



# January 2026

## Dundurn Place Care Centre



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



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 - Wear Red & Green** **7**  
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)**



# January 2026

## Dundurn Place Care Centre



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 Scent therapy (1st) <b>19</b> 9:30 Pet Therapy w Brisket (1st) 9:30 Restore & Move! (1st) 10:15 Exercise/Centrecise (LOUN) 11:00 Trivia (LOUN) <b>12:45 Outing to Walmart (out)</b> 1:30 Paint Afternoon (MDR) 3:00 Bean Bag Toss (AL) 6:00 Hangman (AL)	8:30 Friendly Visits (RR) <b>20</b> 9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (1st) 2:00 Bingo (1st)	<b>Denim Day</b> <b>21</b> 8:30 Friendly Visits (RR) 9:00 Scent therapy (1st) 9:30 Restore & Move! (1st) 10:00 Fun & Fitness Centrecise (AL) <b>10:30 Sound Bowls with Masha (LOUN)</b> 1:30 Ring Toss (LOUN) 2:30 Karaoke (AL) 4:30 Take-Out Night (AL)	8:30 Friendly Visits (RR) <b>22</b> 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)	8:15 Friendly Visits (RR) <b>23</b> 9:00 Scent Therapy (1st) 9:30 Restore & Move! (1st) <b>10:00 Horticultural Therapy (1st)</b> 1:30 Sing along (AL) 2:30 Happy Hour (AL)	9:00 Friendly Visits (RR) 10:00 Crafts with Jasmine (AL) 11:00 Busy Hands (LOUN) 2:00 Bingo (1st)	9:00 Friendly Visits (RR) <b>25</b> 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) <b>26</b> 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) <b>27</b> 9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (1st) 2:00 Bingo (1st)	<b>Plaid Day</b> <b>28</b> 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) <b>2:00 Birthday Party w Paula (1st)</b> 6:30 Game Tournament (1st)	8:30 Friendly Visits (RR) <b>29</b> 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) <b>30</b> 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) 9:30 Fun & Fitness Centrecise (AL) 10:00 Musicking (LOUN) 2:00 Bingo (1st) 3:00 Friendly Visits (RR)	<b>"Programs &amp; Times are subject to change."</b>



Recreation Therapists

Elmer-Full time  
Ana and  
Jasmine-PT