

January 2026

3 East Programs Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30am Cognitive game - AR3E	2 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:00pm Jewish Service - MPR 2:30pm cook show - V 3E	3 10:30am Church Service - MPR
4 10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm music appreciation - V 3E	5 10:30am Cognitive game - AR3E 10:30am armchair travel - V 3E 2:30pm Throwback Tuesdays - MPR	6 10:30am Cognitive game - AR3E 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Board Games Bonanza - MPR	7 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - TV3E 2:00pm Hot Chocolate Social - MPR	8 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:00pm Jewish Service - MPR 2:30pm cook show - V 3E	9 10:30am Church Service - MPR	10
11 10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm music appreciation - V 3E	12 10:30am Cognitive game - AR3E 10:30am armchair travel - V 3E 2:30pm Throwback Tuesdays - MPR	13 10:30am Cognitive game - AR3E 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:00pm Community Artists Club - MPR 2:30pm animal show - TV3E	14 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Entertainment - Country Kenny - MPR	15 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - TV3E 2:30pm Men's Club - Current Events - MPR	16 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:00pm Jewish Service - MPR 2:30pm cook show - V 3E	17 10:30am Church Service - MPR
18 10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm music appreciation - V 3E	19 10:30am Cognitive game - AR3E 10:30am armchair travel - V 3E 2:30pm Throwback Tuesdays - MPR	20 10:30am Cognitive game - AR3E 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Community Bingo Club - MPR 2:30pm animal show - TV3E	21 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Men's Club - Current Events - MPR	22 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - TV3E 2:30pm January Birthday Party - MPR	23 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:00pm Jewish Service - MPR 2:30pm cook show - V 3E	24 10:30am Church Service - MPR
25 10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm cook show - V 3E 2:30pm music appreciation - V 3E	26 10:30am Cognitive game - AR3E 10:30am armchair travel - V 3E 2:30pm Throwback Tuesdays - MPR	27 10:30am Cognitive game - AR3E 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:00pm Memorial Service - MPR 2:30pm animal show - TV3E	28 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:00pm January Birthday Party - MPR	29 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - TV3E 2:00pm Jewish Service - MPR 2:30pm cook show - V 3E	30 10:30am Arts & Crafts Appreciation - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:00pm Jewish Service - MPR 2:30pm cook show - V 3E	31 10:30am Church Service - MPR

AR3E - Activity Room 3E

MPR - Multi-Purpose Room

TV3E - TV Room 3E

V 3E - Varied 3E

Programs may be subject to change.