

January 2026

If you have any questions, please feel free to reach out to the Life Enrichment Staff in your resident home area.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30am Hymn Sing 9:50am Group Exercise 10:00am Sit & Stretch 10:30am Colouring Club (AR) 2:00pm 1:1 Emotional 2:30pm New Year Day: Hot Chocolate Social (MW) 3:45pm Ball Toss 4:30pm 1:1 Social	2 9:30am Hymn Sing 9:50am Group Exercise 10:30am 1:1 Social 2:00pm Sensory 1:1 2:30pm Rock n Roll Concert (MW) 3:30pm Word Games 6:15pm Movie Night (MW)	3 9:30am Hymn Sing 10:00am Sit & Stretch 10:30am Walking Program 2:30pm BINGO Hall (MW)
4 9:30am Hymn Sing 10:00am Sit & Stretch 2:30pm Music, Melody, & Memories (MW)	5 9:30am Hymn Sing 9:50am Group Exercise 10:15am Walking Program 10:45am 1:1 Social 2:00pm Sensory 1:1 2:30pm BINGO 3:30pm Pet Therapy 3:45pm Hand Therapy	6 9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Social 2:30pm Spiritual Singing & Sharing 3:45pm Dominoes 4:15pm 1:1 Emotional	7 9:30am Hymn Sing 9:50am Group Exercise 10:30am Brain Stimulation (AR) 10:30am Resident Council 2:00pm 1:1 Emotional 2:30pm Helping Hands 3:00pm Word Games 4:00pm 1:1 Colouring	8 9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Emotional 2:30pm Guess That Tune 3:45pm Word Games 4:30pm 1:1 Social	9 9:30am Hymn Sing 9:50am Group Exercise 10:30am Reminiscing (AR) 2:00pm 1:1 Social 2:30pm Afternoon Social 3:30pm Balloon Toss	10 9:30am Hymn Sing 10:00am Sit & Stretch 10:30am Walking Program 2:30pm Sound Therapy (MW)
11 9:30am Hymn Sing 10:00am Sit & Stretch 2:30pm Visit by Markham Bible Chapel (MW)	12 9:30am Hymn Sing 9:50am Group Exercise 10:15am Walking Program 10:45am 1:1 Social 2:00pm Sensory 1:1 2:30pm BINGO 3:30pm Pet Therapy 3:45pm Ball Toss	13 9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Social 2:30pm Spiritual Singing & Sharing 3:45pm Fun & Games 4:15pm 1:1 Emotional	14 8:30am Breakfast Club (MW) 9:30am Hymn Sing 9:50am Group Exercise 10:30am Canvas Painting (AR) 2:00pm 1:1 Emotional 2:30pm Helping Hands 3:00pm Dominoes 4:00pm 1:1 Colouring	15 9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Emotional 2:30pm Ball Toss 3:45pm 1:1 Social	16 9:30am Hymn Sing 9:50am Group Exercise 10:30am 1:1 Social 2:00pm Sensory 1:1 2:30pm Music & Memories 3:30pm Word Games 6:15pm Movie Night (MW)	17 9:30am Hymn Sing 10:00am Sit & Stretch 10:30am Walking Program 2:30pm BINGO Hall (MW)
18 9:30am Hymn Sing 10:00am Sit & Stretch 2:30pm Music, Melody, & Memories (MW)	19 9:30am Hymn Sing 9:50am Group Exercise 10:15am Walking Program 10:45am 1:1 Social 2:00pm Sensory 1:1 2:30pm BINGO 3:30pm Pet Therapy 3:45pm Hand Therapy	20 9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Social 2:30pm Spiritual Singing & Sharing 3:45pm Dominoes 4:15pm 1:1 Emotional	21 9:30am Hymn Sing 9:50am Group Exercise 10:30am Brain Stimulation (AR) 2:00pm 1:1 Emotional 2:30pm Helping Hands 3:00pm Word Games 4:00pm 1:1 Colouring	22 9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Emotional 2:30pm Craft Activity (MW) 2:30pm Guess That Tune 3:45pm Word Games 4:30pm 1:1 Social	23 9:30am Hymn Sing 9:50am Group Exercise 10:30am Story Telling (AR) 2:00pm 1:1 Social 2:30pm Afternoon Social 3:30pm Balloon Toss	24 9:30am Hymn Sing 10:00am Sit & Stretch 10:30am Walking Program 2:30pm BINGO Hall (MW)
25 9:30am Hymn Sing 10:00am Sit & Stretch 2:30pm Visit by Lansing Church (MW)	26 9:30am Hymn Sing 9:50am Group Exercise 10:15am Walking Program 10:45am 1:1 Social 2:00pm Sensory 1:1 2:30pm BINGO 3:30pm Pet Therapy 3:45pm Ball Toss	27 9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Social 2:30pm Spiritual Singing & Sharing 3:45pm Fun & Games 4:15pm 1:1 Emotional	28 9:30am Hymn Sing 9:50am Group Exercise 10:30am Canvas Painting (AR) 2:00pm 1:1 Emotional 2:30pm Helping Hands 3:00pm Dominoes 4:00pm 1:1 Colouring	29 9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Emotional 2:30pm Birthday Party (MW) 3:45pm Ball Toss 4:30pm 1:1 Social	30 9:30am Hymn Sing 9:50am Group Exercise 10:30am 1:1 Social 2:00pm Sensory 1:1 2:30pm Music & Memories 3:30pm Word Games 6:15pm Movie Night (MW)	31 9:30am Hymn Sing 10:00am Sit & Stretch 10:30am Walking Program 2:30pm BINGO Hall (MW)

MW - Marion Wilder Room; AR - Activity Room