

January 2026

Dundurn Place Care Centre



Sunday

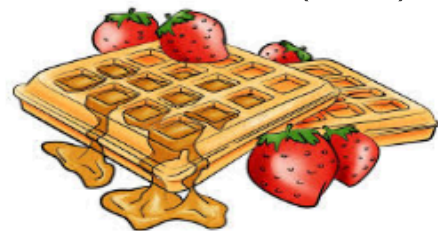
Programs take place in the following areas:

AL - Activity

Lounge/ Lounge
MDR - Main Dining
Room

BAR - Basement
Activity Room

9:30 Hymn Sing (LOUN) **4**
10:30 Spiritual Service (LOUN)
11:30 Meal Prep (AL)
1:30 Waffles & Hot Chocolate (1st)
3:00 Card Games (LOUN)



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)



Monday

Program Facilitators

Satnam
Bardha



9:30 Restore & Move! **5** (1st)
10:30 Shuffleboard (AL)
11:30 Meal Prep (AL)
2:00 Sewing Club (GARD)
3:30 Scrapbooking (a)
6:30 Casino Night (1st)



9:30 Restore & Move! **12** (1st)
10:00 Exercise/Centrecise (LOUN)
10:30 Shuffleboard (AL)
11:30 Meal Prep (AL)
1:30 Baking Cookies (BAR)
3:30 Colouring Fun (LOUN)
6:30 Blackjack (AL)

Tuesday

Programs & times are subject to change.



9:30 Restore & Move! **6** (1st)
10:00 Bible Study with Hobbe (LOUN)
11:30 Meal Prep (AL)
2:00 Bingo (1st)



9:30 Restore & Move! **13** (1st)
10:00 Bible Study with Hobbe (1st)
11:30 Meal Prep (AL)
2:00 Bingo (1st)
4:00 Walk & Talk (a)



Wednesday



Orthodox Christmas - Wear Red & Green **7**
9:30 Restore & Move! (1st)
9:45 Fun & Fitness Centrecise (LOUN)
10:30 Pet Therapy w Brisket (a)
11:30 Meal Prep (AL)
2:00 Entertainment w Dan Dyer (1st)
4:00 Social Walks (a)
6:30 Board Games (LOUN)

Jersey Day **14**
9:30 Restore & Move! (1st)
9:45 Fun & Fitness Centrecise (LOUN)
10:30 Pet Therapy w Brisket (a)
11:30 Meal Prep (AL)
1:45 Crock-a-Doodle (BAR)
4:00 Webster's Book Club (a)
6:30 Pub Night w Jeff (1st)



Thursday

New Years Day- Dress Fancy **1**
8:00 Calendar Posting (AF)
10:30 Fun & Fitness Centrecise (LOUN)
11:30 Meal Prep (AL)
12:00 Guitar w Aidan (AF)
2:00 New Years Party w Tristan (1st)
4:00 NY Day Fun Facts (AL)
6:15 Movie Night Party (LOUN)

8:00 Birthday Breakfast **8** (BAR)
9:30 Restore & Move! (1st)
10:30 Chair Yoga (AL)
11:30 Meal Prep (AL)
1:30 Pet Therapy with Teddy (a)
3:30 Hang-Man (LOUN)
6:30 Bingo (1st)



9:30 Restore & Move! **15** (1st)
10:00 Puppy Yoga (1st)
11:30 Meal Prep (AL)
1:30 Pet Therapy with Teddy (a)
3:30 Hangman (AL)
6:30 Bingo (1st)

Friday

9:30 Restore & Move! **2** (1st)
9:45 Fun & Fitness Centrecise (LOUN)
10:30 Smoothie Making (AL)
11:30 Meal Prep (AL)
2:00 Bingo (1st)
5:45 Outing RBG (out)

8:30 Christmas decor take down. (AF) **9**
9:30 Restore & Move! (1st)
1:30 Take Down Xmas Decor (AF)
4:00 Tidy Up (LOUN)



