

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Happy New Year!

				 HAPPY NEW YEAR 1 10:00am- Bean Bag Toss with Care Staff- 2L 2:00pm- Bailey's & Coffee with Lorel- ML LEXI IS OFF <small>New Year's Day</small>		10:00am- Crosswords with Kirsten- 3L 2 10:00am- Morning Documentary- 2L 11:00am- Morning Stretches with Kirsten- A 2:00pm- Happy Hour with Christine- ML LEXI IS OFF		9:00am- Morning Coffee 3 10:00am- Morning Movie- 2L 2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML 7:00pm- Musical Evening with Graeme Crabb- ML					
9:00am- Morning Walks 4 10:00am- Virtual Church Service- 2L 10:00am- Virtual Church Service- 3L 3:00pm- Afternoon Walks		9:00am- Pancake Breakfast with Lexi & Kirsten- 3L (Sign-up Required) 5 10:00am- Balloon Badminton with Care Staff- 2L 11:00am- Exercises with Paige- A 1:45pm- BINGO with Kirsten- 3L 3:00pm- Knit & Natter- 3L		10:00am- DrumFit with Lexi- A 6 10:00am- Musical Morning with Andrew- 2L 10:30am- Blood Pressure & Weight Clinic- 3L 2:00pm- Afternoon Stretches with Lexi- A 2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML 6:45pm- Movie Night- ML		10:00am- Crosswords with Kirsten- 3L 7 10:00am- 1:1 Visits with Care Staff- 2L 11:00am- Exercises with Paige- A 11:00am- Lunch at the Baton Rouge Kanata with Lexi- (Sign-up Required) P1&P2 2:00pm- Hearing Clinic- CR		10:00am- DrumFit with Lexi- A 8 10:30am- Chit & Chat with Lexi- 3L 10:15am- Music Therapy with Barb- 2L 2:00pm- Birthday Party with Tom Vailliquette- ML 3:00pm- Afternoon Walks		10:00am- Crosswords with Kirsten- 3L 9 10:00am- Morning Documentary- 2L 11:00am- Morning Stretches with Kirsten- A 2:00pm- Happy Hour with Lexi- ML		9:00am- Morning Coffee 10 10:00am- Morning Movie- 2L 2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML 6:45pm- Movie Night- ML	
9:00am- Morning Walks 11 10:00am- Virtual Church Service- 2L 10:00am- Virtual Church Service- 3L 2:00pm- Musical Afternoon with Jumpin' Jimmy- ML		9:00am Morning Walks 12 10:00am- Morning Stretches with Care Staff- 2L 10:30am- Water Exercises with Lexi- P 11:00am- Exercises with Paige- A 2:00pm- Musical Afternoon with Ron Edgeley- ML 3:00pm- Knit & Natter- 3L		10:00am- Rick Steves' Travelogue with Lexi- 3L 13 10:00am- Musical Morning with Andrew- 2L 2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML 3:00pm- Afternoon Walks 6:45pm- Movie Night- ML		10:00am- Crosswords with Kirsten- 3L 14 10:00am- Painting with Care Staff- 2L 11:00am- Exercises with Paige- A 2:00pm- Town Hall Meeting- A 3:30pm- Supper with Lexi at Pj's in Arnprior- (Sign-up Required) P1&P2		9:00am- Morning Walks 15 2:00pm- Meet & Greet Tea with Lexi- 3L (Sign-up Required) 3:00pm Afternoon Walks		10:00am- Crosswords with Kirsten- 3L 16 10:00am- Morning Documentary- 2L 11:00am- Morning Stretches with Kirsten- A 2:00pm- Happy Hour with Lexi- ML		9:00am- Morning Coffee 17 10:00am- Morning Movie- 2L 2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML 6:45pm- Movie Night- ML	
9:00am- Morning Walks 18 10:00am- Virtual Church Service- 2L 10:00am- Virtual Church Service- 3L 3:00pm- Afternoon Walks		10:00am- Balloon Badminton with Care Staff- 2L 19 10:30am- Water Exercises with Lexi- P 11:00am- Exercises with Paige- A 1:45pm- BINGO with Kirsten- 3L 3:00pm- Knit & Natter- 3L <small>Martin Luther King Jr. Day</small>		10:00am- DrumFit with Lexi- A 20 10:00am- Musical Morning with Andrew- 2L 2:00pm- Afternoon Stretches with Lexi- A 2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML 6:45pm- Movie Night- ML		10:00am- Crosswords with Kirsten- 3L 21 10:00am- Bean Bag Toss with Care Staff- 2L 11:00am- Exercises with Paige- A 2:00pm- Musical Afternoon with Roxy Swan- ML 4:30pm- Supper out with Lexi at the King Star Chinese Buffet- Sign-up Required- P1&P2		9:00am- Morning Walks 22 10:00am- DrumFit with Lexi- A 10:30am- Chit & Chat with Lexi- 3L 10:15am- Music Therapy with Barb- 2L 2:00pm- Crafts with Lexi- 3L- (Sign-up Required)		10:00am- Crosswords with Kirsten- 3L 23 10:00am- Morning Documentary- 2L 11:00am- Morning Stretches with Kirsten- A 2:00pm- Happy Hour with Lexi- ML		9:00am- Morning Coffee 24 10:00am- Morning Movie- 2L 2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML 6:45pm- Movie Night- ML	
9:00am- Morning Walks 25 10:00am- Virtual Church Service- 2L 10:00am- Virtual Church Service- 3L 3:00pm- Afternoon Walks		10:00am- Puzzles with Care Staff- 2L 26 12:00pm- Pizza Lunch with Lexi- 3L- (Sign-up Required) 1:45pm- BINGO with Kirsten- 3L 2:30pm- Food Forum- A 3:00pm- Knit & Natter- 3L <small>Australia Day (Observed)</small>		10:00am- DrumFit with Lexi- A 27 10:00am- Musical Morning with Andrew- 2L 2:00pm- Presentation with "The Backyard Astronomer" Gary Boyle "Stars- The Key of Life"- A 2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML 6:45pm- Movie Night- ML		9:00am- Outing to Walmart, Winners & Lunch with Lexi- (Sign-up Required) P1&P2 28 10:00am- Crosswords with Kirsten- 3L 10:00am- 1:1 Visits with Care Staff- 2L 11:00am- Exercises with Paige- A		9:00am- Morning Walks 29 10:00am- DrumFit with Lexi- A 10:30am- Chit & Chat with Lexi- 3L 1:45pm- BINGO with Kirsten- 3L		10:00am- Crosswords with Kirsten- 3L 30 10:00am- Morning Documentary- 2L 11:00am- Morning Stretches with Kirsten- A 2:00pm- Musical Afternoon with Paul Millot & Happy Hour- ML		9:00am- Morning Coffee 31 10:00am- Morning Movie- 2L 2:00pm- Euchre, Cribbage & Billiards with Jack & Linda- ML 6:45pm- Movie Night- ML	

LEGEND: A=AUDITORIUM/ML=MAIN LOBBY/2L=2ND FLOOR/3L=3RD FLOOR/CR=CRAFT ROOM/P=POOL/PR=PARTY ROOM TUCKSHOP IS OPEN WEDNESDAYS FROM 10:30-11:30