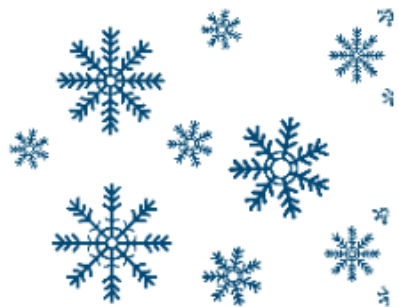




January 2026

Banwell Gardens Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check the back of this page for more information			Programs and locations subject to change	10:00 New Year Trivia 1 1:15 Group Exercise-A 2:00 Bingo 3:30 Tovertafel 6:00 Game Night	9:00 Meaningful Moments 2 9:30 Group Exercise-E.L. 1:00 Tuck Cart 3:30 Catch	8:00 Meaningful Moments 3 10:00 Word Games 1:00 Virtual Visits 1:15 Group Exercise- A 2:00 Card Club - Euchre
9:30 Mass on TV 4 10:30 Chair Yoga 1:00 Football Social 1:30 Hymns 1:30 Balloon Volleyball	9:00 Virtual Visits 5 10:30 Mindful Mandalas 1:15 Group Exercise-A 2:00 Calendar Planning & Birthday Card Club 3:30 Catch	9:00 PenPals 6 10:00 Communion 1:00 Reading with Sherry 1:00 Reading Group 1:15 Group Exercise- A 2:00 Movie Matinee 3:30 Snowball fight 6:00 Arts and Crafts	9:30 Group Exercise-E.L. 7 10:00 Resident Council 10:30 Sing A Long / Karaoke 1:30 Mini Golf 6:00 Parkwood Church	9:00 Morning Stroll 8 10:00 Horseshoes 1:15 Group Exercise- A 2:00 Bingo 4:00 Undeck the Halls 6:00 Tea Social	9:00 Meaningful Moments 9 9:30 Group Exercise-E.L. 10:00 Tuck Cart 1:00 Outing - Bowling	10:00 Axe Throwing 10 1:00 Virtual Visits 1:15 Group Exercise- A 2:00 Card Club - Euchre
9:30 Mass on TV 11 10:30 Reading Group 2:30 Uno 3:30 Montessori	9:00 Virtual Visits 12 10:00 Chair Yoga 1:15 Group Exercise-A 1:30 Bible Study 2:30 Montessori	9:00 Meetings 13 10:00 Entertainment - Crystal 1:00 Pictionary 1:00 Reading with Sherry 1:15 Group Exercise- A 1:30 Manicures 6:00 Game Night	9:30 Group Exercise-E.L. 14 10:30 Current Events 1:00 M. Reading Group 3:00 Flavours of the World 6:00 Art Therapy	9:00 Sensory Bake 15 10:00 Coffee & Conversation 1:15 Group Exercise- A 2:00 Bingo 3:30 Catch 6:00 Movie	9:00 Meaningful Moments 16 9:30 Group Exercise-E.L. 10:30 Meditation 1:00 Tuck Cart 3:00 Hot Chocolate Social	10:00 Ladder Ball 17 1:00 Virtual Visits 1:15 Group Exercise- A 2:00 Card Club - Euchre 2:30 Tovertafel
9:30 Mass on TV 18 10:30 Around the World - Rome 1:30 Hymns 2:30 Remember When	9:00 Virtual Visits 19 9:30 Holy Rosary 10:30 Word Games 1:15 Group Exercise-A 2:00 Popcorn Social 3:30 Meaningful Moments	10:00 Communion 20 11:30 Lunch Bunch - A&W 1:00 M. Reading Group 1:15 Group Exercise- A 2:00 Movie 3:30 Mindful Mandalas 6:00 Night Owls	9:30 Group Exercise-E.L. 21 10:30 Chinese Checkers 1:30 Working with Clay 3:30 Montessori 6:00 Twilight Bingo	9:00 Meaningful Moments 22 10:00 Horseshoes 1:15 Group Exercise- A 2:00 Bingo 6:00 Night Owls	9:00 Meaningful Moments 23 9:30 Group Exercise-E.L. 10:30 Outing - Hi Ho 10:30 1:00 Tuck Cart 3:00 Meditation	10:00 Java Music Club 24 1:00 Virtual Visits 1:15 Group Exercise- A 2:00 Card Club - Euchre 2:00 Piano with Haru
9:30 Mass on TV 25 10:30 Arts and Crafts 1:30 Bible Study 2:30 Coffee & Cake Social	9:00 Virtual Visits 26 10:30 Trivia 1:00 Yahtzee 1:15 Group Exercise-A	10:00 Mini Golf 27 1:00 Reading with Sherry 1:15 Group Exercise- A 1:30 Manicures 6:00 Paint Night	9:30 Group Exercise-E.L. 28 10:30 Axe Throwing 2:00 Java Music Club 3:30 Meaningful Moments 6:00 Art Therapy	9:30 Shake loose a memory 29 1:15 Group Exercise- A 2:00 Bingo 6:00 Tea Social	9:00 Meaningful Moments 30 9:30 Group Exercise-E.L. 1:00 Tuck Cart	9:30 Movie 31 1:00 Virtual Visits 1:15 Group Exercise- A 2:00 Card Club - Euchre