

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026



				10:00 Bingo 2:00 Happy Hour with Randy N. 6:00 Colour Relaxation	10:00 Bingo 2:30 Islamic Service	10:30 Zumba with Allison 2:00 Aromatherapy
9:00 Catholic Mass TV Live 10:30 Service Communion 2:00 Guided Meditation	10:00 Ladies Morning Tea & Talks 2:00 Chair Yoga	10:00 Bingo 2:00 Music Therapy	10:00 Men's Club 2:00 Happy Hour with Richard S.	10:00 Throwback Thursday 2:00 Karaoke Day 6:15 Zumba with Allison	10:00 Bingo 2:00 Beauty Club	10:00 Heritage Park Alliance (Protestant) 2:00 Aromatherapy
9:00 Catholic Mass TV Live 10:30 Service Communion 2:00 Physical Games	10:00 Trivia & Coffee 2:00 Crafty Creation	9:30 Resident Council Meeting 2:00 Bingo	10:00 Virtual Field Trip 2:00 Happy Hour with Ted B.	10:00 Resident Council Leaders' Inauguration 2:00 Comedy Corner 6:00 Colour Relaxation	10:00 Bingo 2:00 Beauty Club	10:00 Throne of Grace (Pentecostal) 2:00 Aromatherapy
9:00 Catholic Mass TV Live 10:30 Service Communion 2:00 Guided Meditation	10:00 Ladies Morning Tea & Talks 2:00 Chair Yoga	10:00 Bingo 2:00 Karaoke	10:00 Men's Club 2:00 Happy Hour with Happy Duo	10:00 Throwback Thursday 2:00 Karaoke Day 6:15 Zumba with Allison	10:00 Bingo 2:00 Catholic Mass	10:30 Zumba with Allison 2:00 Aromatherapy
9:30 Parkwood Church Service (Christian) 2:00 Physical Games	10:00 Trivia & Coffee 2:00 Crafty Creation	10:00 Bingo 2:00 Karaoke	10:00 Virtual Field Trip 2:00 Happy Hour with Bev. B	10:00 Comedy Corner 2:00 Karaoke Day 6:00 Colour Relaxation	10:00 Bingo 2:00 Beauty Club	10:00 Gentle Exercises 2:00 Aromatherapy

Martin Luther King Jr. Day

Australia Day (Observed)