

# 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) 1:45 Discussion Group: New Year's Resolutions (M) 3:30 Seated Yoga (L)	<b>1</b>  <b>Favourite Character Day!</b> 10:45 Movement Matters VON (L) 1:45 Bingo (L) 3:30 Glamour Circle (3) 7:00 Fact or Fiction Trivia (M)	  <b>2</b> 10:00 New York Times Games & Crosswords (L) 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) 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>	<b>4</b> 10:45 Movement Matters VON (L) 1:45 Bingo (L) 3:30 Hymn Sing (L)	<b>5</b> 10:45 Movement Matters VON (L) 2:00 Chocolate Bar Bingo (3) 3:30 Virtual Cycling Exercises (L) <b>7:00 Happy Hour (M)</b>	<b>6</b> 10:45 Movement Matters VON (L) 2:00 Chocolate Bar Bingo (3) 3:30 Virtual Cycling Exercises (L) <b>7:00 Happy Hour (M)</b>	<b>7</b> Happy Orthodox Christmas! 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>8</b> <b>Throwback Thursday 60s!</b> 11:00 Seated Yoga (L) 1:30 Movie Matinee: Elvis (L) <b>1:45 Outing: Walmart</b> 4:00 Friendly Visits	<b>9</b> 10:45 Movement Matters VON (L) 1:45 Bingo (L) 3:30 Finishing the Lines/Lyrics (3) <b>7:00 Elvis Party with Vili V. (M)</b>	<b>10</b> 10:00 Fun With Words (M) 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) 10:30 Hour of Worship (L) 11:00 Friendly Visits (1/2) 1:45 Chicken Soup for the Soul Short Stories (M)	<b>11</b> 10:45 Movement Matters VON (L) <b>2:00 Birthday Party with Zack Erikson (M)</b> 3:30 Java Time (3)	<b>12</b> <b>Purple Day!</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)	<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)	<b>14</b> 10:00 Brain Games (M) 11:00 Glamour Circle (3) 1:30 Movie Matinee: Calendar Girls (L) <b>1:45 Outing: Butterfly Conservatory</b>	<b>15</b> <b>10:30 Outing: Giant Tiger</b> 1:45 3rd Floor Bean Bag Toss (3) 3:30 Seated Yoga (L)	<b>16</b> 10:45 Movement Matters VON (L) 1:45 Bingo (L) 3:30 3rd Floor Creative Arts (3) <b>7:00 Entertainment with Dave Tabone (M)</b>	<b>17</b> 10:00 You Be The Judge (M) 11:00 Sing-a-Long (3) 1:45 Horse Races (L) 3:30 Teas of the World (M)

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9:30 Pet Visits & Bird Cage Cleaning (M) 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>	<b>18</b> 10:45 Movement Matters VON (L) 1:45 Bingo (L) 3:30 Hymn Sing (L)	<b>19</b> 10:45 Movement Matters VON (L) 2:00 Chocolate Bar Bingo (3) 3:00 Baking: Cookies (NH Lower Level) 7:00 Board Games Night (M)	<b>20</b> <b>Cultural Wear Day</b> <b>10:00 Outing: Watering Can</b> 1:30 Movie Matinee: The Money Pit (L) <b>2:00 Foods of the World</b> 7:00 Bingo (L)	<b>21</b> <b>10:00 Outing: Shoppers Drug Mart</b> 10:30 Java Music Club (L) 1:45 3rd Floor Balloon Badminton (3) 3:30 Seated Yoga (L)	<b>22</b> 10:45 Movement Matters VON (L) 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) 1:45 Horse Races (L) 3:30 Teas of the World (M)
<b>Tartan &amp; Plaid Day</b> <b>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)	<b>26</b> 10:00 Scrapbookir (M) 10:45 Movement Matters VON (L) 1:45 Bingo (L) 3:30 Sing-a-Long (3)	<b>27</b> 10:45 Movement Matters VON (L) 2:00 Chocolate Bar Bingo (3) 3:30 Travelogue: Costa Rica (L) 7:00 Sing-a-long (L)	<b>28</b> <b>10:00 Catholic Mass (1st Floor NH Lounge)</b> 10:30 Valentine Card Making (M) <b>1:30 Resident Council &amp; Food Committee (L)</b> <b>1:45 Outing: Lens Mills</b>	<b>29</b> <b>Cozy Day!</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)	<b>30</b> 10:45 Movement Matters VON (L) 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) 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.**