

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Monday                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                                                                           | Saturday                                                                                                                                                                                                                                                                         |
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| <div> <div>  <div> <div>3 WEST</div> <div> <div>FLOWER: CARNATION</div> <div>COLOUR: PEARL WHITE</div> <div>STONE: GARNET &amp; ONYX</div> <div>ANIMAL: RABBIT</div> <div>SPIRIT ANIMAL: POLAR BEAR</div> <div>ZODIAC: CAPRICORN (JAN 1-19)</div> <div>ZODIAC: AQUARIUS (JAN 20-31)</div> </div> </div> </div> <div> <div>3 WEST</div> <div>January 2026</div> <div>  </div> </div> </div> |                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                  |
| <div> <div>9:30- HOUR OF POWER 4</div> <div>9:30- PAINTERS COVE N.YEARS</div> <div>10:45- HYMN'S &amp; STORIES</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- CHRISTMAS-OPLOY</div> <div>1:30- MUSICAL MELODIES</div> <div>2:30- AXE THROW GAME</div> <div>3:30- AMBULATION/ PHYSIO</div> </div>                                                                                                                                                                                                                                                         | <div> <div>9:30- FITNESS CLASS 5</div> <div>10:30- CHURCH SERVICE</div> <div>10:45- FUN &amp; GAMES</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- WORD GAMES NEW YEARS</div> <div>2:30- BEAUTY TIME</div> <div>3:00- TRAVELLING TREATS</div> <div>3:30- AMBULATION/ PHYSIO</div> </div>   | <div> <div>9:30- FUN &amp; FITNESS 6</div> <div>10:00- WORD GAME</div> <div>10:30- NOODLE SOCCER</div> <div>11:00- LET'S WALK &amp; TALK</div> <div>1:15- READING STORIES</div> <div>2:30- ELVIS IN THE BUILDING w BRUCE T</div> </div>                                                    | <div> <div>9:30- FITNESS CLASS 7</div> <div>10:15- COMEDY SHOW</div> <div>10:45- SNOOZELYN</div> <div>11:15- AMBULATION/R.O.M</div> <div>2:00- BAKING OATMEAL COOKIES</div> <div>2:30- WINTER TRIVIA</div> <div>2:45- TASTE TEST OAT. COOKIES</div> <div>3:45- AMBULATION/ PHYSIO</div> </div>        | <div> <div>9:30- JUMBLE NEW YEARS 1</div> <div>10:15- JAN CALENDAR'S</div> <div>10:45- R.O.M EXERCISE</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:15- FOLLOW UR NOSE GAME</div> <div>2:00- AFTERNOON MATINEE</div> <div>2:30- NEW YEAR SOCIAL w ANDREW &amp; LOUISE</div> <div>3:45- AMBULATION/ PHYSIO</div> </div> | <div> <div>9:30- FUN &amp; FITNESS 2</div> <div>10:00- BINGO</div> <div>11:00- WONDERS IN THAILAND</div> <div>1:15- READING STORIES</div> <div>2:00- AFTERNOON MATINEE</div> <div>2:00- BIRTHDAY PARTY w JAY ONE MAN BAND</div> </div>                                                                                           | <div> <div>9:30- FITNESS CLASS 3</div> <div>10:15- N.Y HOROSCOPES</div> <div>10:45- SNOOZELYN</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- HORSE DERBY</div> <div>2:30- HOT CHOC SOCIAL</div> <div>3:00- HOLIDAY MOVIE</div> <div>3:30- AMBULATION/ PHYSIO</div> </div>   |
| <div> <div>A NEW YEAR BRINGS NEW OPPORTNITIES 11</div> <div>  </div> </div>                                                                                                                                                                                                                                                                                                                                                                                                 | <div> <div>9:30- FITNESS CLASS 12</div> <div>10:30- CHURCH SERVICE</div> <div>10:45- PUZZLING GAME</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:15- BEAUTY TIME</div> <div>2:00- AFTERNOON MATINEE</div> <div>2:00- YOUNG AT HEART ART</div> <div>3:30- AMBULATION/ PHYSIO</div> </div>      | <div> <div>9:30- CREATE A WORD 13</div> <div>10:15- MONTESSORI</div> <div>10:45- TWIST &amp; TURN</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- BOWLING</div> <div>2:30- JOKES &amp; RIDDLES</div> <div>3:00- MINI PAINTER'S COVE</div> <div>3:30- AMBULATION/ PHYSIO</div> </div>   | <div> <div>9:30- FITNESS CLASS 14</div> <div>10:15- HYMN &amp; STORIES</div> <div>10:45- SNOOZELYN</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- MAKING PIZZA</div> <div>2:00- PIZZA SOCIAL &amp; TRIVIA</div> <div>2:30- TASTE TEST PIZZA</div> <div>3:30- AMBULATION/ PHYSIO</div> </div>     | <div> <div>9:30- JUMBLE WINTER 15</div> <div>10:15- BIBLE STUDY</div> <div>10:45- R.O.M EXERCISE</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- HORSE DERBY</div> <div>2:30- CONVENIENCE STORE</div> <div>3:00- TRAVEL MILKSHAKES</div> <div>3:30- AMBULATION/ PHYSIO</div> </div>                                  | <div> <div>8:30- SPECIAL BREAKFAST 9</div> <div>10:15- NOODLE SOCCER</div> <div>11:00- WINTER STORIES</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- MINI BINGO</div> <div>1:30- MUSICAL MELODIES</div> <div>2:30- AROMA &amp; MASSAGE</div> <div>3:00- AMBULATION/ PHYSIO</div> <div>5:45- EVENING TRIVIA</div> </div>     | <div> <div>2:30- POT AND DANCE DRUMMING 10</div> <div>  </div> </div>                                                                                                                         |
