

January 2026

FOUR WEST

				9:45-- 1 to 1 visits with January Calendars 10:15--Reminiscing Group 11:00--Fishing Game/Axe Throwing 2:30- BLING INTO THE NEW YEAR WITH ANDREW AND LOUISE New Year's Day	9:30--Table Volleyball/ Exercise Group 10:15--Word Games 11:00--w/C Travel 2:00--Music with Jay Aud. 5:45 Bingo on 5 West	9:30 TABLE TENNIS 10:00 BINGO 11:00 BEAUTY TIME 1:30 COLORING TO MUSIC 2:15 SING ALONG 3:30 WALKING GROUP/ W/C TRAVEL
9:30 MORNING YOGA 10:00 LET'S TRAVEL TO... SWITZERLAND! 10:45 HYMNS & STORIES 1:30 WINTER PAINTING 2:30 AROMATHERAPY 3:30 BALL TOSS 4:00 Hymn Sing A Long	9:30 COMEDY HOUR 10:30 CHURCH SERVICE CHAPEL 1:30 COLORING TO MUSIC 2:30 MUSIC WITH BALL 3:30 FRIENDLY VISITS	9:30--Bean Bag Toss 10:15--Word Games 11:00--Horse Derby 2:30 Elvis IS IN THE BUILDING WITH BRUCE	9:30--Ball Toss/Exercise Group 10:15--Bingo 11:00--Coloring to Music 2:00 JUDY AND ROBIN SING A LONG 5:45 Short Stories	9:30--Noodle Soccer 10:00--Bowling 11:00---Trivia 1:30--Food program	8:30- Special Breakfast 9:30 Basketball Throw 11:15 Ambulation with Ball 1:45- Coloring with Music 3:00- One to One 5:45 Bingo or Cards on 5 West	9:30 -Exercise group, 10:00--Horse Derby 2:30 POT AND DANCE DRUMMING AUDITORIUM
9:30--Noodle Soccer 10:00--Hour of Power T.V. 10:30--Paint By Numbers 11:00--Short Stories 1:30--Piccolo Pranazo/Taste/Trivia	9:30 Exercise Group 10:30 CHURCH SERVICE CHAPEL 2:00 YOUNG AT HEART FOR 2W 3W 3E 4W 3:30 Fancy Nails	9:30--Who Am I? 10:00--Word Scrabble 11:00---W/C Travel 1:30---Bowling	9:30 TABLE TENNIS 10:00 LIBRARY VISIT 10:45 WINTERTIME TRIVIA 1:30 SNOWMAN CRAFT 2:30 BALL TOSS 3:15 SHORT STORIES 5:45 Reminiscing		9:30--Basketball Throw 10:00--Arts & Crafts 11:00--Name that tune 1:30--Baking 5:45 Bingo or Cards on 5 West	9:30 AXE THROW 10:15 BOOKMARK CRAFT 11:00 RHYMING WORDS 2:00 MUSIC WITH DOUG 3:30 BASKETBALL TOSS
9:30 NOODLE SOCCER 10:30 TRUE OR FALSE 11:00 COLOURING W/ MUSIC 1:30 BINGO 2:30 THROWBACK SING ALONG 3:30 LADDER BALL 5:45 Axe Throw	9:30 MARTIN LUTHER KING 10:30 CHURCH SERVICE CHAPEL 1:30 NOODLE SOCCER 2:30 WORD GAME 3:00 ARM CHAIR TRAVEL THROUGH SPAIN 3:30 FANCY NAILS Martin Luther King Jr. Day	9:30--Fishing Game 10:00-Gentle Stretch 11:00-Short Stories/Poems 1:30-Food Program 2:00 Reminiscing Discussion	9:30-Exercise Group 10:30--Painters Cove 11:00-Noodle Soccer/Ball Toss 1:30-Price is Right 3:15-Hand Massages	9:30-Bean Bag Toss Axe Throwing 10:00--Word Scrabble 11:00- Wheelchair Travel 1:30-Memory Games/Puzzles 3:15-Ball Toss 5:45 Betting on Dingo	8:30 SPECIAL BREAKFAST 9:30- Morning Stretch 10:30- Comedy Hour 1:45- Art and Craft 3:00- One to One	9:30-Gentle Stretch/ Volley Ball Throw 10:00-Fun with Words 11:00-Poems & Stories 2:30 CHINESE EVANGELICAL LUTHERAN CHURCH
9:30-Fishing Game/Ball Toss 10:00-Hour of Power T.V. 11:00--Fill in the Blanks 1:30--Hot Chocolate Drinks	9:30 Wheelchair Through Australia 10:30 CHURCH SERVICE CHAPEL 2:30 Music With Kenny Australia Day (Observed)	9:30--Table Volley Ball 10:15--Word Scrabble 11:00-Movie 1:30--Bingo 5:45 You Be the Judge	9:30 LADDER BALL 10:00 WINTER PUNS & JOKES 10:45 WHEELCHAIR TRAVEL 1:30 PUZZLES & BOARD GAMES 2:30 MUSIC FROM THE HEART - AUDITORIUM	9:30--Bean Bag Toss 10:00-Fishing Games/ Exercise Group 11:00--Sing a long 1:30--Bowling 5:45 Finish the Line	9:30-Horse Derby 10:30--Noodle Soccer 11:00--News & Views 1:30--Arts and Crafts	9:30 Move And Groove 10:30 Name That Tune 1:30 Trivia and Questions 2:30 Comedy Show 3:00 Fancy Nails 5:45 Bean Bag Toss