

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2026

Parkwood Suites, Garden Homes, and DLMA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	3
				9:30 Strength & Conditioning (CR) 10:30 Discussion Group: <i>Program Planning for 2026</i> (MPR) 1:15 Hot Wax Treatment (Gym)	9:30 Flexibility Fitness (CR) 10:30 Yahtzee (MPR) 1:30 Ladder Ball Toss (CR)	1:30 Exercise Circle with Matt (CR) 2:30 UNO (MPR)
				New Year's Day		
10:30 Sunday Service with Chaplain Ellen (FH)	4 9:30 Strength & Conditioning (CR) 10:30 Word Games (CR) 1:30 Dominoes (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR)	5 9:30 Qi Gong (FH) 1:30 Bocce Ball (CR Hallway) 2:30 Manicures (MPR)	6 9:30 Parachute Fun (CR) 10:30 Hymn Sing (MPR) <b>2:00 Schneider Haus Presentation: Past Times</b> (FH)	7 9:30 Strength & Conditioning (CR) 10:30 Word Game: <i>Say What?</i> (CR) 1:15 Hot Wax Treatment (Gym) 2:30 BINGO (MPR)	8 <b>10:00 Music with Robert MacKinnon (FH)</b>	9 1:30 Exercise Circle with Matt (CR) 2:30 Board Games (MPR)
10:30 Sunday Service with Chaplain Lisa (FH)	11 9:30 Lower Body Strength (CR) 10:30 Creative Painting (MPR) 1:30 Ladder Ball Toss (CR) <b>2:00 Music with Marilyn &amp; Muriel (FH)</b> 2:30 Spirit Circle with Chaplain Ellen (CR)	12 10:00 Men's Club (CR) 1:30 Bean Bag Toss (CR) 2:30 Poetry Reading (MPR) 6:15 Movie Night: <i>Because of Winn-Dixie</i> (CR)	13 9:30 Seated Dance with Lauren (FH) 10:20 RC Communion Visits 10:30 Hymn Sing (MPR) <b>11:30 Outing: Crowsfoot Restaurant *Sign-up required</b>	14 9:30 Lower Body Strength (CR) <b>10:30 Memorial Service (FH)</b> 1:15 Hot Wax Treatment (Gym)	15 <b>Fried Egg Friday</b> 10:00 Flexibility Fitness (CR) <b>2:00 Music with Derek Byrne (FH)</b>	10 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) 1:30 Bean Bag Toss (CR) 2:30 Word Games (CR)
10:30 Sunday Service with Chaplain Lisa (FH)	18 <b>10:00 Outing: Walmart</b> <b>*Sign-up required</b> 1:30 UNO (MPR)	19 <b>Hearing Clinic</b>	20 9:30 Seated Dance with Lauren (FH) 10:30 Hymn Sing (MPR) <b>2:00 Music with Manvir (FH)</b>	21 9:30 Lower Body Strength (CR) 10:30 January Birthday Celebration (MPR) 10:30 Worship with Janice (FH) 1:15 Hot Wax Treatment (Gym) 2:30 BINGO (MPR)	22 9:30 Flexibility Fitness (CR) 10:30 Dominoes (MPR) 1:30 Bean Bag Toss (CR)	23 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) 1:30 Ladder Ball Toss (CR) 2:30 Yahtzee (MPR)
10:30 Sunday Service with Chaplain Lisa (FH)	25 9:30 Upper Body Strength (CR) 10:30 Creative Painting (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR)	26 1:30 Bocce Ball (CR Hallway) 2:30 UNO (MPR) 5:00 Suites 6 <sup>th</sup> Floor Dinner (MPR)	27 9:30 Beach Ball Bash (CR) 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR) <b>2:00 Music with Jim Young</b> (FH)	28 <b>8:30 Outing: Jack's Family Restaurant *Sign-up required</b> 1:15 Hot Wax Treatment (Gym) 2:30 Travelogue: Scotland (CR)	29 9:30 Flexibility Fitness (CR) 10:30 Jeopardy (CR) 1:30 Ladder Ball Toss (CR)	31 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) 1:30 Bean Bag Toss (CR) 2:30 Word Games (CR)
Australia Day (Observed)						

# ACTIVITY CALENDAR

## JANUARY 2026



January 2026

## Pool Schedule