

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

1st Floor Calendar

10:15 - Balance Fitness 4 (A&C) 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit	10:15 – Chair Aerobic 5 (A&C) 11:00 – News & View (B) 12:00 - Meal Assist 1:1 1:30 – Darts 2:30 – Tea & Trivia 3:30 – Spa-La-La	10:15 – Strength Fitness 6 11:00 – Charades (B) 1:30 – Word Find (B) 12:00 - Meal Assist 1:1 2:30 – Tea Talk 3:30 – Heart for Music	10:15 – Gentle Stretches 7 11:00 – Gentle Stretches 2:00 – Bingo 3:00 – Mingle Mugs Social 3:30 – Knot another Massage	10:15 – Chair Yoga 8 11:00 – Word Games 12:00 – Meal Assist 1:1 2:00 – Happy Hour with live Entertainment 3:30 – Sensory Program	10:15 – Stretch & 9 Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a long 3:30 – Manicure	10:15 – Morning Fitness 10 (A&C) 11:00 - Gentle Stretch (B) 12:00 – Meal Assist 1:1 2:00 – Happy Hour 3:00 – Bingo
10:15 - Balance Fitness 11 (A&C) 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit	10:15 – Chair Aerobic 12 (A&C) 11:00 - Trivia (B) 12:00 - Meal Assist 1:1 1:30 – Active Games 2:30 – Tea Talk 3:30 - Spa-La-La	10:15– Strength Fitness 13 11:00 – Charades (B) 1:30 – Word Find (B) 12:00 - Meal Assist 1:1 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Gentle Stretches 14 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Chinese Cultural Tea 3:30 – Knot another Massage	10:15 – Chair Yoga 15 11:00 – Word Games 2:00 – Crossword Fun with Roger 3:00 – Tea Talk 3:30 – Sensory Program	10:15 – Stretch & 16 Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a long 3:30 – Manicure	10:15 – Morning Fitness 17 (A&C) 11:00 - Gentle Stretch (B) 12:00 – Meal Assist 1:1 2:00 – Happy Hour 3:00 – Bingo
10:15 - Balance Fitness 18 (A&C) 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit	10:15 – Chair Aerobic 19 (A&C) 11:00 – News & View (B) 12:00 – Meal Assist 1:1 1:30 – Darts 2:30 – Tea & Trivia 3:30 – Spa-La-La Martin Luther King Jr. Day	10:15– Strength Fitness 20 11:00 – Charades (B) 1:30 – Word Find (B) 12:00 – Meal Assist 1:1 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Gentle Stretches 21 11:00 – Gentle Stretches 2:00 – Bingo 3:00 – Mingle Mugs Social 3:30 – Knot another Massage	10:15 – Chair Yoga 22 11:00 – Word Games 2:00 – Crossword Fun with Roger 3:00 – Tea Talk 3:30 – Sensory Program	10:15 – Stretch & 23 Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a long 3:30 – Manicure	10:15 – Morning Fitness 24 (A&C) 11:00 - Gentle Stretch (B) 12:00 – Meal Assist 1:1 2:00 – Happy Hour 3:00 – Bingo
10:15 - Balance Fitness 25 (A&C) 11:00 – Word Games (B) 2:00 - Birthday Celebration with Entertainment 3:30 – 1:1 Visit	10:15 – Chair Aerobic 26 (A&C) 11:00 – Trivia (B) 12:00 – Meal Assist 1:1 1:30 – Beanbag Toss 2:30 – Tea Talk 3:30 – Spa-La-La Australia Day (Observed)	10:15– Strength Fitness 27 11:00 – Charades (B) 1:30 – Word Find (B) 12:00 - Meal Assist 1:1 2:30 – Tea Talk 3:30 – Heart for Music	10:15 – Gentle Stretches 28 11:00 – Gentle Stretches 2:00 – Bingo 3:00 – Mingle Mugs Social 3:30 – Knot another Massage	10:15 – Chair Yoga 29 11:00 – Word Games 12:00 - Meal Assist 1:1 2:00 – Spa in the Lobby 3:30 – 1:1 visit	10:15 – Stretch & 30 Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a long 3:30 – Manicure	10:15 – Morning Fitness 31 (A&C) 11:00 - Gentle Stretch (B) 12:00 – Meal Assist 1:1 2:00 – Happy Hour 3:00 – Bingo

