























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