



# January 2026

## Dundurn Place Care Centre



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**



**New Years Day- Dress 1  
Fancy**

8:00 Calendar Posting (AF)  
10:30 Resident Program Planning (AL)  
12:00 Guitar w Aidan (AF)  
**2:00 New Years Party w Tristan (1st)**  
5:30 Friendly Visits (RR)

9:00 Friendly Visits (RR) **2**  
9:30 Restore & Move! (1st)  
10:15 Crafts with Jasmine (AL)  
1:15 Friendly Visits (RR)  
2:00 Bingo (1st)  
3:45 Family Feud (1st)  
**5:45 Outing RBG (out)**

9:00 Scent therapy (1st) **3**  
9:30 Fun & Fitness Centrecise (AL)  
10:00 Musicking (LOUN)  
2:00 Bingo (1st)  
3:00 Friendly Visits (RR)

10:00 Hymn Sing (AL) **4**  
10:45 Catholic Mass (AL)  
1:30 Waffles & Hot Chocolate (1st)  
3:00 Drum Circle (AL)

9:00 Scent therapy (1st) **5**  
9:30 Pet Therapy w Brisket (1st)  
9:30 Restore & Move! (1st)  
10:30 Exercise/Centrecise (LOUN)  
1:30 Baking Cookies (dr)  
3:30 Dreamcatcher Colouring (MDR)  
6:30 Casino Night (1st)

8:30 Friendly Visits (RR) **6**  
9:30 Restore & Move! (1st)  
10:00 Bible Study with Hobbe (LOUN)  
2:00 Bingo (1st)

**Orthodox Christmas - 7  
Wear Red & Green**  
8:30 Friendly Visits (RR)  
9:00 Scent therapy (1st)  
9:30 Restore & Move! (1st)  
10:00 Fun & Fitness Centrecise (AL)  
10:30 Random trivia (AL)  
**2:00 Entertainment w Dan Dyer (1st)**

8:00 Birthday Breakfast (BAR) **8**  
9:30 Restore & Move! (1st)  
10:00 Pet Therapy with Teddy (AL)  
10:30 Music with Elmer (AL)  
1:45 Hot chocolate socials (MDR)  
4:00 Axe Throwing (2)  
5:30 Hand Massages (RR)  
6:30 Bingo (1st)

8:30 Christmas decor take down. (AF) **9**  
9:30 Restore & Move! (1st)  
1:30 Take Down Xmas Decor (AF)

9:00 Friendly Visits (RR) **10**  
9:30 Scent Therapy (AL)  
10:30 Welcome Social (1st)  
2:00 Bingo (1st)

8:00 Christmas Decor Take Down (AF) **11**  
11:00 Christmas Decor Take Down (AF)  
1:30 Christmas Decor Take Down (AF)  
2:30 Christmas Take Down (AF)

8:00 Friendly visit (RR) **12**  
9:15 Pet Therapy w Brisket (1st)  
9:30 Restore & Move! (1st)  
10:30 Music Care Activity (AL)  
1:15 Family Feud (AL)  
**1:30 Leisure Outings (Jackson Square) with Mr. D.D (out)**  
2:30 Beauty Club (AL)  
3:45 Crafts with Ana (ARDR)  
6:30 Hangman (AL)  
7:30 Friendly Visits (RR)

8:30 Friendly Visits (RR) **13**  
9:30 Restore & Move! (1st)  
10:00 Bible Study with Hobbe (1st)  
2:00 Bingo (1st)

**Jersey Day 14**  
8:30 Friendly Visits (RR)  
9:00 Scent therapy (1st)  
9:30 Restore & Move! (1st)  
10:00 Fun & Fitness Centrecise (AL)  
10:30 Bocce ball (AL)  
1:45 Crock-a-Doodle (BAR)  
2:30 Music with Elmer (AL)  
**6:30 Pub Night w Jeff (1st)**

8:30 Friendly Visits (RR) **15**  
9:30 Restore & Move! (1st)  
10:00 Puppy Yoga (1st)  
1:30 Mini Theatre (RR)  
4:15 Beauty Club (2)  
5:30 Friendly Visits (RR)  
6:30 Bingo (1st)

9:00 Friendly Visits (RR) **16**  
9:30 Restore & Move! (1st)  
10:00 Crafts with Jasmine (AL)  
11:15 Smoothie Making (AL)  
1:30 Jeopardy (AL)  
2:45 Pet Therapy with teddy (AL)

