

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Parkwood Suites, Garden Homes, and DLMA

				9:30 Strength & Conditioning (CR) 10:30 Discussion Group: <i>Program Planning for 2026</i> (MPR) 1:15 Hot Wax Treatment (Gym) New Year's Day	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)
10:30 Sunday Service with Chaplain Ellen (FH)	9:30 Strength & Conditioning (CR) 10:30 Word Games (CR) 1:30 Dominoes (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR)	9:30 Qi Gong (FH) 1:30 Bocce Ball (CR Hallway) 2:30 Manicures (MPR)	9:30 Parachute Fun (CR) 10:30 Hymn Sing (MPR) 2:00 Schneider Haus Presentation: Past Times (FH)	9:30 Strength & Conditioning (CR) 10:30 Word Game: <i>Say What?</i> (CR) 1:15 Hot Wax Treatment (Gym) 2:30 BINGO (MPR)	10:00 Music with Robert MacKinnon (FH)	1:30 Exercise Circle with Matt (CR) 2:30 Board Games (MPR)
10:30 Sunday Service with Chaplain Lisa (FH)	9:30 Lower Body Strength (CR) 10:30 Creative Painting (MPR) 1:30 Ladder Ball Toss (CR) 2:00 Music with Marilyn & Muriel (FH) 2:30 Spirit Circle with Chaplain Ellen (CR)	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)	9:30 Seated Dance with Lauren (FH) 10:20 RC Communion Visits 10:30 Hymn Sing (MPR) 11:30 Outing: Crowsfoot Restaurant *Sign-up required	9:30 Lower Body Strength (CR) 10:30 Memorial Service (FH) 1:15 Hot Wax Treatment (Gym)	Fried Egg Friday 10:00 Flexibility Fitness (CR) 2:00 Music with Derek Byrne (FH)	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)	10:00 Outing: Walmart *Sign-up required 1:30 UNO (MPR) Martin Luther King Jr. Day	9:30 Qi Gong (FH) 1:30 Ring Toss (CR) 2:30 Current Events (MPR) 7:00 Music with Fred & Friends (MPR)	9:30 Seated Dance with Lauren (FH) 10:30 Hymn Sing (MPR) 2:00 Music with Manvir (FH)	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)	9:30 Flexibility Fitness (CR) 10:30 Dominoes (MPR) 1:30 Bean Bag Toss (CR)	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)	9:30 Upper Body Strength (CR) 10:30 Creative Painting (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR)	1:30 Bocce Ball (CR Hallway) 2:30 UNO (MPR) 5:00 Suites 6 th Floor Dinner (MPR)	9:30 Beach Ball Bash (CR) 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR) 2:00 Music with Jim Young (FH)	8:30 Outing: Jack's Family Restaurant *Sign-up required 1:15 Hot Wax Treatment (Gym) 2:30 Travelogue: Scotland (CR)	9:30 Flexibility Fitness (CR) 10:30 Jeopardy (CR) 1:30 Ladder Ball Toss (CR)	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)

Contact Recreation: (519) 885 – 0090 Ext. 275 or recreation@parkwoodmh.com



ACTIVITY CALENDAR

JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2026 Pool Schedule						
	4 2:30 Aquafit 3:00 Open Swim	5 4:00 Aquafit 6:30 Open Swim	6	7 2:30 Aquafit 3:00 Open Swim	1 2:30 Aquafit 3:00 Open Swim	2 10:00 Aquafit 10:30 Open Swim
				8 2:30 Aquafit 3:00 Open Swim		9 10:00 Aquafit 10:30 Open Swim
	11 2:30 Aquafit 3:00 Open Swim	12 4:00 Aquafit	13	14 2:30 Aquafit 3:00 Open Swim	15 2:30 Aquafit 3:00 Open Swim	16 10:00 Aquafit 10:30 Open Swim
	18 2:30 Aquafit 3:00 Open Swim	19 4:00 Aquafit	20	21 2:30 Aquafit 3:00 Open Swim	22 2:30 Aquafit 3:00 Open Swim	23 10:00 Aquafit 10:30 Open Swim
	25 2:30 Aquafit 3:00 Open Swim	26 3:30 Aquafit	27	28	29 2:30 Aquafit 3:00 Open Swim	30 10:00 Aquafit 10:30 Open Swim
					31	

Aquatic programs will be 30 minutes each

Highlight = being held at a different time than usual