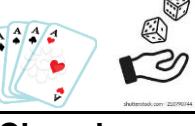
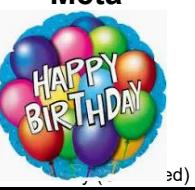


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1>January 2026</h1> <h2>ROSE</h2>			<h3>Happy New Year Welcome to 2026</h3> <p>New Year's Day</p>	<p>1 9:45 Chair Yoga 10:45 Balloon Toss 11:15 Word games 1:45 Bingo B I N G O</p>	<p>2 1:30 Table games Happy Birthday Janette </p>
<p>4 January is known as the first month, symbolizing new beginnings, fresh starts, and New Year's resolutions </p>	<p>5 10:00 Spiritual Reflections </p>	<p>6 9:45 News and views News & Views 10:15 Chair exercises 10:45 Balloon Toss</p>	<p>7 9:45 Chair Exercises 10:15 Trivia 11:00 One to ones 11:00 Catholic mass</p>	<p>8 10:00 Chapel 1:30 Welcome to 2026 Celebration with Pete Campbell </p>	<p>9 9:45 Table Games 10:45 Puzzles 1:45 Bingo B I N G O</p>	<p>10 9:45 Balloon Toss 10:15 Table Game Happy Birthday Teresa </p>
<p>11 January birth stone is the garnet </p>	<p>12 10:00 Spiritual Reflections </p>	<p>13 9:45 News and views 10:15 Chair exercises 10:45 Ball exercises interactive 1:45 Bingo </p>	<p>14 9:45 Chair Exercises 10:15 Trivia TRIVIA 11:00 cards 1:30 Movie-The Hidden Life of Pets</p>	<p>15 10:00 Chapel 10:00 Manicures 11:00 Racket Ball 11:30 Trivia 1:30 Social Hour-willow </p>	<p>16 9:45 Exercise 10:45 Active Game 1:45 Bingo B I N G O</p>	<p>17 1:30 Table games </p>
<p>18 National Winnie the Pooh Day </p>	<p>19 10:00 Spiritual Reflections 1:30 Singing and Piano with Greg Alcock </p>	<p>20 9:45 News and views 10:15 Chair exercises  10:45 Balloon Toss</p>	<p>21 9:45 Chair Exercises 10:15 Trivia 11:00 One to ones 11:00 Communion</p>	<p>22 10:00 Chapel 10:00 Manicures 11:00 Racket Ball 11:30 Trivia 12:00 Pasta Lunch-MPR 2:00 Armchair Travel</p>	<p>23 9:45 Table Games 10:45 Puzzles 1:45 Bingo B I N G O</p>	<p>24 Happy Robby Burns Day 1:30 Scottish Dancers-MPR </p>
<p>25 The January birth flower is the carnation. </p>	<p>26 10:00 Spiritual Reflections Happy Birthday Meta </p>	<p>27 9:45 News and views 10:15 Chair exercises 10:45 Ball exercises interactive 1:45 Bingo </p>	<p>28 9:45 Chair Exercises 10:15 Trivia 11:00 cards 1:30 Music with Dean Smith-W </p>	<p>29 10:00 Chapel 10:00 Chair exercises 10:30 Balloon Toss 11:00 Craft corner 1:30 Armchair Travel</p>	<p>30 8:00 Men's Breakfast 9:30 Story Telling 11:00 Balloon Toss 11:30 One to ones 1:45 Bingo B I N G O</p>	<p>31 1:30 Cheese Tasting </p>