

# January 2026

## Level 2 Calendar

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

**Karyn Roswell (kroswell@sjltc.ca) & Megan Barrett (mbarrett@sjltc.ca) Recreation Therapists 2nd Floor (519)-751-7096 ext. 2228**

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

