pm -Happy Hour  5:00pm-movie=Dantes Peak CH2		31 10:00am-Joel Osteen Ministry CH2 10:30am-Morning Visits 2:00pm-Soul Music Ch2 2:30pm-Dear Abby 4:30pm-Evening Movie Ch2	