

January 2026

Level 2 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 	2 OUTBREAK NO PROGRAMS	3 10:30 Swatter Ball (C) 3:30 Friendly Visits (C)
4 9:45 Virtual Church Service (MH) 2:30 Hymn Sing (C)	5 9:45 Exercise 10:30 Bible Study with Bud (H) 10:30 YMCA Visits 3:15 Monthly Gazette	6 9:45 Swatter Ball 1:30 Therapeutic Colouring 2:30 Plant Care Visits 3:15 Helping Hands	7 9:45 Exercises 10:30 Categories 1:30 Sing along 2:30 Tablebowling 3:15 Spotify Music Visits 5:45 After Dinner Music 6:30 Beauty Boutique	8 1:30 Happy Birthday Elvis! 2:30 Hymn Sing (TV) 3:15 Toss and Talk Undecorating Day	9 9:45 Exercise 10:30 Concentration 1:30 Entertainment with Dave Souliere (MH) 3:15 Yahtzee 4:00 Friendly Visits 5:45 Games Night 6:30 Chicken Soup Stories	10 9:45 Easy Short Stories 10:30 Music Bingo 2:30 Cranium Crunches 3:30 Anything Goes Visits
11 9:45 Church Service with Rev. Ron Birkett (MH) 2:30 Music of..... 3:30 Hallway Chats	12 9:45 Exercise 10:30 Bible Study with Bud (H) 10:30 YMCA Visits 1:30 Baking 3:00 Treats and Chat	13 Shaggy Visits!! 9:45 Swatter Ball 10:30 Hymns on the Piano 1:30 Men's Group (MH) 1:30 Ring, Ring... 3:15 Helping Hands 5:45 Relaxation Room 6:30 Walks and Talks	14 9:45 Exercises 1:30 Movie Afternoon 1:30 Ladies Social 3:15 Piano Music with Karyn 5:45 Wacky Wordies 6:30 Nail Salon	15 9:45 Chair Yoga 10:30 Spice Of Life Game 1:30 Birthday Party with Terry's Tunes (MH) 3:15 It's Happy Days!!	16 9:45 Exercise 10:30 Brainstorming 1:30 Entertainment with Ken Lightheart (MH) 3:15 Plant Care Visits	17 9:45 Hoops 10:30 Piano Music 2:30 UNO 3:30 Hand Massages
18 9:45 Church Service with Rev. Larry Amiro (MH) 2:30 Hymns on the Piano 3:30 Friendly Visits	19 9:45 Exercise 10:30 Bible Study with Bud (H) 10:30 YMCA Visits 1:30 Homewide Bingo (MH) 3:15 Happy Birthday Dolly and Janis!	20 9:45 Swatter Ball 1:30 Shuffleboard 2:30 Plant Care Visits 3:15 Helping Hands	21 9:45 Exercises 10:30 Drum Fit (MH) 2:00 Resident Memorial Service 3:15 Disco Day 5:45 After Dinner Music 6:30 Beauty Boutique	22 9:45 Virtual Church Service 10:30 Royal History Day 1:30 Laughter is the Best Medicine 2:30 Retro TV Afternoon 3:30 Sensory Room 5:45 Shuffleboard	23 9:45 Walks and Talks 10:30 Chair Dancing (MH) 1:30 Entertainment with Cameron Caton (MH) 3:15 Rock n' Roll Hall of Fame 4:00 Friendly Visits 5:45 Games Night 6:30 Chicken Soup Stories	24 9:45 Sorting Stations 10:30 Bingo 2:30 Who, What, Where?? 3:30 You Tube and You Visits
25 9:45 Virtual Church Service (MH) 2:30 Grand Ole Opry Music 3:30 Sit and Socialize	26 9:45 Exercise 10:30 Bible Study with Bud (H) 10:30 YMCA Visits 1:30 Baking 3:00 Treats and Chat	27 Shaggy Visits!! 9:45 Swatter Ball 10:30 Hymns on the Piano 1:30 Happy Birthday Mr. Gretzky 2:30 First to 25 Game 3:15 Helping Hands 5:45 Ambience Room 6:30 Friendly Visits	28 9:45 Walks and Talks 10:30 Roman Catholic Mass (MH) 1:30 Craft Afternoon 5:45 Wed Word Games 6:30 Nail Salon	29 9:45 Chair Yoga 12:00 Lunch Club (MH) 2:00 National Geographic 3:15 Puzzles & Fun	30 9:45 Exercise 10:30 Brainstorming 1:30 Entertainment with John Walker (MH) 3:15 Plant Care Visits 5:45 The Beatles Breakup 6:30 Calendar Chats	31 9:45 Bean Bag Toss 10:30 Piano Music with Karyn 2:30 FARKLE 3:00 Hand Massages

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Please check daily white sheets on activity board. Programs may change depending on outbreak or weather.