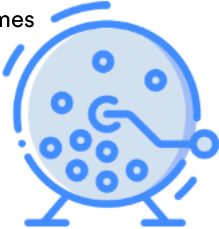




January 2026

Cooksville Care Centre City Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:30 Exercise 2:30 Chair Zumba 1	10:15 1:1 iPad 10:30 Exercise 2 1:30 Tover Projector 2:30 1:1 Walking	9:45 Arm Chair Travel 3 2:15 Entertainment: Marcus Schwan
10:00 Church Service 10:30 Hymn Sing 2:00 Unit Bingo 4	10:30 Exercise 5 1:15 1:1 Walking 2:00 Word Games 6:00 Sing A Long	10:30 Exercise 6 2:00 Trivia Challenge 3:00 Chair Zumba 3:30 1:1 Reminisicing	10:30 Exercise 7 2:00 1:1 Board Game 6:00 Movie Night- Inside Out (Disney +)	10:30 Exercise 8 2:30 Chair Zumba 3:30 1:1 Board Games 6:30 Bingo 	10:15 1:1 iPad 9 10:30 Exercise 1:30 Tover Projector 2:15 karaoke	10:15 Exercise 10 2:15 Entertainment: Milan Vincec
10:00 Church Service 10:30 Hymn Sing 11:00 Communion 11	10:30 Exercise 12 1:15 1:1 Walking 2:00 Word Games 6:00 Sing A Long 	10:30 Exercise 13 2:00 card games 3:00 Chair Zumba	10:30 Exercise 14 2:00 1:1 Board Game 6:00 Movie Night- Inside Out 2 (Disney +)	10:30 Exercise 15 2:30 Chair Zumba 6:30 Bingo	10:15 1:1 iPad 16 10:30 Exercise 1:30 Tover Projector 2:30 1:1 Walking	9:45 Arm Chair Travel 17 2:15 Entertainment: Ashley Pinto 
10:00 Church Service 10:30 Hymn Sing 2:00 Unit Bingo 18	10:30 Exercise 19 1:15 1:1 Walking 2:00 Word Games 6:00 Sing A Long	10:30 Exercise 20 2:00 Trivia Challenge 3:00 Chair Zumba 3:30 1:1 Reminisicing	10:30 Exercise 21 2:00 1:1 Board Game 6:00 Movie Night- The Simpson's Movie (Disney +)	10:30 Exercise 22 2:30 Chair Zumba 3:30 1:1 Board Games 6:30 Bingo 	10:15 1:1 iPad 23 10:30 Exercise 1:30 Tover Projector 2:15 karaoke	10:15 Exercise 24 2:15 Entertainment: Claudia Corazon
10:00 Church Service 10:30 Hymn Sing 11:00 Communion 25	10:30 Exercise 26 1:15 1:1 Walking 2:00 Word Games 6:00 Sing A Long	10:30 Exercise 27 2:00 card games 3:00 Chair Zumba	10:30 Exercise 28 2:00 1:1 Board Game 6:00 Movie Night- Wreck it Ralph (Disney +)	10:30 Exercise 29 2:30 Chair Zumba 6:30 Bingo	10:15 1:1 iPad 30 10:30 Exercise 1:30 Tover Projector 2:30 1:1 Walking	9:45 Arm Chair Travel 31 2:15 Entertainment: Ashley Gilmore