

January 2026



4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:00am Tranquil Nature - AR4E 10:15am Coffee & Tea Social Club - AR4E 11:00am Celebration of Culture - AR4E 2:00pm Music Appreciation - V 4E 3:30pm Window on the World - V 4E	8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:30am Unit Decorating - V 4E 2:00pm Jewish Service - MPR 2:00pm Jewish Service/ Sabbath Shalom Virtual - V 4E 3:15pm Praise & Worship Songs - V 4E	10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
4	5	6	7	8	9	10
	8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E 3:00pm Music And Movement - V 4E	8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 9:30am One to One Visits - V 4E 10:00am Music Appreciation - V 4E 10:30am Bingo Club /Table Top Games - AR4E 2:30pm Reminiscing - Trip Down Memory Lane - AR4E 2:30pm Throwback Tuesdays - MPR	8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:15pm Music Appreciation - V 4E 2:30pm Board Games Bonanza - MPR 3:00pm Movie - V 4E	8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:30am Creative Artists Group - AR4E 11:00am Moving to Music - V 4E 2:00pm Hot Chocolate Social - MPR 3:30pm Window on the World - V 4E	8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Table Top Games - AR4E 2:00pm Jewish Service - MPR 2:00pm Jewish Service/ Sabbath Shalom Virtual - V 4E 3:15pm Praise & Worship Songs - V 4E	10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
11	12	13	14	15	16	17
	8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E 3:00pm Music And Movement - V 4E	8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 9:30am One to One Visits - V 4E 10:00am Music Appreciation - V 4E 10:30am Bingo Club /Table Top Games - AR4E 2:30pm Comedy Time - V 4E 2:30pm Throwback Tuesdays - MPR	8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:15pm Music Appreciation - V 4E 2:00pm Community Artists Club - MPR 3:00pm Movie - V 4E	8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:00am Calming Sensory Relaxation - V 4E 10:30am Cognitive Games - AR4E 2:30pm Entertainment - Country Kenny - MPR 3:30pm Window on the World - V 4E	8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Table Top Games - AR4E 2:00pm Jewish Service - MPR 2:00pm Jewish Service/ Sabbath Shalom Virtual - V 4E 3:15pm Praise & Worship Songs - V 4E	10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
18	19	20	21	22	23	24
	8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E 3:00pm Music And Movement - V 4E	8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 9:30am One to One Visits - V 4E 10:00am Music Appreciation - V 4E 10:30am Bingo Club /Table Top Games - AR4E 2:30pm 4 Express (Sports Games) - AR4E 2:30pm Throwback Tuesdays - MPR	8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:15pm Music Appreciation - V 4E 2:30pm Community Bingo Club - MPR 3:00pm Movie - V 4E	8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 2:00pm Calming Sensory Relaxation - V 4E 2:30pm Men's Club - Current Events - MPR 2:30pm Puzzles And blookes - AR4E 3:30pm Window on the World - V 4E	8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Table Top Games - AR4E 2:00pm Jewish Service - MPR 2:00pm Jewish Service/ Sabbath Shalom Virtual - V 4E 3:15pm Praise & Worship Songs - V 4E	10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
25	26	27	28	29	30	31
	8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E 3:00pm Music And Movement - V 4E	8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 9:30am One to One Visits - V 4E 10:00am Music Appreciation - V 4E 10:30am Bingo Club /Table Top Games - AR4E 2:30pm Armchair Travel - V 4E 2:30pm Throwback Tuesdays - MPR	8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:15pm Music Appreciation - V 4E 2:00pm Memorial Service - MPR 3:00pm Movie - V 4E	8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:00am Baking Social Club - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 2:00pm January Birthday Party - MPR 3:30pm Window on the World - V 4E	8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Table Top Games - AR4E 2:00pm Jewish Service - MPR 2:00pm Jewish Service/ Sabbath Shalom Virtual - V 4E 3:15pm Praise & Worship Songs - V 4E	10:30am Church Service - MPR 2:30pm Spiritual Songs MPR

AR4E - Activity Room 4E

MPR - Multi-Purpose Room

V 4E - Varied 4E

Programs may be subject to change.