



January 2026 - Memory Care

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Memory Care Locations Legend: 8th Floor Dining Room (8D) 8th Floor Patio (8P) 8th Floor Recreation Room (8R) Creative Studio (C) Excursion (E) Theatre (T)			New Year's Day ¹ 11:00 Stretch Class (8R) 2:00 Watercolour Painting (8R) 3:30 Bocce Ball (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)	² 10:00 Jigsaw Puzzles (8D) 11:00 Cardio Class (8R) 2:30 Music with Jimmy (8D) 7:00 Karaoke Night (8R) 7:30 Tea and Snack (8D)	³ 9:30 Weekend Puzzlers (8D) 11:00 Strength Class (8R) 3:00 Badminton (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)
⁴ 9:30 Virtual Church Service (8D) 11:00 Stretch Class (8R) 1:30 Name That Tune (8D) 3:00 Football (8R) 6:30 Staff Choice (8R) 7:30 Tea and Snack (8D)	⁵ 9:45 Music with Jimmy (8D) 11:00 Balance Class (8R) 2:00 Spotify Music Group (8D) 3:30 Indoor Curling (8R) 6:30 Cooking Show (8R) 7:30 Tea and Snack (8D)	⁶ 10:00 Scenic Drive (E) 11:00 Cardio Class (8R) 2:00 Live Music: Claire Lecocq (violin) & Jarred Albright (fiddle) (T) 3:30 Obie Games (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)	⁷ 10:00 Music with Kathryn (8D) 11:15 Strength Class (8R) 2:00 Live Music: Jerry Hashman (banjo) (T) 3:30 Colour Matching Game (8R) 6:30 Dancing with the Stars (8R) 7:30 Tea and Snack (8D)	⁸ 10:00 Scenic Drive (E) 11:00 Stretch Class (8R) 2:00 Live Music: Heather Thirsk (piano & singing) (T) 3:30 Bocce Ball (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)	⁹ 9:30 Kingsland Day Care Visit (8D) 10:00 Jigsaw Puzzles (8D) 11:00 Cardio Class (8R) 2:30 Music with Jimmy (8D) 3:30 Soccer (8D) 7:00 Karaoke Night (8R) 7:30 Tea and Snack (8D)	¹⁰ 9:30 Weekend Puzzlers (8D) 11:00 Strength Class (8R) 1:30 Craft: Stamp Art (8R) 3:00 Bowling (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)
¹¹ 9:30 Virtual Church Service (8D) 11:00 Stretch Class (8R) 1:30 BINGO (8D) 3:00 Axe Throwing (8R) 6:30 Staff Choice (8R) 7:30 Tea and Snack (8D)	¹² 9:45 Music with Jimmy (8D) 11:00 Balance Class (8R) 2:00 Spotify Music Group (8D) 3:30 Giant Dart Game (8R) 6:30 Cooking Show (8R) 7:30 Tea and Snack (8D)	¹³ 10:00 Scenic Drive (E) 11:00 Cardio Class (8R) 2:00 Live Music: David Morrissey (cello) & Stephanie Soltice-Johnson (violin) (T) 3:30 Dice Game (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)	¹⁴ 10:00 Music with Kathryn (8D) 11:15 Strength Class (8R) 2:00 High Tea: Breakfast at Tiffany's (C) 3:30 Colouring - Breakfast at Tiffany's (8R) 6:30 Dancing with the Stars (8R) 7:30 Tea and Snack (8D)	¹⁵ 10:00 Scenic Drive (E) 11:00 Stretch Class (8R) 2:00 Java Music Club (8R) 3:30 Bocce Ball (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)	¹⁶ 10:00 Jigsaw Puzzles (8D) 11:00 Cardio Class (8R) 2:30 Music with Jimmy (8D) 3:30 Basketball (8D) 7:00 Karaoke Night (8R) 7:30 Tea and Snack (8D)	¹⁷ 9:30 Weekend Puzzlers (8D) 11:00 Strength Class (8R) 1:30 Craft: Watercolour Painting (8R) 3:00 Ladder Ball (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)

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18 9:30 Virtual Church Service (8D) 11:00 Stretch Class (8R) 1:30 Trivia (8D) 3:00 Volleyball (8R) 6:30 Staff Choice (8R) 7:30 Tea and Snack (8D)	19 9:45 Music with Jimmy (8D) 11:00 Balance Class (8R) 2:00 Spotify Music Group (8D) 3:30 Parachute Games (8R) 6:30 Cooking Show (8R) 7:30 Tea and Snack (8D)	20 10:00 Scenic Drive (E) 11:00 Cardio Class (8R) 2:00 Live Music: Deborah Nyack (harp) (T) 3:30 Obie Games (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)	21 10:00 Music with Kathryn (8D) 11:15 Strength Class (8R) 2:00 Live Music: Lana Sawatzky (piano) (T) 3:00 New Year Spa Day (8R) 6:30 Dancing with the Stars (8R) 7:30 Tea and Snack (8D)	22 11:00 Stretch Class (8R) 2:00 Baking: Ukrainian Cake (8R) 3:30 Bocce Ball (8R) 4:00 Menu Theme: Ukraine (D) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)	23 9:30 Kingsland Day Care Visit (8D) 10:00 Jigsaw Puzzles (8D) 11:00 Cardio Class (8R) 2:30 Music with Jimmy (8D) 3:30 National Pie Day Social (8D) 7:00 Karaoke Night (8R) 7:30 Tea and Snack (8D)	24 9:30 Weekend Puzzlers (8D) 11:00 Strength Class (8R) 1:30 Craft: Fabric Collaging (8R) 3:00 Shuffleboard (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)
25 9:30 Virtual Church Service (8D) 11:00 Stretch Class (8R) 1:30 Shortbread and Scottish Music (8D) 3:00 Robbie Burns Day Colouring (8R) 6:30 Staff Choice (8R) 7:30 Tea and Snack (8D)	26 9:45 Music with Jimmy (8D) 11:00 Balance Class (8R) 2:00 Spotify Music Group (8D) 3:30 Volleyball (8R) 6:30 Cooking Show (8R) 7:30 Tea and Snack (8D)	27 10:00 Scenic Drive (E) 11:00 Cardio Class (8R) 2:00 Live Music: Natalie Inga (singer/songwriter), Alex Klipper & Matthew Lowe (T) 3:30 Magnetic Chess Game (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)	28 10:00 Music with Kathryn (8D) 11:15 Strength Class (8R) 2:00 Baking: Cut Out Cookies (8R) 3:30 Cookies and Cocoa Social (8R) 6:30 Dancing with the Stars (8R) 7:30 Tea and Snack (8D)	29 10:00 Scenic Drive (E) 11:00 Stretch Class (8R) 2:00 Family Feud (8D) 3:30 Bocce Ball (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)	30 10:00 Jigsaw Puzzles (8D) 11:00 Cardio Class (8R) 2:30 Music with Jimmy (8D) 3:30 Beach Ball Games (8D) 7:00 Karaoke Night (8R) 7:30 Tea and Snack (8D)	31 9:30 Weekend Puzzlers (8D) 11:00 Strength Class (8R) 1:30 Craft: Oil Pastel Bookmarks (8R) 3:00 Obie Games (8R) 6:30 Movie Night (8R) 7:30 Tea and Snack (8D)