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

2nd Floor Calendar

January 2026				2 nd Floor Calendar		10:15 – Morning Fitness 2:00 – 1:1 visit		10:15 – Morning Fitness (B) 11:00 – Pool Noodle Fun (A&C) 2:00 – Soccer 3:30 – Sensory Stimulation		10:15 – Pool Noodle Fun (B) 11:00 – Pool Noodle Fun (A&C) 2:00 – Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along																	
				New Year's Day																							
10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Bible Reading 3:30 – Active Games		4		10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 2:00 - Social Tea 3:00 – Artist Choice		5		10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Manicure		6		10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Creative Corner 3:00 – 1:1 visit		7		10:15 – Fun & Fitness 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Learning about Morse Code 3:00 – Drum Playing (A)		8		10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Table Games 3:30 – Sing a Long		9		10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Manicure		10	
10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Active Games 3:30 – Hymn Sing		11		10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games		12		10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Cooking with Roger 3:30 – 1:1 visit		13		10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Chinese Cultural Tea (1st Floor B Dining) 2:00 – Creative Corner 3:00 – 1:1 visit		14		10:15 – Fun & Fitness 11:00 - Fun & Fitness (A&C) 2:00 – Happy Hour with Live Entertainment 3:00 – 1:1 Visit		15		10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – High Tea Social 3:30 – Sensory Stimulation		16		10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along		17	
10:15 - Morning Fitness (B) 11:00 – Morning Fitness (A&C) 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 visit		18		10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games		19		10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Movie Afternoon 3:00 – Manicure		20		10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Creative Corner 3:00 – 1:1 visit		21		10:15 – Fun & Fitness 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Poetry Club 3:00 – Drum Playing (A)		22		10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Men's Group: Cooking 2nd Floor 3:30 – 1:1 visit		23		10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – January Trivia		24	
10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Bible Reading 3:30 – Active Games		25		10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Artist Choice		26		10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Manicure		27		10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Cooking with Roger 3:30 – 1:1 visit		28		10:15 – Fun & Fitness 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Spa in the Lobby 3:30 – 1:1 visit		29		10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Dominos 3:30 – Sing a Long		30		10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along		31	

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

3rd Floor Calendar

January 2026 3rd Floor Calendar				1 10:15 – Morning Fitness 2:00 – 1:1 visit New Year's Day	2 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	3 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Brain Games
4 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Social Tea 3:00 – Table Games	5 10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:30 – Sing a Long	6 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	7 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	8 10:15 – Gentle Stretches (B) 11:00 - Gentle Stretches (A&C) 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Brain Games	9 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	10 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
11 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 - Birthday Celebration with Entertainment 3:30 - 1:1 visit	12 10:15 – Weighted Fitness (B) 11:0 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:30 – Sing a Long	13 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	14 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 2:00 – Chinese Cultural Tea (1st floor B side) 2:00 – Active Game 3:00 – Social Tea	15 10:15 – Gentle Stretches (B) 11:00 - Gentle Stretches (A&C) 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Brain Games	16 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	17 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Brain Games
18 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Social Tea 3:00 – Table Games	19 10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:30 – Sing a Long Martin Luther King Jr. Day	20 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	21 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	22 10:15 – Gentle Stretches (B) 11:00 - Gentle Stretches (A&C) 1:30 – Church Service held on 1st floor 2:00 – Happy Hour with Live Entertainment 3:00 – 1:1 Visit	23 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	24 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
25 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Social Tea 3:00 – Table Games	26 10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:30 – Sing a Long Australia Day (Observed)	27 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	28 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	29 10:15 – Gentle Stretches (B) 11:00 - Gentle Stretches (A&C) 12:00 – Meal Assist 1:1 2:00 – Spa in the Lobby 3:30 – 1:1 visit	30 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	31 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Brain Games

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