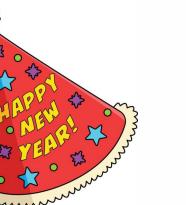


# January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Happy New Year 	<b>2</b> 10:00am Daycare Visit - Time with Tots 1:30pm Lexicon 1 - SOL 2:00pm Lexicon 2 - Blenkhorne Dining Room	<b>3</b> 9:00am Walking Program - SOL 10:30am Word Games - SOL <b>1:30pm NS Mass Choir - SOL</b>
<b>4</b> 	<b>5</b> 10:00am Chair One - SOL 10:45am Company We Keep 1:30pm Knitting - SOL <b>3:00pm Penny Candy Show Case - SOL</b>	<b>6</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 3:00pm Tai Chi with Theresa - SOL <b>6:00pm Music with RULE62 - SOL</b>	<b>7</b> 10:00am Chair Tap Dance - SOL 10:30am Men's Club - Wallace 1:30pm Drumfit - SOL 3:00pm Bible Study with Brian - Wallace	<b>8</b> 9:30am Coffee Time 10:30am Church Service 1:30pm Karaoke and sing-a-long - SOL 3:00pm Meditation - SOL	<b>9</b> 10:00am Rocks and Rings - SOL 10:30am Exercise -wallace - Sitt 1:30pm Lexicon 1 - SOL 2:00pm Lexicon 2 - Blenkhorne Dining Room	<b>10</b> 9:00am Walking Program - SOL 10:30am Word Games - SOL 1:30pm Exercises - SOL
<b>11</b> 	<b>12</b> 10:00am Chair One - SOL 10:45am Company We Keep 1:30pm SPA - SOL 3:15pm KES kid visit - SOL	<b>13</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 3:00pm Tai Chi with Theresa - SOL <b>6:00pm Music with Dave Riley - SOL</b>	<b>14</b> 10:00am Chair Tap Dance - SOL 10:30am Men's Club - Wallace <b>1:00pm Eye See you meet and greet - SOL</b> 1:30pm Baking - Wallace - Sitt 3:00pm Bible Study with Brian - Wallace	<b>15</b> 9:30am Coffee Time 10:30am Church Service <b>1:30pm Gospel Troop</b> 3:00pm Meditation - SOL	<b>16</b> 10:00am Daycare Visit - Time with Tots 1:30pm Lexicon 1 - SOL 2:00pm Lexicon 2 - Blenkhorne Dining Room	<b>17</b> 9:00am Walking Program - SOL 10:30am Word Games - SOL 1:30pm Exercises - SOL 
<b>18</b> 	<b>19</b> 10:00am Chair One - SOL 10:45am Company We Keep 1:30pm Knitting - SOL 3:15pm KES kid visit - SOL	<b>20</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 3:00pm Tai Chi with Theresa - SOL <b>6:00pm Music - with the Friends - SOL</b>	<b>21</b> 10:00am Chair Tap Dance - SOL 10:30am Men's Club - Wallace 1:30pm Drumfit - SOL 3:00pm Bible Study with Brian - Wallace	<b>22</b> 9:30am Coffee Time <b>9:45am Resident Council Meeting - SOL</b> 10:30am Church Service <b>1:30pm Smudging with Mathew Connolly - SOL</b> 3:00pm Meditation - SOL	<b>23</b> 10:00am Rocks and Rings - SOL 10:30am Exercise -wallace - Sitt 1:30pm Lexicon 1 - SOL 2:00pm Lexicon 2 - Blenkhorne Dining Room	<b>24</b> 9:00am Walking Program - SOL 10:30am Word Games - SOL <b>1:30pm Music with Bruce Elliott</b>
<b>25</b> 	<b>26</b> 10:00am Chair One - SOL 10:45am Company We Keep 1:30pm Virtual Reality -Come out and try it - SOL 3:15pm KES kid visit - SOL	<b>27</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 3:00pm Tai Chi with Theresa - SOL <b>6:00pm Music with Dave Riley - SOL</b>	<b>28</b> 10:00am Chair Tap Dance - SOL 10:30am Men's Club - Wallace 3:00pm Bible Study with Brian - Wallace	<b>29</b> 9:30am Coffee Time 10:30am Church Service 1:30pm Family Feud - SOL 3:00pm Meditation - SOL	<b>30</b> 10:00am Daycare Visit - Time with Tots 1:30pm Lexicon 1 - SOL 2:00pm Lexicon 2 - Blenkhorne Dining Room	<b>31</b> 9:00am Walking Program - SOL 10:30am Word Games - Sitt 1:30pm Exercises - SOL