



# January 2026

## Retirement Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Legend:</b>  <b>3 = 3rd Floor</b> <b>M = Main Lobby</b> <b>L = Lower Level</b>		10:30 Teas of the World (3) <b>1</b> 1:45 Discussion Group: New Year's Resolutions (M) 3:30 Seated Yoga (L)	<b>Favourite Character Day!</b> <b>2</b> 10:45 Movement Matters VON (L) 1:45 Bingo (L) 3:30 Glamour Circle (3) 7:00 Fact or Fiction Trivia (M)	10:00 New York Times Games & Crosswords (L) <b>3</b> 11:00 Sing-a-Long (3) 1:45 Horse Races (L) 3:30 Teas of the World (M)
9:30 Pet Visits & Bird Cage Cleaning (M) <b>4</b> 10:30 Hour of Worship (L) 11:00 Friendly Visits (1/2) 1:45 Hymn Sing (3) <b>6:45 Cornerstone Church Service (M)</b>	10:45 Movement Matters VON (L) <b>5</b> 1:45 Bingo (L) 3:30 Hymn Sing (L)	10:45 Movement Matters VON (L) <b>6</b> 2:00 Chocolate Bar Bingo (3) 3:30 Virtual Cycling Exercises (L) <b>7:00 Happy Hour (M)</b>	Happy Orthodox Christmas! <b>7</b> 10:30 Virtual Travelling: Christmas in Europe with Rick Steves (L) <b>12:00 Outing: Bettie's in Niagara Falls</b> 1:30 Movie Matinee: Sound of Music (L)	<b>Throwback Thursday 60s!</b> <b>8</b> 11:00 Seated Yoga (L) 1:30 Movie Matinee: Elvis (L) <b>1:45 Outing: Walmart</b> 4:00 Friendly Visits	10:45 Movement Matters VON (L) <b>9</b> 1:45 Bingo (L) 3:30 Finishing the Lines/Lyrics (3) <b>7:00 Elvis Party with Vili V. (M)</b>	10:00 Fun With Words (M) <b>10</b> 11:00 3rd Floor Fun & Fitness (3) 1:45 Horse Races (L) 3:30 Teas of the World (M)
9:30 Pet Visits & Bird Cage Cleaning (M) <b>11</b> 10:30 Hour of Worship (L) 11:00 Friendly Visits (1/2) 1:45 Chicken Soup for the Soul Short Stories (M)	10:45 Movement Matters VON (L) <b>12</b> <b>2:00 Birthday Party with Zack Erikson (M)</b> 3:30 Java Time (3)	<b>Purple Day!</b> <b>13</b> 10:45 Movement Matters VON (L) 2:00 Chocolate Bar Bingo (3) 3:30 Sing-a-long (L) 7:00 Chicken Soup for the Soul Short Stories (M)	10:00 Brain Games (M) <b>14</b> 11:00 Glamour Circle (3) 1:30 Movie Matinee: Calendar Girls (L) <b>1:45 Outing: Butterfly Conservatory</b>	<b>10:30 Outing: Giant Tiger</b> <b>15</b> 1:45 3rd Floor Bean Bag Toss (3) 3:30 Seated Yoga (L)	10:45 Movement Matters VON (L) <b>16</b> 1:45 Bingo (L) 3:30 3rd Floor Creative Arts (3) <b>7:00 Entertainment with Dave Tabone (M)</b>	10:00 You Be The Judge (M) <b>17</b> 11:00 Sing-a-Long (3) 1:45 Horse Races (L) 3:30 Teas of the World (M)



# January 2026

## Retirement Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Pet Visits & Bird Cage Cleaning (M) <b>18</b> 10:30 Hour of Worship (L) 11:00 Friendly Visits (1/2) 1:45 Hymn Sing (3) <b>6:45 Cornerstone Church Service (M)</b>	10:45 Movement Matters VON (L) <b>19</b> 1:45 Bingo (L) 3:30 Hymn Sing (L)	10:45 Movement Matters VON (L) <b>20</b> 2:00 Chocolate Bar Bingo (3) 3:00 Baking: Cookies (NH Lower Level) 7:00 Board Games Night (M)	<b>Cultural Wear Day 21</b> <b>10:00 Outing: Watering Can</b> 1:30 Movie Matinee: The Money Pit (L) <b><u>2:00 Foods of the World</u></b> 7:00 Bingo (L)	<b>10:00 Outing: Shoppers Drug Mart 22</b> 10:30 Java Music Club (L) 1:45 3rd Floor Balloon Badminton (3) 3:30 Seated Yoga (L)	10:45 Movement Matters VON (L) <b>23</b> 1:45 Bingo (L) 3:30 3rd Floor Fun & Fitness (3) <b>7:00 Entertainment with Aidan Purnell (M)</b>	10:00 Tunes with Tots (M) <b>24</b> 1:45 Horse Races (L) 3:30 Teas of the World (M)
<b>Tartan &amp; Plaid Day 25</b> 9:30 Pet Visits & Bird Cage Cleaning (M) 10:30 Hour of Worship (L) 11:00 Friendly Visits (1/2) 1:45 Chicken Soup for the Soul Short Stories (M)	10:00 Scrapbookir (M) <b>26</b> 10:45 Movement Matters VON (L) 1:45 Bingo (L) 3:30 Sing-a-Long (3)	10:45 Movement Matters VON (L) <b>27</b> 2:00 Chocolate Bar Bingo (3) 3:30 Travelogue: Costa Rica (L) 7:00 Sing-a-long (L)	<b>10:00 Catholic Mass (1st Floor NH Lounge) 28</b> 10:30 Valentine Card Making (M) <b><u>1:30 Resident Council &amp; Food Committee (L)</u></b> <b>1:45 Outing: Lens Mills</b>	<b>Cozy Day! 29</b> <b>10:00 Outing: Value Village</b> 1:45 3rd Floor Bean Bag Toss (3) 5:00 Meal Club: Mary Brown's Chicken (M) 7:00 You Be the Judge (M)	10:45 Movement Matters VON (L) <b>30</b> 1:45 Bingo (L) <b>3:00 Retirement Social for Lydia (M)</b> <b>7:00 Pub Night with John Staley (M)</b>	10:00 New York Times Games & Crosswords (L) <b>31</b> 11:00 Sing-a-Long (3) 1:45 Horse Races (L) 3:30 Teas of the World (M)

**All Programs are subject to change and will be posted on the Recreation Boards.**

**Please sign up for outings at Reception or contact Recreation at x117.**

