



January 2026

Applewood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend Main Dining Room (MDR) Activity Room (1st Floor) (AR1F) Transitional Lounge (TL) Small Dining Room (2nd floor) (SDR2) Room to Room (RTR) Any location (A) Hallway (HW) Large Dining Room (2nd Floor) (LDR2) Large Dining Room (3rd Floor) (LDR3)				10:30 Exercise (MDR) 11:15 Rendever (TL) 2:00 Scent & Memories (TL) 2:30 Chair Zumba (MDR) 3:15 1:1 Exercise (RTR) 6:00 Boogie Evening (HW)	9:50 Peace Time Program (SDR2) 10:00 Crochet and Art Club (LDR2) 10:15 1:1 iPad (RTR) 10:30 Exercise (MDR) 11:30 Self Directed Activities (A) 1:30 Tover Projector (AR1F) 2:00 Unit Bingo (HW) 2:30 1:1 Walking (A)	9:45 Arm Chair Travel (AR1F) 10:00 Saturday Chill Club (TL) 2:15 Entertainment: Marcus Schwan (MDR)
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 2:00 Unit Bingo (AR1F) 2:30 Baking (LDR2) 	10:00 Picture Stories (TL) 10:30 Exercise (MDR) 10:30 Music & Movement (TL) 1:15 1:1 Walking (HW) 1:30 Individual Current Event Visit (A) 2:00 Word Games (AR1F) 2:00 Polish & Pitch (TL) 2:30 Bowling (LDR2) 6:00 Sing A Long (AR1F) 	10:00 Life Stories (TL) 10:30 Exercise (MDR) 10:45 Comedy Time (TL) 2:00 Trivia Challenge (MDR) 2:00 Montessori Group (HW) 3:00 Chair Zumba (MDR) 3:00 1:1 Reading (RTR) 3:30 1:1 Reminisicing (A)	10:00 Light and Sound Effect (SDR2) 10:30 Exercise (MDR) 11:15 Snuggles & Safari (SDR2) 2:00 Residents' Council Meeting (AR1F) 2:00 1:1 Board Game (RTR) 2:00 Spirit of Gratitude (TL) 2:45 Arm Chair Travel (SDR2) 6:00 Unit Bingo (HW) 6:00 Movie Night- Inside Out (Disney +) (AR1F)	9:45 Season Wrap-Up (A) 10:30 Exercise (MDR) 2:00 1:1 Reminisicing (A) 2:30 Chair Zumba (MDR) 3:15 1:1 Exercise (RTR) 3:30 1:1 Board Games (RTR) 6:00 Boogie Evening (HW) 6:30 Bingo (AR1F)	10:00 Crochet and Art Club (LDR2) 10:15 1:1 iPad (RTR) 10:30 Exercise (MDR) 11:30 Self Directed Activities (A) 1:30 Tover Projector (AR1F) 2:00 Jewellery Making (RTR) 2:15 karaoke (AR1F)	9:45 Movie Matinee (SDR2) 10:15 Exercise (LDR3) 2:15 Entertainment: Milan Vincec (MDR)
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 11:00 Communion (RTR) 2:45 Indoor/Outdoor Strolls (A) 	10:00 Picture Stories (TL) 10:30 Exercise (MDR) 10:30 Music & Movement (TL) 1:15 1:1 Walking (HW) 1:30 Individual Current Event Visit (A) 2:00 Word Games (AR1F) 2:00 Polish & Pitch (TL) 2:30 Bowling (LDR2) 6:00 Sing A Long (AR1F)	9:45 Montessori Stations (SDR2) 10:00 Fun with noodles (SDR2) 10:30 Exercise (MDR) 2:00 card games (MDR) 2:00 1:1 Exercise (A) 3:00 Chair Zumba (MDR)	10:00 Relaxing Environment (SDR2) 10:30 Exercise (MDR) 11:15 Snuggles & Safari (SDR2) 2:00 1:1 Board Game (RTR) 2:00 Spirit of Gratitude (TL) 2:45 Arm Chair Travel (SDR2) 6:00 Unit Bingo (HW) 6:00 Movie Night- Inside Out 2 (Disney +) (AR1F)	10:30 Exercise (MDR) 11:15 Rendever (TL) 2:00 Scent & Memories (TL) 2:30 Chair Zumba (MDR) 3:15 1:1 Exercise (RTR) 6:00 Boogie Evening (HW) 6:30 Bingo (AR1F)	9:50 Peace Time Program (SDR2) 10:00 Crochet and Art Club (LDR2) 10:15 1:1 iPad (RTR) 10:30 Exercise (MDR) 11:30 Self Directed Activities (A) 1:30 Tover Projector (AR1F) 2:00 Unit Bingo (HW) 2:30 1:1 Walking (A) 	9:45 Arm Chair Travel (AR1F) 10:00 Saturday Chill Club (TL) 2:15 Entertainment: Ashley Pinto (MDR)
