

Sunday

Monday

Tuesday

# Wednesday

Thursday

Friday

Saturday



# January 2026



# MOHAWK TERRACE

<b>10:00 Church Service</b> <b>10:50 Eucharist Visits</b>  2:15 Trivia Time! (MT/GT) 3:00 Shuffleboard (MT/GT)	<b>4</b>  9:30 Group Exercise Class 10:15 Resident Program Choice Meeting 11:00 Bingo <b>1:30 Colour &amp; Chat @ Café</b> 1:30 Travelogue	<b>5</b>  9:30 Morning Meditation (TB) 10:15 Café Visits (TB) 11:00 Rosary Group (TB) 2:00 Virtual Church Service 2:45 Bingo 3:00 Family FaceTime 3:30 Travelling Nail Salon 4:15 Table Bowling <b>6:30 Pub Night w Sonny</b>	<b>6</b>  <b>TREAT TROLLEY AM</b> <b>CHRISTMAS DECORATIONS TAKE DOWN DAY</b>  <b>2:15 Euchre Club</b>  6:15 January Trivia! (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>7</b>  9:30 Group Exercise Class 10:15 Morning News 11:00 Concentration <b>1:30 Hymns w Cynthia (Noble Hall)</b> 2:30 Cafe Social 6:15 OBIE Games (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>8</b>  9:30 Group Exercise Class 10:15 Hymns & Devotions (MT) (TB) 10:15 Bedside Visits 11:00 Bingo <b>1:00 Pet Therapy Visits</b> <b>2:00 January Birthday Party (Noble Hall)</b> 6:15 Musical Memories (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>9</b>  9:45 Parachute Fun! (MT/GT)  10:45 Shake Loose a Memory (MT/GT)  3:00 Sing a Long w Suzie Q (MT/GT)	<b>10</b>													
<b>10:00 Church Service</b> <b>10:50 Eucharist Visits</b>  2:15 Trivia Time! (MT/GT) 3:00 Bean Bag Toss (MT/GT)	<b>11</b>  9:30 Group Exercise Class 10:15 Growing w Friends (MT/GT) (CS) 10:15 Morning News 11:00 Bingo <b>1:30 Colour &amp; Chat @ Café</b> 1:30 Documentary	<b>12</b>  9:30 Seated Dance Fit 10:15 Café Visits 11:00 Bible Study 1:30 Paddington Bear Day 2:15 Junk Drawer Detective 3:00 Family FaceTime Visit <b>6:30 Pub Night w Terry's Tunes</b>	<b>13</b>  <b>TREAT TROLLEY AM</b> 9:30 Group Exercise Class 10:15 Ride to the Rhythm (MT/GT) (TB) 10:15 Virtual Church Service (MT/GT) 10:15 Sensory Room (MT/GT) 11:00 Bingo 1:30 Winter Craft (MT/GT) <b>2:15 Euchre Club</b> 3:00 IPAD Visit 6:15 Finish the Lyrics (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>14</b>  9:30 Chair Yoga 10:15 Falls Prevention Class 10:15 Morning News <b>11:00 Catholic Mass (Noble Hall)</b> <b>1:30 Men's Group (MT)</b> 2:15 It's a Happy Day 3:00 Recreation Visit 6:15 OBIE Games (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>15</b>  9:30 Group Exercise Class 10:15 Hymns & Devotions (MT) (TB) 10:15 Bedside Visits 11:00 Bingo <b>1:00 Pet Therapy Visits</b> 1:30 Appreciate a Dragon Day 2:15 Can You Picture This? 3:00 IPAD Visit 6:15 Musical Memories (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>16</b>  9:45 Dice Game (MT/GT)  10:45 Chicken Soup for the Soul (MT/GT)  3:00 Devotional Readings (MT/GT)	<b>17</b>													
<b>10:00 Church Service</b> <b>10:50 Eucharist Visits</b>  2:15 Trivia Time! (MT/GT) 3:00 Table Bowling (MT/GT)	<b>18</b>  <b>NO PROGRAMS TODAY</b>  Martin Luther King Jr. Day	<b>19</b>  9:30 Group Exercise Class 10:15 Café Visits 11:00 Bingo 1:30 Bible Study 2:15 Penguin Awareness Day 3:00 Family FaceTime Visit <b>6:30 Pub Night w Jeff M</b>	<b>20</b>  <b>TREAT TROLLEY AM</b> 9:30 Group Exercise Class 10:15 Ride to the Rhythm (MT/GT) (TB) 10:15 Virtual Church Service (MT/GT) 10:15 Multi-Sensory (MT/GT) 11:00 Bingo <b>1:30 Resident Council Meeting</b> 1:30 Disco Day <b>2:15 Euchre Club</b> 2:15 Read with Me 3:00 Bedside Visit 6:15 Fun Trivia! (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>21</b>  <b>9:45 Morning Drive (DC/MT/GT)</b> 9:45 Morning News <b>10:45 Bingo (DC/MT/GT)</b> 1:30 Unified Canada Day 2:15 Shuffleboard 3:00 IPAD Visit 6:15 OBIE Games (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>22</b>  9:30 Group Exercise Class 10:15 Hymns & Devotions (MT) (TB) 10:15 Bedside Visits 11:00 Bingo <b>1:00 Pet Therapy Visits</b> <b>2:00 50's Rock &amp; Roll Afternoon w Family Council (Noble Hall)</b> 6:15 Musical Memories (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>23</b>  9:45 Beach Ball Fun! (MT/GT)  10:45 Hangman (MT/GT)  3:00 Sing a Long w Suzie Q (MT/GT)	<b>24</b>													
<b>10:00 Church Service</b> <b>10:50 Eucharist Visits</b>  2:15 Trivia Time! (MT/GT) 3:00 Horseshoes (MT/GT)	<b>25</b>  <b>NO PROGRAMS TODAY</b>  Australia Day (Observed)	<b>26</b>  9:30 Group Exercise Class 10:15 Growing w Friends (MT/GT) (CS) 10:15 Morning News 11:00 Bingo <b>1:30 Colour &amp; Chat @ Café</b> 1:30 Travel To....	<b>27</b>  9:30 Morning Meditation (TB) 10:15 Café Visits (TB) 11:00 Rosary Group (TB) 2:00 Movie Matinee 3:00 Family FaceTime Visit 4:15 Recreation Visits <b>6:30 Pub Night w Ed</b>	<b>28</b>  <b>TREAT TROLLEY AM</b> 9:30 Group Exercise Class 10:15 Ride to the Rhythm (MT/GT) (TB) 10:15 Virtual Church Service 11:00 Reader's Theatre (MT/GT) <b>12:00 Chinese Lunch Club</b> <b>2:15 Euchre Club</b> 2:15 Travelling Nail Salon 3:00 Bedside Visit 6:15 Music Trivia (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>29</b>  9:30 Group Exercise Class 10:15 Falls Prevention Class 10:15 Morning News 11:00 Bingo <b>1:30 Men's Group (MT)</b> 2:15 Reading Circle 3:00 Calendar Visits 6:15 OBIE Games (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>30</b>  Resident Appreciation Day! 9:30-11:30 Visits to Café and Games in Noble Hall  1:00 Pet Therapy Visits 1:30-3:00 Visits to Café and Games in Noble Hall 6:15 Musical Memories (MT/GT) 7:00 Recreation Visit (MT/GT)	<b>31</b>													

Any Questions-Contact Kate at ext 4297

In the instance of an outbreak 1:1 programs will be provided

Programs ran by CS/TB may be cancelled due to