9:00 Scent therapy (1st) **17**  
9:30 Fun & Fitness Centrecise (AL)  
10:00 Musicking (LOUN)  
2:00 Bingo (1st)  
3:00 Friendly Visits (RR)

8:15 Friendly Visits (RR) **18**  
**10:00 Church Service - Immanuel Christian Reformed (1st)**  
**2:00 Wine&Cheese Party (1st)**



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### Monday

9:00 Scent therapy (1st) **19**  
9:30 Pet Therapy w Brisket (1st)  
9:30 Restore & Move! (1st)  
10:15 Exercise/Centrecise (LOUN)  
11:00 Trivia (LOUN)  
**12:45 Outing to Walmart (out)**  
1:30 Paint Afternoon (MDR)  
3:00 Bean Bag Toss (AL)  
6:00 Hangman (AL)

### Tuesday

8:30 Friendly Visits (RR) **20**  
9:30 Restore & Move! (1st)  
10:00 Bible Study with Hobbe (1st)  
2:00 Bingo (1st)

### Wednesday

**Denim Day** **21**  
8:30 Friendly Visits (RR)  
9:00 Scent therapy (1st)  
9:30 Restore & Move! (1st)  
10:00 Fun & Fitness Centrecise (AL)  
**10:30 Sound Bowls with Masha (LOUN)**  
1:30 Ring Toss (LOUN)  
2:30 Karaoke (AL)  
4:30 Take-Out Night (AL)

### Thursday

8:30 Friendly Visits (RR) **22**  
9:30 Restore & Move! (1st)  
10:00 Pet Therapy with Teddy (AL)  
10:30 Music with Elmer (AL)  
2:45 Drum Circle (AL)  
4:15 Colouring Group (LOUN)  
5:30 Friendly Visits (RR)  
6:30 Bingo (1st)

### Friday

8:15 Friendly Visits (RR) **23**  
9:00 Scent Therapy (1st)  
9:30 Restore & Move! (1st)  
**10:00 Horticultural Therapy (1st)**  
1:30 Sing along (AL)  
2:30 Happy Hour (AL)

### Saturday

9:00 Friendly Visits (RR) **24**  
10:00 Crafts with Jasmine (AL)  
11:00 Busy Hands (LOUN)  
2:00 Bingo (1st)

### Sunday

9:00 Friendly Visits (RR) **25**  
10:00 Hymn Sing (AL)  
10:45 Beauty Club (LOUN)  
1:30 Zumba with Rainier (1st)  
3:00 Hot Chocolate Social (1st)

8:00 Friendly visit (RR) **26**  
9:15 Pet Therapy w Brisket (1st)  
9:30 Restore & Move! (1st)  
10:30 Bean Bag Toss (LOUN)  
1:30 Leisure outing with Mr. C.H (JS)  
1:30 Artful Moments (LOUN)  
3:00 Family Feud (AL)  
4:15 Smoothie Making (AL)  
6:30 Ladies Night (1st)

8:30 Friendly Visits (RR) **27**  
9:30 Restore & Move! (1st)  
10:00 Bible Study with Hobbe (1st)  
2:00 Bingo (1st)

**Plaid Day** **28**  
8:30 Friendly Visits (RR)  
9:00 Scent therapy (1st)  
9:30 Restore & Move! (1st)  
10:00 Fun & Fitness Centrecise (AL)  
10:30 Name that Tune (LOUN)  
**2:00 Birthday Party w Paula (1st)**  
6:30 Game Tournament (1st)

8:30 Friendly Visits (RR) **29**  
9:30 Restore & Move! (1st)  
10:00 Pet Therapy with Teddy (AL)  
10:30 Music with Elmer (AL)  
1:30 Men's Club (1st)  
4:15 Word Games (AL)  
5:30 Friendly Visits (RR)  
6:30 Bingo (1st)

9:00 Friendly Visits (RR) **30**  
9:30 Restore & Move! (1st)  
10:00 Chair Yoga (AL)  
11:15 Plant Trivia (LOUN)  
1:15 Beauty Club (RR)  
2:30 Jewelry Making (MDR)

9:00 Scent therapy (1st) **31**  
9:30 Fun & Fitness Centrecise (AL)  
10:00 Musicking (LOUN)  
2:00 Bingo (1st)  
3:00 Friendly Visits (RR)

**"Programs & Times are subject to change."**



**Recreation Therapists**

**Elmer-Full time  
Ana and  
Jasmine-PT**