





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
	<div>Locations Legend</div> <div><div>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)</div><div>Courtyard (COUR) Nursing Station North (NSN) 7th Floor (7FLR) Varied (VARI) Conference Room (Conf) Outing (OUT) Library (Lib)</div></div>			10:00 1-1 Visits & Calendar Delivery (RSR) 1 10:00 Friendly, Family & Caregiver Visits (Vari) 2:00 New Year's Day Concert (CH) 3:00 Physio Exercises (PL) 	11:00 Cubii Fitness with Visual Imagery (PL) 2 2:00 Shuffleboard Game RHA 7 (ND) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL)	10:00 Mindful Music (PL) 3 11:15 Exercise Trivia (ADN) 3:00 Afternoon Concert (PL) 3:30 Beautiful Destinations (PL)
9:30 Mindful Music (PL) 4 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 10:00 Spiritual Life Virtual (SOT) 3:15 Hymn Sing (PL)	10:00 Cubii Exercise with Visual Imagery - 7RHA (PL) 5 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)	10:00 Cubii Fitness with Visual Imagery (PL) 6 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)	10:00 Balloon Game (PL) 7 10:00 Friendly, Family & Caregiver Visits (Vari) 11:30 Recreation Staff Meeting (Vari) 3:30 Silver Screen Afternoons (PL)	10:00 Fun & Fitness (CH) 8 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)	11:00 Word Games (ADN) 9 2:00 Friday Fellowship - Hymn Sing with Eileen Goodman (CH) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL)	11:00 Cubii Fitness with Visual Imagery (PL) 10 2:00 Afternoon Concert (CH) 3:30 Comedy Hour (TLS)
9:00 Gospel Music Listing (NSN) 11 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)	9:30 Self-Directed Activities (VARI) 12 11:00 Word Games (PL) 2:00 Boomers Club 7th. RHA (CH) 2:00 The Golden Pen Writers (ND) 3:30 Travel Documentary (PL)	10:00 Cubii Fitness with Visual Imagery (PL) 13 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)	10:00 Music Memory Cafe (RSR) 14 10:00 Friendly, Family & Caregiver Visits (Vari) 2:00 Recreation Staff Mtg. (Conf) 2:00 Silver Screen Afternoons (PL)	10:00 Fun & Fitness (CH) 15 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)	11:00 Cubii Fitness with Visual Imagery (PL) 16 2:00 Shuffleboard Game RHA 7 (ND) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL)	10:00 Mindful Music (PL) 17 11:15 Exercise Trivia (ADN) 2:00 Bowling (CH) 3:30 Beautiful Destinations (PL)
9:30 Mindful Music (PL) 18 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 10:00 Spiritual Life Virtual (SOT) 3:15 Hymn Sing (PL)	10:00 Cubii Exercise with Visual imagery - RHA 7 (PL) 19 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)	10:00 Cubii Fitness with Visual Imagery (PL) 20 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)	10:00 Pawsitively Pets (PL) 21 10:00 Friendly, Family & Caregiver Visits (Vari) 2:00 Winter Wonderland (CH) 6:00 Hymns & Bible Reading With 7RHA (PL)	10:00 Fun & Fitness (CH) 22 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)	10:30 Presentation By Liann Harris (CH) 23 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL)	11:00 Cubii Fitness with Visual Imagery (PL) 24 2:00 Cover The Dot (CH) 3:00 Afternoon Concert (PL) 3:30 Comedy Hour (TLS)
9:00 Gospel Music Listing (NSN) 25 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)	9:30 Self-Directed Activities (VARI) 26 11:00 Word Games (PL) 2:00 Boomers Club 7th. RHA (CH) 3:30 Travel Documentary (PL)	10:00 Cubii Fitness with Visual Imagery (PL) 27 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)	New Tech Showcase (Lib) 28 10:00 Friendly, Family & Caregiver Visits (Vari) 2:00 Relaxing with Herbal Teas (PL) 6:00 Hymns & Bible Reading With 7RHA (PL)	10:00 Fun & Fitness (CH) 29 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)	11:00 Cubii Fitness with Visual Imagery (PL) 30 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)	10:00 Mindful Music (PL) 31 11:15 Exercise Trivia (ADN) 2:00 Bowling (CH) 3:30 Beautiful Destinations (PL)