

January 2026

Level 3 Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 	2 9:45 Exercise (CR) 10:30 Hymn Sing (CR) 1:30 Farkle Game (CR) 3:00 Walks and Talks	3
4 9:45 Virtual Church Service (MH)	5 10:30 Bible Study with Bud (H) 1:30 Snakes and Ladders (CR) 2:30 Beauty Boutique 5:45 Dice Roll (CR) 6:30 Hand Massages	6 10:30 Piano Music with Karyn (CR)	7 9:45 Exercise (CR) 10:30 Trivia (CR) 1:30 Winter Colouring (CR) 2:30 Social (CR)	8 Undecorating Day 5:45 Evening Swatterball (CR) 6:30 Room Visits	9 1:30 Entertainment with Dave Souliere (MH) 3:00 Walks and Talks 5:45 Friday Night Yahtzee (CR) 6:30 Social (CR)	10 9:45 Music and Movement (CR) 10:30 Sing Along (CR) 1:30 Lawn Darts (CR) 3:30 Hand Massages
11 9:45 Church Service with Rev. Ron Birkett (MH) 1:30 Sunday Hymns (CR) 3:30 Short Stories	12 9:45 Exercise (CR) 10:30 Beauty Boutique 10:30 Bible Study with Bud (H) 1:30 Bingo (CR) 3:00 Visits	13 9:45 Grandpals with YMCA Daycare (CR) 10:30 Mind Joggers (CR) 1:30 Men's Group (MH) 3:00 Walks and Talks	14 10:30 Brainstorming (CR) 1:30 Tablebowling (CR)	15 9:45 Swatterball (CR) 10:30 Name that Tune (CR) 1:30 Birthday Party with Terry's Tunes (MH) 3:00 Bedside Visits	16 9:45 Exercise (CR) 10:30 Hymn Sing (CR) 1:30 Entertainment with Ken Lightheart (MH) 3:00 Walks and Talks	17 9:45 January Word Twist (CR) 10:30 Hangman (CR) 1:30 Left Center Right Game (CR) 3:30 Room Visits
18 9:45 Church Service with Rev. Larry Amiro (MH) 1:30 Snakes and Ladders (CR) 3:30 Short Stories	19 10:30 Bible Study with Bud (H) 1:30 Homewide Bingo (MH) 2:45 Beauty Boutique 5:45 Washer Toss (CR) 6:30 Hand Massages	20 10:30 Piano Music with Karyn (CR) 2:30 Lawn Darts (CR)	21 9:30 Morning Visits 10:30 Drum Fit (MH) 1:30 Baking (CR) 2:30 Trivia (CR)	22 1:30 Swatterball (CR) 2:30 Sing Along (CR)	23 10:30 Chair Dancing (MH) 1:30 Entertainment with Cameron Caton (MH) 3:00 Walks and Talks 5:45 Evening Stretch (CR) 6:30 Short Stories	24 9:45 Music and Movement (CR) 10:30 Mind Joggers (CR) 1:30 Hoops Game (CR) 3:30 Hand Massages
25 9:45 Virtual Church Service (MH) 1:30 Sunday Hymns (CR) 3:30 Short Stories	26 9:45 Exercise (CR) 10:30 Beauty Boutique 10:30 Bible Study with Bud (H) 1:30 Bingo (CR) 3:00 Visits	27 9:45 Grandpals with YMCA Daycare (CR) 10:30 Finish the Phrase (CR) 1:30 Shuffleboard (CR) 3:00 Walks and Talks	28 10:30 Roman Catholic Mass (MH) 1:30 Tablebowling (CR)	29 9:45 Swatterball (CR) 10:30 Morning Music (CR) 12:00 Lunch Club (MH) 1:45 Yahtzee (CR) 3:00 Bedside Visits	30 9:45 Exercise (CR) 10:30 Hymn Sing (CR) 1:30 Entertainment with John Walker (MH) 3:00 Walks and Talks	31 9:45 Saturday Word Twist (CR) 10:30 Hangman (CR) 1:30 Ring Toss (CR) 3:30 Room Visits

(CR) - L3 Common Room, (MH) - McMillen Hall, (H) - Hummingbird Way, (HC) - Hummingbird Courtyard

Noelle Nieuwenhuis, Recreation Therapist 519-751-7096 ext. 3048 nnieuwenhuis@sjltc.ca