

Ground Calendar

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					2 9:45 Exercises (H) 9:50 Exercises (M) 10:30 Calendar visits (H) 10:30 Reading Circle (M) 1:30 Snakes and Ladders (M) 1:45 Short Stories (H) 3:00 Bedside visits	3 9:45 Shuffleboard (M) 2:30 Sing along (M)
4 9:45 Virtual Church Service (MH) 10:30 Hymn sing (M) 3:30 Bean Bag Toss (M)	5 9:45 Exercises (H) 10:30 Obie Cart (M) 1:30 Table Games (M) 2:30 Sensory Stimulation	6 9:45 Young at Heart (M) 10:30 Cards (M) 1:30 Trivia (M) 2:30 Chicken Soup Stories	7 9:45 Swatter Ball (M) 10:30 Reminisce 1:30 Sensory Stimulation 1:30 Travelling Games 2:30 Unit Bingo 2:30 Busy Hands 5:45 Word games 6:30 Ipad fun	8 Undecorating Day 5:45 Beauty Boutique 6:30 Adult coloring	9 9:45 Exercises (H) 10:30 Undecorating (M) 1:30 Entertainment with Dave Souliere (MH) 3:00 Bedside visits	10 9:45 Crokinole (H) 1:30 Name that tune (M) 2:30 Word Twist
11 9:45 Church Service with Rev. Ron Birkett (MH) 1:30 Dice flip (M) 2:30 Adult coloring	12 9:45 Exercises (H) 10:30 Bible Study with Bud (H) 1:30 Bingo (Hum dining room) 2:30 Sensory Stimulation 2:30 Shuffleboard (M)	13 9:45 Y Grampals (M) 10:30 Cards (M) 1:30 Men's Group (MH) 1:30 Bracelet Making (H) 2:30 Chicken Soup Stories 2:30 Ring Toss (H) 5:45 Table Games 6:30 Picture puzzles	14 9:45 Dicey Roll (M) 10:30 Reminisce 2:30 Travelling programs	15 9:45 Table Bowling (H) 10:30 Beauty Boutique 1:30 Birthday Party with Terry's Tunes (MH) 2:30 Sorting and folding	16 9:45 Exercises (H) 10:30 Obie Cart (H) 1:30 Entertainment with Ken Lightheart (MH) 1:45 Table Games (H) 3:00 Bedside visits 5:45 Yahtzee (H) 6:45 Walks and Talks	17 9:45 Reading Circle 1:30 Movies 2:30 Group Colouring
18 9:45 Church Service with Rev. Larry Amiro (MH) 1:30 Hymn sing (H) 2:30 Adult coloring (M)	19 9:45 Exercises (H) 10:30 Bible Study with Bud (H) 1:30 Homewide Bingo (MH) 2:30 Sensory Stimulation	20 9:45 Y Grampals (M) 10:30 Cards (M) 1:30 Trivia (M) 1:30 Crafts (H) 2:30 Chicken Soup Stories 5:45 Trivia (M) 6:30 Ipad fun	21 9:30 Crokinole (H) 10:30 Drum Fit (MH) 1:30 Travelling Games 2:00 Resident Memorial Service (MH) 2:30 Busy Hands	22 9:45 Table Bowling (H) 10:30 Ground floor Resident Recreation Meeting (H) 1:30 Baking (M) 2:30 Beauty Boutique 2:30 Sorting and folding 5:45 Board Games (H) 6:30 Short Stories (Tv)	23 9:45 Exercises (H) 10:30 Chair Dancing (MH) 1:30 Entertainment with Cameron Caton (MH) 3:00 Bedside visits	24 9:45 Fun and fitness 1:30 Penny Ante 2:30 Name that tune
25 9:45 Virtual Church Service (MH) 1:30 Scrabble (M) 2:30 Shake loose a memory	26 9:45 Exercises (H) 10:30 Bible Study with Bud (H) 1:30 music and movement 2:30 Ipad fun 2:30 Sensory Stimulation 5:45 Horse Racing (H) 6:30 1:1 visits	27 9:45 Y Grampals (M) 10:30 Cards (M) 1:30 Trivia (M) 1:30 Painting class 2:30 Chicken Soup Stories 3:00 Ring Toss - H 5:45 Crokinole (H) 6:30 Ipad fun	28 10:30 Roman Catholic Mass (MH) 1:30 Travelling Games 2:30 Busy Hands	29 9:45 Table Bowling (H) 10:30 Art class - H 12:00 Lunch Club (MH) 2:30 Sorting and folding	30 9:45 Exercises (H) 10:30 Reading circle - Loun 1:30 Entertainment with John Walker (MH) 3:00 Bedside visits 5:45 Yahtzee (H) 6:30 Walks and Talks	31 9:45 Swatter Ball - Recr 1:30 Groundhog Day crafts 2:30 Dart Ball

H - Hummingbird Recreation Room

Loun - Lounge

Recr - Recreation Room