9:30 Restore & Move! **16** (1st)
9:45 Fun & Fitness Centrecise (LOUN)
10:30 Balloon Tennis (AL)



Saturday

9:45 Exercise/Centrecise **3** (LOUN)
10:30 Trivia (AL)
11:30 Meal Prep (AL)
2:00 Bingo (1st)
3:15 Hangman (AL)

9:30 Exercise/Centrecise **10** (LOUN)
10:30 Welcome Social (1st)
11:30 Meal Prep (AL)
2:00 Bingo (1st)



9:45 Chair Dancing **17** (AL)
10:30 Webster's Beauty Salon (AL)
11:30 Meal Prep (AL)
2:00 Bingo (1st)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Church Service - Immanuel Christian Reformed (1st) 11:30 Meal Prep (AL) 2:00 Wine&Cheese Party (1st)	9:30 Restore & Move! (1st) 9:45 Exercise/Centrecise (LOUN) 10:30 Shuffleboard (AL) 11:30 Meal Prep (AL) 12:45 Outing to Walmart (out) 2:00 Blackjack (AL) 6:30 Resident Program Planning (AL)	9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (1st) 11:30 Meal Prep (AL) 2:00 Bingo (1st) 3:30 Crafts w Bardha (a)	<i>Denim Day</i> 9:30 Restore & Move! (1st) 9:45 Fun & Fitness Centrecise (LOUN) 10:30 Sound Bowls with Masha (LOUN) 11:30 Meal Prep (AL) 4:30 Take-Out Night (AL) 6:30 Webster's Theatre (LOUN)	9:30 Restore & Move! (1st) 9:45 Fun & Fitness Centrecise (LOUN) 11:30 Meal Prep (AL) 1:30 Pet Therapy with Teddy (a) 3:00 Beach Volleyball (a) 4:00 Hang-Man (AL) 6:30 Bingo (1st)	9:30 Restore & Move! (1st) 10:00 Horticultural Therapy (1st) 11:30 Meal Prep (AL) 1:30 Pet Therapy w Brisket (AL) 2:30 Paint Afternoon (a)	10:00 Exercise/C (LOUN) 11:30 Meal Prep (AL) 2:00 Bingo (1st)
10:00 Fun & Fitness Centrecise (LOUN) 10:30 Spiritual Service (LOUN) 11:30 Meal Prep (AL) 1:30 Zumba with Rainier (1st) 2:30 Cleaning Crew (a)	9:30 Restore & Move! (1st) 10:30 Shuffleboard (AL) 11:30 Meal Prep (AL) 2:00 Karaoke (LOUN) 3:30 Blackjack (LOUN) 6:30 Ladies Night (1st)	9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (1st) 11:30 Meal Prep (AL) 2:00 Bingo (1st) 4:00 Walk & Talk (a)	<i>Plaid Day</i> 9:30 Restore & Move! (1st) 9:45 Fun & Fitness Centrecise (LOUN) 10:30 Pet Therapy w Brisket (a) 11:30 Meal Prep (AL) 2:00 Birthday Party w Paula (1st) 4:00 Cheery Chats (LOUN) 6:30 Game Tournament (1st)	9:30 Restore & Move! (1st) 9:45 Fun & Fitness Centrecise (LOUN) 11:30 Meal Prep (AL) 1:30 Pet Therapy with Teddy (a) 1:30 Men's Club (1st) 4:00 Hang-Man (LOUN) 6:30 Bingo (1st)	9:30 Restore & Move! (1st) 9:45 Fun & Fitness Centrecise (LOUN) 11:30 Meal Prep (AL) 2:00 Beauty Club (a)	9:45 Chair Dancing (LOUN) 10:30 Jeopardy (LOUN) 11:30 Meal Prep (AL) 2:00 Bingo (1st)
<u>Programs take place in the following areas:</u> AL - Activity Lounge/ Lounge MDR - Main Dining Room BAR - Basement Activity Room	Programs & times are subject to change					