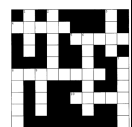


January 2026



Programs subject to change. Any questions please call the Activities Department at 613-756-2643 ext 225.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 10:15- Memory Lane Christmas A.R 1:45- Bridgetown Music Therapy, Sing A Long Christmas Songs A.R	29 10:15 Handy Helpers A.R 10:30 Turquoise Sing A Long (1:1) 1:45 Bowling A.R	30 10:15 Drum Fit A.R 10:15 Friendly Visits (1:1) 1:45 New Years Bingo A.R	31 10:15 Horseracing A.R 1:45 New Years Party With The Hazeltons A.R	1 10:15 Word Games-New Years - AR 1:45 "What's In the News" - AR 	2 10:15 Movement Moments FPL 10:15 Resident Council Meeting - AR 1:45 Joe's Piano - AR	3 10:15 Noodle Ball - AR 1:45 Bean Bag Toss - AR 
4 10:15 Sunday Cinema-Touched by an Angel - AR 1:45 Suzie Q Sing A Long- "Praise & Joy" - AR	5 10:00 Euchre with Donna 10:15 Handy Helpers - AR 10:15 Pet Visit with Tasha and Odie(1:1) 1:45 Price is Right-Toy Edition 4:00 "Walk N Talk with Lily" 6:15 Jeopardy Labs - AR	6 10:15 Beachball Volleyball FPL 1:45 Giant Crossword FPL Epiphany Hairdressing 	7 10:00 Baking - AR 1:45 Classic Country with Teddy Murray - AR 4:00 "Walk N Talk with Lily" 6:15 "What's In the News?" - AR	8 10:15 Anglican Church Service - AR 1:45 Bingo - AR 	9 Christmas Decorations Come Down	10 10:15 Movement Moments - AR 1:45 OLSW College Rosary - AR 
11 10:15 Sunday Bookshelf - AR 1:45 Virtual Worship Service - AR 	12 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:45 Country Classics With Bart Lynch - AR 4:00 "Walk N Talk with Lily" 6:15 Men's Club Champion Racetrack - AR	13 8:00 Breakfast Club - AR 10:15 Friendly Visits(1:1) 10:15 Music & Motion Exercises - AR 1:45 Bingo - AR 	14 10:15 Bridgetown Music Therapy Sing A Long - AR 10:15 Pet Visit with Anna & Peter (1:1) 1:25 Fit Minds Zone 3 AR 1:30 Fit Minds Zone 2 FPL 1:35 Fit Minds Zone 4 DR 4:00 "Walk N Talk with Lily" 6:15 Finishing the Lines - AR	15 10:00 Crafts with Kris?? 1:45 Catholic Mass with Fr. John Burchat - CHPL 	16 10:15 Rosary & Communion with Pierre Paul & Judy - AR 11:30 Resident Council Luncheon - AR 1:45 Java Music Club - AR 1:45 Java Time HS	17 10:15 Silver Sneakers Exercise - AR 1:45 Bowling - AR 
18 10:15 Bible Study - AR 1:45 Bridgetown Music Therapy Sing A Long-Hymns - AR 	19 10:00 Cribbage with Donna 10:00 Heart for Music - AR 10:15 Handy Helpers - AR 1:45 Percy's Keyboard with Special Guest, Brian - AR 4:00 "Walk N Talk with Lily" 6:15 Things you Don't See Anymore - AR	20 10:15 Drum Fit - AR 10:15 Friendly Visits(1:1) 1:45 Bingo - AR Hairdressing	21 10:15 United Church Service - AR 1:45 Country Mile - AR 4:00 "Walk N Talk with Lily" 6:15 "What's In the News?" - AR 	22 10:15 Bosco Buddies-Bingo - AR 1:45 Board Games - AR	23 10:15 Kelly's Karaoke - AR 1:45 Java Music Club - AR 1:45 Java Time HS 	24 10:15 Noodle Ball - AR 1:45 OLSW College -Hymns - AR
25 10:15 New Age Bowling - AR 1:45 Calvary Baptist Church Service - AR	26 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:45 The Hazleton's - AR 4:00 "Walk N Talk with Lily" 6:15 Skitts & Giggles - AR 	27 10:15 Movement Moments FPL 1:45 Horseracing FPL Hairdressing	28 10:00 Pet Visit with Anna & Peter (1:1) 1:45 Young at Heart Line Dancers with Joe Bratley - DR 4:00 "Walk N Talk with Lily" 6:15 You Be the Judge - AR	29 10:15 Drum Fit - AR 1:45 Bingo - AR 	30 10:15 Worship Service with Pastor Doug Kranz - AR 1:45 Java Music Club - AR 1:45 Java Time HS	31 10:15 Silver Sneakers Exercise - AR 1:45 Piano With Donna - AR 

AR - Assembly Room

CHPL - Chapel

DR - Dining Room/Lounge