| <div> <div>9:30- HOUR OF POWER 18</div> <div>9:30- PAINTERS COVE WINTER</div> <div>10:45- HYMN'S &amp; STORIES</div> <div>12:00- SWISS CHALET LUNCH</div> <div>2:00- BOARD GAME MONOPOLY</div> <div>2:00- MUSICAL MELODIES</div> <div>3:15- AXE THROW GAME</div> <div>3:45- AMBULATION/ PHYSIO</div> </div>                                                                                                                                                                                                                                                   | <div> <div>9:30- FITNESS CLASS 19</div> <div>10:00- FUN &amp; GAMES</div> <div>10:30- CHURCH SERVICE</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- WORD GAMES M. L. KING</div> <div>2:30- BEAUTY TIME</div> <div>3:00- TRAVELLING TREATS</div> <div>3:30- AMBULATION/ PHYSIO</div> </div> | <div> <div>9:30- FUN &amp; FITNESS 20</div> <div>10:00- BALL TOSS</div> <div>10:30- REBUS PUZZLES</div> <div>11:00- LET'S WALK &amp; TALK</div> <div>1:30- BOWLING</div> <div>2:30- CARD GAMES</div> <div>3:30- COLORING &amp; MUSIC</div> </div>                                          | <div> <div>9:30- FITNESS CLASS 21</div> <div>10:15- COMEDY SHOW</div> <div>10:45- SNOOZELYN</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- BAKING APPLE TARTS</div> <div>2:00- TART SOCIAL &amp; TRIVIA</div> <div>2:30- TASTE TEST APPLE TARTS</div> <div>3:30- AMBULATION/ PHYSIO</div> </div> | <div> <div>9:30- JUMBLE FOOD 22</div> <div>10:15- BIBLE STUDY</div> <div>10:45- FUN &amp; FITNESS</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:15- CONVENIENCE STORE</div> <div>2:00- AFTERNOON MATINEE</div> <div>2:30- ANGLICAN SERVICE</div> <div>3:45- AMBULATION/ PHYSIO</div> </div>                            | <div> <div>8:30 SPECIAL BREAKFAST 23</div> <div>10:15- NOODLE SOCCER</div> <div>11:00- R. BURNS STORIES</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- MINI BINGO</div> <div>1:30- MUSICAL MELODIES</div> <div>2:30- AROMA &amp; MASSAGE</div> <div>3:00- AMBULATION/ PHYSIO</div> <div>5:45- SNOWFLAKES CRAFT</div> </div> | <div> <div>2:30- CHINESE EVANGLICAL LUTHERAN CHURCH 24</div> <div>  </div> </div>                                                                                                           |
| <div> <div>SNOWFLAKES ARE WINTER'S BUTTERFLIES 25</div> <div>  </div> </div>                                                                                                                                                                                                                                                                                                                                                                                               | <div> <div>9:30- FITNESS CLASS 26</div> <div>10:30- CHURCH SERVICE</div> <div>10:45- WINDOW ART VALENTINE</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:15- BEAUTY TIME</div> <div>2:00- AFTERNOON MATINEE</div> <div>2:30- MUSIC WITH KENNY</div> <div>3:45- AMBULATION/ PHYSIO</div> </div> | <div> <div>9:30- FROM A - Z GAME 27</div> <div>10:15- MONTESSORI</div> <div>10:45- TWIST &amp; TURN</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- BOWLING</div> <div>2:30- JOKES &amp; RIDDLES</div> <div>3:00- MINI PAINTER'S COVE</div> <div>3:30- AMBULATION/ PHYSIO</div> </div> | <div> <div>9:30- FITNESS CLASS 28</div> <div>10:15- HYMN &amp; STORIES</div> <div>10:45- SNOOZELYN</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:15- ROBBIE BURNS TRIVIA</div> <div>2:00- AFTERNOON MATINEE</div> <div>2:30- MUSIC FROM HEART</div> <div>3:45- AMBULATION/ PHYSIO</div> </div>      | <div> <div>9:30- PRICE IS RIGHT GAME 29</div> <div>10:15- BIBLE STUDY</div> <div>10:45- R.O.M EXERCISE</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- HORSE DERBY</div> <div>2:30- CONVENIENCE STORE</div> <div>3:00- TRAVEL MILKSHAKES</div> <div>3:30- AMBULATION/ PHYSIO</div> </div>                            | <div> <div>9:30- FUN &amp; FITNESS 30</div> <div>10:00- THROW &amp; STICK</div> <div>11:00- DISCUSSION GROUP</div> <div>1:30- BOARD GAMES</div> <div>2:30- FANCY NAILS</div> <div>3:30- MOVIE MATTINEE</div> </div>                                                                                                              | <div> <div>9:30- FITNESS CLASS 31</div> <div>10:15- HOROSCOPES</div> <div>10:45- SNOOZELYN</div> <div>11:15- AMBULATION/R.O.M</div> <div>1:30- MINI BINGO</div> <div>2:30- HOT CHOC SOCIAL</div> <div>3:00- AROMA &amp; MASSAGE</div> <div>3:30- AMBULATION/ PHYSIO</div> </div> |