



January 2026



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

***All Activities are Subject to Change**

					1 <i>HAPPY NEW YEARS!</i>	2 10:00 Church	3
	NO RECREATION!						
4 1:00 Lay Service	5 9:20 Holiday Traditions around the World 10:00 Jet the Dog 11:00 Exercise 2:00 Belated New Years Happy Hour! 3:30 Walking	6 9:20 Upside Down Quiz 11:00 Exercise 2:00 Floor Curling 3:30 Gentle Stretches 6:30 History Presentation	7 8:30-10:00 TREAT SHOP 11:00 Exercise 2:30 Seated Dance 3:30 Card Games 6:30 Would you Rather?	8 9:20 Bible Study 11:00 Exercise 2:00 Bingo with the Giving Back Team 3:30 Easy Listening Music 6:30 Chair Yoga	9 9:20 News Flash 10:00 Church 11:00 Exercise 2:00 Memory Lane 3:30 Puzzles 6:30 Ring Toss	10	
11	12 9:20 Fact or Fiction 10:00 Jet the Dog 11:00 Exercise 2:00 Manicures 3:30 Walking 6:30 Bowling	13 9:20 Word Games 11:00 Exercise 2:00 Bean Bag Toss 3:30 Walking 6:30 Play with Clay	14 9:20 Brain Teasers 10:00 RC Communion 11:00 Exercise 2:00 Rory Allen! 6:30 Chair Volleyball	15 9:20 Guess the Phrase 11:00 Exercise 2:00 Cider and Hot Chocolate Social 3:30 Gentle Stretches 6:30 Connect 4	16 9:20 Name that Tune! 10:00 Church 11:00 Exercise 2:00 Bingo 3:30 Puzzles 6:30 Cirque De Soleil Show	17	
18	19 9:20 All About Flowers! 10:00 Jet the Dog 11:00 Exercise 2:00 Jeopardy 3:30 Walking 6:30 Bocce Ball	20 9:20 Penguin Trivia 11:00 Exercise 2:00 Floor Curling 3:30 Card Games 6:30 Sing-along with Nick	21 8:30-10:00 TREAT SHOP 11:00 Exercise 2:30 Noodle Badminton 3:30 Walking 6:30 Dice Games	22 9:20 Bible Study 11:00 Exercise 2:00 Bingo with the Giving Back Team 3:30 Easy Listening Music 6:30 Short Stories	23 9:20 News Flash 10:00 Church 11:00 Exercise 2:00 Winter Social 3:30 Puzzles 6:30 UNO!	24 10:00 RC Mass	
25	26 9:20 Who am I? 10:00 Cecilian Chamber Series 2:00 Australian Nature Documentary 3:30 Walking 6:30 Chair Soccer	27 9:20 Word Games 11:00 Exercise 2:00 Ring Toss 3:30 Walking 6:30 Hand Bells	28 9:20 The Price is Right! 11:00 Exercise 2:00 Rob Young 3:30 Gentle Stretches 6:30 Bowling	29 9:20 Travelogue 11:00 Exercise 2:00 Bingo 3:30 Easy Listening Music 6:30 Trivia Night	30 9:20 Guess the Logo 10:00 Church 11:00 Exercise 2:00 Colouring 3:30 Puzzles 6:30 Musical Night!	31	