

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				9:45 Exercise 10:45 Walking Program 1:30 Nail & Hand Care 1:45 Bingo 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fly Ball 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Happy Hour 3:15 1:1 Sit to Stand & Garden Walks 5:30 Reading Club 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Active Games - Let's Play Some Hockey 3:15 1:1 Sit to Stand 5:30 Busy Hands 6:30 1:1 Connection
4	5	6	7	8	9	10
9:45 Exercise 11:00 Polish Mass on Tv 11:00 Walking Program 1:45 Spiritual Connections 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking program 11:45 Room visits 1:45 Entertainment by The Timeliners 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Discussion Group 'New Year's Resolutions' 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Magic in Words 3:15 1:1 Sit to Stand	9:45 Exercise 11:00 Catholic Mass 1:30 Nail & Hand Care 1:45 Bingo 3:15 1:1 Sit to Stand & Garden Walks 5:30 Pizza Night 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Baking Program 3:15 1:1 Sit to Stand & Garden Walks 5:30 Puzzles 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Balloon Tennis 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fun Brain Games 6:30 1:1 Connection
11	12	13	14	15	16	17
9:45 Exercise 11:00 Polish Mass on Tv 11:00 Walking Program 1:45 Spiritual Connections 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 1:45 Entertainment by The Harmonics Group 3:15 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 1:45 Men's Club 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 1:30 Outdoor Walks 1:45 Magic in Words 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fly Ball 6:30 1:1 Connection	9:45 Exercise 11:00 Catholic Mass 1:30 Nail & Hand Care 1:45 Bingo 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fun Brain Games 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Happy Hour 3:15 1:1 Sit to Stand & Garden Walks 5:30 Reading Club 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 1:30 Art from The Art 1:45 Armchair Travel – Mexico 3:15 1:1 Sit to Stand & Garden Walks
18	19	20	21	22	23	24
9:45 Exercise 11:00 Polish Mass on Tv 11:00 Walking Program 1:45 Spiritual Connections 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Entertainment by Bobby Bacchus 3:15 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 January Birthday Celebrations 3:15 1:1 Sit to Stand & Garden Walks 5:30 Puzzles 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:30 Outdoor Walks 1:45 Magic in Words 3:15 1:1 Sit to Stand & Garden Walks 5:30 Reminiscing Program 6:30 1:1 Connection	9:45 Exercise 11:00 Catholic Mass 1:30 Nail & Hand Care 1:45 Bingo 3:15 1:1 Sit to Stand 5:30 Puzzles 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Friendly Snow Ball Fight 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fun Brian Games 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Armchair Travel – Greece 3:15 1:1 Sit to Stand & Garden Walks
25	26	27	28	29	30	31
9:45 Exercise 11:00 Polish Mass on Tv 11:00 Walking Program 1:45 Ukrainian Dance Ensemble" Mriya" 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Entertainment by Pancho & Sal 3:15 1:1 Sit to Stand & Garden Walks	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Baking Program 3:15 1:1 Sit to Stand & Garden Walks 5:30 Busy Hands 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 1:30 Outdoor Walks 1:45 Magic in Words 3:15 1:1 Sit to Stand 5:30 Sing Along 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:30 Art from the Heart 3:15 1:1 Sit to Stand 5:30 Fly Ball 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Happy Hour 3:15 1:1 Sit to Stand 5:30 Fly Ball 6:30 1:1 Connection	9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:45 Armchair Travel – Singapore 3:15 1:1 Sit to Stand


 Cheers to health, happiness, and prosperity in 2026!
 