



January 2026

Unit 4 - Maple Place



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:30 Happy Vibes 1 9:00 Music Therapy 2:00 Celebrating New Year	8:15 Happy vibes 2 10:00 Sai Dham Wellness 2:00 Fishin' Fun Day 6:00 Busy Hands	10:00 Bingo 3 10:45 Sing-Alongs 2:00 Laugh Corner
10:00 Virtual Spiritual Service 4 10:45 Hymn sing 2:00 Storytelling with Adele 	8:30 Happy Vibes 5 10:00 Active Games 2:00 Board Games 6:15 Movie Night	10:00 Exercise 6 1:00 Massage Therapy - Appointment only 2:00 JAVA Music 	Orthodox Christmas 7 10:00 Giving Garden - Winter 2:00 Residents' Council 2:00 Table Games	10:00 Music Appreciation - Elvis 8 2:00 Happiness programme 6:00 Spa time 	8:15 Happy vibes 9 10:00 Catholic Mass - Bishop Visit 2:00 Salvation Army 	10:00 Bingo 10 10:45 Sing-Alongs 2:00 Ultimate Bingo
10:00 Virtual Spiritual Service 11 10:45 Hymn sing 2:00 Movie	10:00 Exercise 12 10:30 Mind Aerobic 2:00 Mix & Match 6:15 Pub Night 	8:30 Happy Vibes 13 10:00 Bean Bag Toss 1:00 Massage Therapy - Appointment only 2:00 Card Games	10:00 Giving Garden - Winter 14 2:00 Stroll & Explore 3:00 Paint with Erin 6:30 Scented oasis 	8:30 Happy Vibes 15 10:00 Athletic Games 2:00 Tea club 6:00 Chicken Soup For the Soul	8:15 Happy vibes 16 10:00 Eatonville Cafe 2:00 Curious Minds, Creative Hands 6:00 Beauty Club	10:00 Bingo 17 10:45 Sing-Alongs 2:00 Laughing Corner
10:00 Virtual Spiritual Service 18 10:45 Hymn sing 1:45 Flicks & Chill 	10:00 Exercise 19 10:30 Word Games 2:00 Sit & Dance 6:00 Let's Sort	10:00 Crossword Games 20 1:00 Massage Therapy - Appointment only 2:00 Colouring Time	8:30 Happy Vibes 21 10:00 Giving Garden - Winter 2:00 Busy Hands	8:30 Happy Vibes 22 10:00 What's in the bag 2:00 Crafty Fingers 6:00 Sensory Stimulation	8:15 Happy vibes 23 10:00 Table Ball 2:00 Card Games 6:00 Bocce ball 	10:00 Bingo 24 10:45 Sing-Alongs 2:00 Ultimate Bingo
10:00 Virtual Spiritual Service 25 10:45 Hymn sing 2:00 Celebrating Robbie Burns 	10:00 Exercise 26 10:30 Calendar planning 2:00 Board Games	10:00 Name That Tune 27 1:00 Massage Therapy - Appointment only 2:00 Birthday Party 	10:00 Giving Garden - Winter 28 2:00 Bowling 6:00 Arm Chair Travel	8:30 Happy Vibes 29 10:00 Music & Movement 2:00 Culinary Adventure 6:00 Sensory Hands 	8:15 Happy vibes 30 10:00 Exercise 2:00 Draw Time	Calendar Visits 31 10:00 Bingo 10:45 Sing-Alongs 2:00 Healing Prayer Group 