

# January 2026

## Resident Home Area 4

**Andrea**  
**Recreation Assistant**  
**Contact: 416-609-5700 Ext. 258**  
**Programs are subject to change.**

### Sunday

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

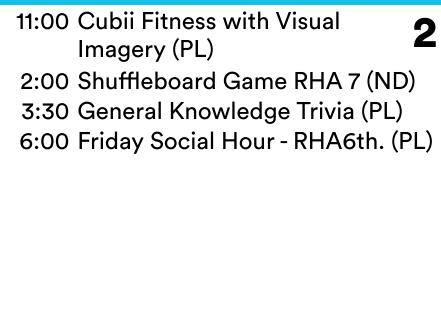
### Saturday



#### Locations Legend

Piano Lounge (PL)  
Community Hall (CH)  
Varied (Vari)  
Activity Den North (ADN)  
TV Lounge South (TLS)  
Resident's room (RSR)  
North Den (ND)  
Sanctuary/ On TV (SOT)

Courtyard (COUR)  
Nursing Station North (NSN)  
7th Floor (7FLR)  
Varied (VARI)  
Conference Room (Conf)  
Outing (OUT)  
Library (Lib)



9:30 Mindful Music (PL)  
10:00 Virtual Church Service (PL)  
10:00 Church Service (TLS)  
10:00 Spiritual Life Virtual (SOT)  
3:15 Hymn Sing (PL)

**4**

10:00 Cubii Exercise with Visual Imagery -7RHA (PL)  
11:00 Cubii Fitness with Visual Imagery (PL)  
2:00 Drum Fit (CH)  
4:30 Tim Janis Reflections (PL)  
5:00 Hindi Movie Hour (TLS)

**5**

10:00 Cubii Fitness with Visual Imagery (PL)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
10:30 Walking Club (COUR)  
1:15 Men's Fellowship (ADN)  
3:00 1-1 Montessori Activities (RSR)  
3:30 Physio Exercise Group (PL)  
6:00 Sound Therapy (PL)

**6**

10:00 Balloon Game (PL)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
11:30 Recreation Staff Meeting (Vari)  
3:30 Silver Screen Afternoons (PL)

**7**

10:00 Fun & Fitness (CH)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
10:30 Bible Trivia with Chaplain Rebecca (CH)  
2:00 Brain Teasers (PL)  
3:00 Physio Exercises (PL)  
3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)

**8**

11:00 Word Games (ADN)  
2:00 Friday Fellowship - Hymn Sing with Eileen Goodman (CH)  
3:30 Dominoes Game - 7RHA (PL)  
6:00 Friday Social Hour - RHA6th. (PL)

**9**

11:00 Cubii Fitness with Visual Imagery (PL)  
2:00 Afternoon Concert (CH)  
3:30 Comedy Hour (TLS)

**10**

9:00 Gospel Music Listing (NSN)  
10:00 Virtual Church Service (PL)  
10:00 Church Service (CH)  
10:00 Spiritual Life Virtual (SOT)  
2:00 Hymn Singing (PL)  
2:00 Strolling Musician RHA7 (7FLR)  
3:30 Gaither Gospel Concert (TLS)

**11**

9:30 Self-Directed Activities (VARI)  
11:00 Word Games (PL)  
2:00 Boomers Club 7th. RHA (CH)  
2:00 The Golden Pen Writers (ND)  
3:30 Travel Documentary (PL)

**12**

10:00 Cubii Fitness with Visual Imagery (PL)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
10:30 Walking Club (COUR)  
1:15 Men's Fellowship (ADN)  
2:00 Resident's Council Mtg - RHA 6 (PL)  
3:00 1-1 Montessori Activities (RSR)  
3:30 Physio Exercise Group (PL)

**13**

10:00 Music Memory Cafe (RSR)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
2:00 Recreation Staff Mtg. (Conf)  
2:00 Silver Screen Afternoons (PL)

