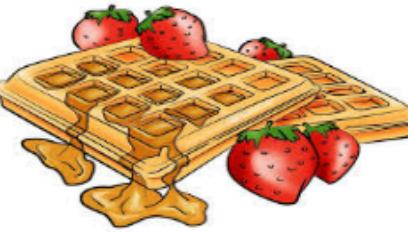


# January 2026

## Dundurn Place Care Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Programs take place in the following areas:</b></p> <p><b>AL</b> - Activity Lounge/ Lounge</p> <p><b>MDR</b> - Main Dining Room</p> <p><b>BAR</b> - Basement Activity Room</p> <p>9:30 Hymn Sing (LOUN) <b>4</b> 10:30 Spiritual Service (LOUN) 11:30 Meal Prep (AL) 1:30 Waffles &amp; Hot Chocolate (1st) 3:00 Card Games (LOUN)</p> 	<p><b>Program Facilitators</b></p> <p>Satnam Bardha</p> 	<p>Programs &amp; times are subject to change.</p> 		<p><i>New Years Day- Dress Fancy</i> <b>1</b></p> <p>8:00 Calendar Posting (AF) 10:30 Fun &amp; 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)</p>	<p>9:30 Restore &amp; Move! <b>2</b> (1st) 9:45 Fun &amp; Fitness Centrecise (LOUN) 10:30 Smoothie Making (AL) 11:30 Meal Prep (AL) 2:00 Bingo (1st) 5:45 Outing RBG (out)</p>	<p>9:45 Exercise/Cent<sup>3</sup> (LOUN) 10:30 Trivia (AL) 11:30 Meal Prep (AL) 2:00 Bingo (1st) 3:15 Hangman (AL)</p>
<p>8:00 Christmas Decor Take Down (AF) <b>11</b> 11:00 Christmas Decor Take Down (AF) 1:30 Christmas Decor Take Down (AF) 2:30 Christmas Take Down (AF)</p> 	<p>9:30 Restore &amp; Move! <b>12</b> (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)</p>	<p>9:30 Restore &amp; Move! <b>13</b> (1st) 10:00 Bible Study with Hobbe (1st) 11:30 Meal Prep (AL) 2:00 Bingo (1st) 4:00 Walk &amp; Talk (a)</p> 	<p><i>Jersey Day</i> <b>14</b></p> <p>9:30 Restore &amp; Move! (1st) 9:45 Fun &amp; 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)</p> 	<p>9:30 Restore &amp; Move! <b>15</b> (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)</p>	<p>9:30 Restore &amp; Move! (1st) 9:45 Fun &amp; Fitness Centrecise (LOUN) 10:30 Balloon Tennis (AL)</p> 	<p>9:45 Chair Dancing <b>17</b> (AL) 10:30 Webster's Beauty Salon (AL) 11:30 Meal Prep (AL) 2:00 Bingo (1st)</p> 

# January 2026

## Dundurn Place Care Centre

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)	<b>18</b> 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)	<b>19</b> 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)	<b>20</b> Denim Day 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)	<b>21</b> 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)	<b>22</b> 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)	<b>23</b> 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)	<b>25</b> 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)	<b>26</b> 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)	<b>27</b> Plaid Day 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)	<b>28</b> 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)	<b>29</b> 9:30 Restore & Move! (1st) 9:45 Fun & Fitness Centrecise (LOUN) 11:30 Meal Prep (AL) 1:30 Pet Therapy with Brisket (AL) 2:00 Beauty Club (a)	<b>30</b> 9:45 Chair Dancing (LOUN) 10:30 Jeopardy (LOUN) 11:30 Meal Prep (AL) 2:00 Bingo (1st)
<u><b>Programs take place in the following areas:</b></u> <b>AL</b> - Activity Lounge/ Lounge <b>MDR</b> - Main Dining Room <b>BAR</b> - Basement Activity Room	Programs & times are subject to change					