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 2:00 Unit Bingo (AR1F) 2:30 Baking (LDR2) 	10:00 Picture Stories (TL) 10:30 Exercise (MDR) 10:30 Music & Movement (TL) 1:15 1:1 Walking (HW) 1:30 Individual Current Event Visit (A) 2:00 Word Games (AR1F) 2:00 Polish & Pitch (TL) 2:30 Bowling (LDR2) 6:00 Sing A Long (AR1F) 	10:00 Life Stories (TL) 10:30 Exercise (MDR) 10:45 Comedy Time (TL) 2:00 Trivia Challenge (MDR) 2:00 Montessori Group (HW) 3:00 Chair Zumba (MDR) 3:00 1:1 Reading (RTR) 3:30 1:1 Reminisicing (A)	10:00 Light and Sound Effect (SDR2) 10:30 Exercise (MDR) 11:15 Snuggles & Safari (SDR2) 2:00 1:1 Board Game (RTR) 2:00 Spirit of Gratitude (TL) 2:45 Arm Chair Travel (SDR2) 6:00 Unit Bingo (HW) 6:00 Movie Night- The Simpson's Movie (Disney +) (AR1F)	9:45 Memory Lane TV (SDR2) 9:45 Montessori Group (SDR2) 10:30 Exercise (MDR) 11:15 Rendever (TL) 2:00 1:1 Reminisicing (A) 2:00 Cookie & Cocoa Corner (A) 2:30 Chair Zumba (MDR) 3:15 1:1 Exercise (RTR) 3:30 1:1 Board Games (RTR) 6:00 Boogie Evening (HW) 6:30 Bingo (AR1F) 	10:00 Crochet and Art Club (LDR2) 10:15 1:1 iPad (RTR) 10:30 Exercise (MDR) 11:30 Self Directed Activities (A) 1:30 Tover Projector (AR1F) 2:00 Jewellery Making (RTR) 2:15 karaoke (AR1F)	9:45 Movie Matinee (SDR2) 10:15 Exercise (LDR3) 2:15 Entertainment: Claudia Corazon (MDR)
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 11:00 Communion (RTR) 2:45 Indoor/Outdoor Strolls (A) 	10:00 Picture Stories (TL) 10:30 Exercise (MDR) 10:30 Music & Movement (TL) 1:15 1:1 Walking (HW) 1:30 Individual Current Event Visit (A) 2:00 Word Games (AR1F) 2:00 Polish & Pitch (TL) 2:30 Bowling (LDR2) 6:00 Sing A Long (AR1F)	9:45 Montessori Stations (SDR2) 10:00 Fun with noodles (SDR2) 10:30 Exercise (MDR) 2:00 card games (MDR) 2:00 1:1 Exercise (A) 3:00 Chair Zumba (MDR)	10:00 Relaxing Environment (SDR2) 10:30 Exercise (MDR) 11:15 Snuggles & Safari (SDR2) 2:00 1:1 Board Game (RTR) 2:00 Spirit of Gratitude (TL) 2:45 Arm Chair Travel (SDR2) 6:00 Unit Bingo (HW) 6:00 Movie Night- Wreck it Ralph (Disney +) (AR1F)	10:30 Exercise (MDR) 11:15 Rendever (TL) 2:30 Chair Zumba (MDR) 3:15 1:1 Exercise (RTR) 6:00 Boogie Evening (HW) 6:30 Bingo (AR1F)	9:50 Peace Time Program (SDR2) 10:00 Crochet and Art Club (LDR2) 10:15 1:1 iPad (RTR) 10:30 Exercise (MDR) 11:30 Self Directed Activities (A) 1:30 Tover Projector (AR1F) 2:00 Unit Bingo (HW) 2:30 1:1 Walking (A)	9:45 Arm Chair Travel (AR1F) 10:00 Saturday Chill Club (TL) 2:15 Entertainment: Ashley Gilmore (MDR)