**14**

10:00 Fun & Fitness (CH)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
1:30 Old Town Charm Winter Drive (OUT)  
3:00 Physio Exercises (PL)  
3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)

**15**

11:00 Cubii Fitness with Visual Imagery (PL)  
2:00 Shuffleboard Game RHA 7 (ND)  
3:30 General Knowledge Trivia (PL)  
6:00 Friday Social Hour - RHA6th. (PL)

**16**

10:00 Mindful Music (PL)  
11:15 Exercise Trivia (ADN)  
2:00 Bowling (CH)  
3:30 Beautiful Destinations (PL)

**17**

9:30 Mindful Music (PL)  
10:00 Virtual Church Service (PL)  
10:00 Church Service (TLS)  
10:00 Spiritual Life Virtual (SOT)  
3:15 Hymn Sing (PL)

**18**

10:00 Cubii Exercise with Visual imagery - RHA 7 (PL)  
10:00 Cubii Fitness with Visual Imagery (PL)  
2:00 Cover The Dot (ND)  
4:30 Tim Janis Reflections (PL)  
5:00 Hindi Movie Hour (TLS)

**19**

10:00 Cubii Fitness with Visual Imagery (PL)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
10:30 Walking Club (COUR)  
1:15 Men's Fellowship (ADN)  
2:00 Tech Program Training (CH)  
3:30 Physio Exercise Group (PL)  
6:00 Sound Therapy (PL)

**20**

10:00 Pawsitively Pets (PL)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
2:00 Winter Wonderland (CH)  
6:00 Hymns & Bible Reading With 7RHA (PL)

**21**

10:00 Fun & Fitness (CH)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
10:30 Balloon Game (PL)  
2:00 Brain Teasers (PL)  
3:00 Physio Exercises (PL)  
3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)

**22**

10:30 Presentation By Liann Harris (CH)  
3:30 Dominoes Game - 7RHA (PL)  
6:00 Friday Social Hour - RHA6th. (PL)

**23**

11:00 Cubii Fitness with Visual Imagery (PL)  
2:00 Cover The Dot (CH)  
3:00 Afternoon Concert (PL)  
3:30 Comedy Hour (TLS)

**24**

9:00 Gospel Music Listing (NSN)  
10:00 Virtual Church Service (PL)  
10:00 Church Service (CH)  
10:00 Spiritual Life Virtual (SOT)  
2:00 Hymn Singing (PL)  
2:00 Strolling Musician RHA7 (7FLR)  
3:30 Gaither Gospel Concert (TLS)

**25**

9:30 Self-Directed Activities (VARI)  
11:00 Word Games (PL)  
2:00 Boomers Club 7th. RHA (CH)  
3:30 Travel Documentary (PL)

**26**

10:00 Cubii Fitness with Visual Imagery (PL)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
10:30 Walking Club (COUR)  
1:15 Men's Fellowship (ADN)  
2:00 Tech Program Training (RSR)  
3:30 Physio Exercise Group (PL)

**27**

New Tech Showcase (Lib)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
2:00 Relaxing with Herbal Teas (PL)  
6:00 Hymns & Bible Reading With 7RHA (PL)

**28**

10:00 Fun & Fitness (CH)  
10:00 Friendly, Family & Caregiver Visits (Vari)  
2:00 Brain Teasers (PL)  
3:00 Physio Exercises (PL)  
3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)

**29**

11:00 Cubii Fitness with Visual Imagery (PL)  
2:00 Shuffleboard Game RHA 7 (ND)  
2:00 Friday Fellowship - Praise and Worship (CH)  
3:30 General Knowledge Trivia (PL)  
6:00 Friday Social Hour - RHA6th. (PL)

**30**

10:00 Mindful Music (PL)  
11:15 Exercise Trivia (ADN)  
2:00 Bowling (CH)  
3:30 Beautiful Destinations (PL)

**31**