

January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
If you have any questions or concerns please contact the Recreation Therapy team at (902) 384-4118 <u>Activities are subject to change. Please refer to White Board Daily</u> January Birthday's January 4th 1935- Freda Miller				9:45 Hairdresser 1 10:30 2:00 Bingo	2 10:30 Curling 2:00 Arm Chair Travel	3 10:30 Lexicon Puzzle 2:00 Card Game Bingo
4 10:30 Word Games 2:00 Card Game Bingo	5 10:30 Ball Toss 2:00 Birthday Bash	6 10:30 2:00	7 10:30 Exercises 2:00 Manicures	8 9:45 Hairdresser 10:30 2:00 Bingo	9 10:30 Lexicon Puzzle 2:00 Arm Chair Travel	10 10:30 Board Games 2:00 Card Game Bingo
11 10:30 Word Games 2:00 Card Game Bingo	12 10:30 Balloon Badminton 2:00	13 10:00 Music with Vinny and the boys 2:00	14 10:30 Music with Gord And Al 2:00 Manicures	15 9:45 Hairdresser 10:30 2:00 Bingo	16 10:30 Curling 2:00 Arm Chair Travel	17 10:30 Lexicon Puzzle 2:00 Card Game Bingo
18 10:30 Word Games 2:00 Card Game Bingo	19 10:30 Ball Toss 2:00	20 10:30 Resident Council Meeting 2:00 Singalong with Avar & friends	21 10:00 Braeside Buddies Musq.  family resource center 2:00 Music with the Countrv Hicks	22 9:45 Hairdresser 10:30 2:00 Bingo	23 10:-30 Lexicon Puzzle 2:00 Arm Chair Travel	24 10:30 Board Games 2:00 Card Game Bingo
25 10:30 Word Games 2:00 Card Game Bingo	26 10:30 Balloon Badminton 2:00	27 10:00 Music with Vinny and the boys 2:00	28 10:30 Exercises 2:00 Manicures	29 9:45 Hairdresser 10:30 2:00 Bingo	30 10:30 Curling 2:00 Arm Chair Travel	31 10:30 Lexicon Puzzle 2:00 Card Game Bingo