

January 2026

2 West Programs Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Residents Choice (TV) - TV2W	2 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W	3 10:30am Church Service - MPR
4 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	5 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W 2:30pm Throwback Tuesdays - MPR	6 9:30am Oldies Tunes/Music Appreciation - TV2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	7 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Board Games Bonanza - MPR	8 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:00pm Hot Chocolate Social - MPR 2:30pm Residents Choice (TV) - TV2W	9 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W	10 10:30am Church Service - MPR
11 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	12 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W 2:30pm Throwback Tuesdays - MPR	13 9:30am Oldies Tunes/Music Appreciation - TV2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	14 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:00pm Community Artists Club - MPR	15 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Entertainment - Country Kenny - MPR 2:30pm Residents Choice (TV) - TV2W	16 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W	17 10:30am Church Service - MPR
18 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	19 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W 2:30pm Throwback Tuesdays - MPR	20 9:30am Oldies Tunes/Music Appreciation - TV2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	21 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR	22 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Men's Club - Current Events - MPR 2:30pm Residents Choice (TV) - TV2W	23 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W	24 10:30am Church Service - MPR
25 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	26 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W 2:30pm Throwback Tuesdays - MPR	27 9:30am Oldies Tunes/Music Appreciation - TV2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	28 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:00pm Memorial Service - MPR	29 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:00pm January Birthday Party - MPR 2:30pm Residents Choice (TV) - TV2W	30 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W	31 10:30am Church Service - MPR

AR2W - Activity Room 2W

MPR - Multi-Purpose Room

TV2W - TV Room 2W

V 2W - Varied 2W

Programs may be subject to change.