

January 2026

Recreation & Spiritual Program Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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5th Floor

Locations Legend

- Common Area (CA)
- Activity Room (AR)
- Main Dining Room (MDR)
- Resident's Room (RR)
- Craft Room (CR)
- Café (CAF)

New Year's Day 1
 10:00 Calendar Handout (RR)
 10:00 Chair Yoga (CA)
 2:00 New Year's Day Social (AR)

10:00 Friendly Visits (RR) 2
 2:00 Java Music Club (Group B) (CR)

Mahayana New Year & Wolf Moon 3
 2:00 Bingo (AR)

10:30 Sunday Hymn Sing (AR) 4

10:00 Stretch & Strengthen (CA) 5
 2:00 Entertainment with Zach (MDR)

10:00 Stretch & Strengthen - Health and Wellness Tips (CA) 6
 1:45 Entertainment with Brian (CA)

10:00 Hymn Sing with Bodene (MDR) 7
 2:00 Axe Throwing (CA)
 3:15 Physio Exercise Class (CA)

10:00 Friendly Visits (RR) 8
 2:00 Word Games (CA)

10:30 Java Music Club (Group A) (CR) 9

10:00 Chair Yoga (CA) 10
 2:00 Bingo (AR)

10:30 Sunday Hymn Sing (AR) 11
 2:00 Helping Hands (CA)

10:30 Workshop with Conny (MDR) 12
 2:00 Trivia - Foods from other countries (CA)

2:00 Entertainment with Malia Love (MDR) 13
 6:00 Bingo (CA)

10:00 Hymn Sing with Bodene (MDR) 14
 3:15 Physio Exercise Class (CA)

10:00 Chair Yoga (CA) 15
 2:00 Wexford Chimers Bell Choir Concert (MDR)

10:00 Café (CAF) 16
 2:00 Java Music Club (Group B) (CR)

2:00 Bingo (AR) 17

2:00 Toronto City Church (AR) 18

10:00 Stretch & Strengthen (CA) 19
 2:00 Word Games (CA)

10:00 Stretch & Strengthen - Health and Wellness Tips (CA) 20
 2:00 Birthday Party with Jack Garson (MDR)

10:00 Catholic Mass (MDR) 21
 2:00 Music Appreciation (CA)
 3:15 Physio Exercise Class (CA)

10:00 Friendly Visits (RR) 22
 2:00 Balloon Tennis (CA)

10:30 Java Music Club (Group A) (CR) 23
 2:00 Residents' Council Meeting (AR)

10:00 Chair Yoga (CA) 24
 2:00 Bingo (AR)

10:30 Sunday Hymn Sing (AR) 25
 2:00 Music Appreciation (CA)

10:00 Stretch & Strengthen (CA) 26
 2:00 Robbie Burns Party with The Sparklettes (MDR)

2:00 Creative Corner (CA) 27
 6:00 Bingo (CA)

10:00 Hymn Sing with Bodene (MDR) 28
 2:00 Café (CAF)
 3:15 Physio Exercise Class (CA)

10:00 Chair Yoga (CA) 29
 2:00 Friendly Visits (RR)

10:00 Friendly Visits (RR) 30
 2:00 Java Music Club (Group B) (CR)

2:00 Bingo (AR) 31

