

January 2026

Recreation & Spiritual Program Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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7th Floor

Locations Legend

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

New Year's Day 1

- 10:00 Calendar Handout (RR)
- 2:00 New Year's Day Social (AR)
- 6:00 Bingo (CA)

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Mahayana New Year & Wolf Moon 3

- 10:00 Spa Time (CA)
- 2:00 Bingo (AR)



- 10:30 Sunday Hymn Sing (AR) 4
- 2:00 Helping Hands (CA)

- 2:00 Entertainment with Zach (MDR) 5

- 10:00 Animal Moments (CA) 6
- 2:00 Café (CAF)

- 10:00 Hymn Sing with Bodene (MDR) 7
- 2:00 Famous Places (CA)
- 3:15 Physio Exercise Class (CA)

- 10:00 Chair Yoga (CA) 8
- 2:00 Friendly Visits (RR)

- 10:00 Sing Along (CA) 9
- 1:45 Entertainment with Brian (CA)

- 2:00 Bingo (AR) 10



- 10:30 Sunday Hymn Sing (AR) 11

- 10:30 Workshop with Conny (MDR) 12
- 2:00 Exercises (CA)

- 10:00 News & Views (CA) 13
- 2:00 Entertainment with Malia Love (MDR)

- 10:00 Hymn Sing with Bodene (MDR) 14
- 2:00 Helping Hands (CA)
- 3:15 Physio Exercise Class (CA)

- 2:00 Wexford Chimers Bell Choir Concert (MDR) 15
- 6:00 Family Feud (CA)

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- 10:00 Sing Along (CA) 17
- 2:00 Bingo (AR)



- 10:00 Spa Time (CA) 18
- 2:00 Toronto City Church (AR)



- 10:00 Colouring (CA) 20
- 2:00 Birthday Party with Jack Garson (MDR)

- 10:00 Catholic Mass (MDR) 21
- 2:00 Café (CAF)
- 3:15 Physio Exercise Class (CA)



- 10:00 Chair Yoga (CA) 22
- 2:00 Friendly Visits (RR)

- 10:00 Balloon Tennis (CA) 23
- 2:00 Residents' Council Meeting (AR)

- 2:00 Bingo (AR) 24



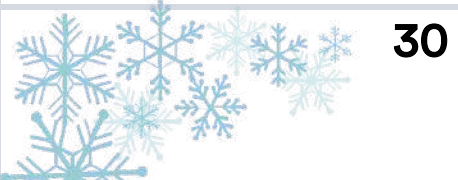
- 10:30 Sunday Hymn Sing (AR) 25

- 10:00 Animal Moments (CA) 26
- 2:00 Robbie Burns Party with The Sparklettes (MDR)

- 10:00 Helping Hands (CA) 27
- 2:00 Stretch & Strengthen (CA)

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

- 2:00 Chair Yoga (CA) 29
- 6:00 Comedy Time (CA)



- 10:00 Flower Arranging (CA) 31
- 2:00 Bingo (AR)

