

January 2026

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