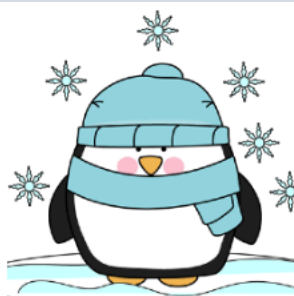
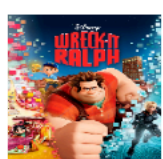




January 2026

Port Credit



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Locations Legend</u> Small Dining room (3rd Floor) (SDR3) Large Dining Room (3rd Floor) (LDR3) Activity Room (1st Floor) (AR1F) Main Dining Room (MDR) Room to Room (RTR) Any location (A) Outdoor Patio (P) Small Dining Room (Third Floor) (SDR)		 		10:15 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Snoezelen Visits/ Cart (SDR3) 2:30 Chair Zumba (MDR) 	9:30 One to one visit (A) 10:00 Colouring Therapy (SDR3) 10:30 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Afternoon Party (P)	11:00 Friendly Visits (A) 2:15 Entertainment: Marcus Schwan (MDR) 
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 2:00 Board Games (LDR3) 	4 10:00 Exercise (LDR3) 10:45 Helping Hands: Juice Making (SDR3) 2:00 Word Games (LDR3) 2:15 Rendeвер (RTR) 6:00 Sing A Long (AR1F) 	10:00 Reading Group (SDR3) 10:15 Exercise (LDR3) 10:45 Helping Hands: Pastry Making (SDR3) 2:00 Balloon tennis (LDR3) 3:00 Chair Zumba (MDR) 6:30 Video calls/phone calls (RTR)	10:30 Exercise (LDR3) 2:00 Residents' Council Meeting (AR1F) 2:00 One to One Visit (LDR3) 6:00 Movie Night- Inside Out (Disney +) (AR1F) 6:30 Video calls/phone calls (RTR) 	10:00 Arm Chair Travel (SDR3) 10:00 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Beauty Club (LDR3) 2:00 Tover (SDR3) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F) 	9:30 One to one visit (A) 10:00 Pet Therapy (Walter) (A) 10:30 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Art Class (LDR3) 	10:15 Exercise (LDR3) 2:15 Entertainment: Milan Vincec (MDR) 
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 11:00 Communion (RTR) 	11 10:00 Exercise (LDR3) 10:45 Helping Hands: Juice Making (SDR3) 2:00 Unit Bingo (LDR3) 2:15 Tover Tafel (SDR3) 6:00 Sing A Long (AR1F)	10:15 Exercise (LDR3) 10:45 Helping Hands: Pastry Making (SDR3) 2:00 Bible study (SDR3) 2:00 Dominoes (LDR3) 3:00 Chair Zumba (MDR) 6:30 Video calls/phone calls (RTR) 	10:30 Exercise (LDR3) 2:00 Baking Club (LDR3) 6:00 Movie Night- Inside Out 2 (Disney +) (AR1F) 6:30 Video calls/phone calls (RTR) 	10:00 Snoezelen Visits/ Cart (SDR3) 10:00 Bible Study (SDR3) 10:00 Exercise (MDR) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Horse Riding (SDR) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F)	9:30 One to one visit (A) 10:00 Colouring Therapy (SDR3) 10:30 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Afternoon Party (P) 	11:00 Friendly Visits (A) 2:15 Entertainment: Ashley Pinto (MDR) 
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 2:00 Board Game (RTR) 	18 10:00 Exercise (LDR3) 10:45 Helping Hands: Juice Making (SDR3) 2:15 Rendeвер (RTR) 6:00 Sing A Long (AR1F) 	10:00 Reading Group (SDR3) 10:15 Exercise (LDR3) 10:45 Helping Hands: Pastry Making (SDR3) 2:00 snakes and ladder (LDR3) 2:00 Tover (SDR3) 3:00 Chair Zumba (MDR) 6:30 Video calls/phone calls (RTR)	10:30 Exercise (LDR3) 2:00 Social Cart (LDR3) 6:00 Movie Night- The Simpson's Movie (Disney +) (AR1F) 6:30 Video calls/phone calls (RTR) 	10:00 Montessori Group (SDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:15 Snoezelen Visits/ Cart (SDR3) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F) 	9:30 One to one visit (A) 10:00 Colouring Therapy (SDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Afternoon Party (P) 	10:15 Exercise (LDR3) 2:15 Entertainment: Claudia Corazon (MDR) 
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 11:00 Communion (RTR) 	25 10:00 Exercise (LDR3) 10:45 Helping Hands: Juice Making (SDR3) 2:00 Unit Bingo (LDR3) 2:15 Tover Tafel (SDR3) 6:00 Sing A Long (AR1F) 	10:15 Exercise (LDR3) 10:45 Helping Hands: Pastry Making (SDR3) 2:00 rendeвер (SDR3) 2:00 Board Game (LDR3) 3:00 Chair Zumba (MDR) 6:30 Video calls/phone calls (RTR) 	10:30 Exercise (LDR3) 2:00 Baking Club (LDR3) 6:00 Movie Night- Wreck it Ralph (Disney +) (AR1F) 6:30 Video calls/phone calls (RTR) 	9:45 Individual Relaxation Session (A) 10:00 Bible Study (SDR3) 10:00 Exercise (MDR) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Drum Circle (SDR3) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F) 	9:30 One to one visit (A) 10:00 Colouring Therapy (SDR3) 10:00 Pet Therapy (Walter) (A) 10:30 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Afternoon Party (P)	11:00 Friendly Visits (A) 2:15 Entertainment: Ashley Gilmore (MDR) 