



INSPIRED SENIOR LIVING

# January 2026

## The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>National Popcorn Day</b></p>	 <p><b>National Chocolate Cake Day</b></p>					
<p><b>Go4Life Walking (LOB) 4</b>            10:30 Roll O' Trump (AR)            1:45 Gospel Song Recordings (AR)            2:00 Yearning for Yarn Club (L)            3:15 Sunday Funday - Shuffleboard Bowling (L)            6:30 Sunday Night Movie - A Knight's Tale (LOB)</p>	<p><b>Go4Life Walking (LOB) 5</b>            9:30 Chair Fitness Exercise via Video (AR)            1:30 Crokinole, Bridge, Crib - Afternoon Games (L)            2:00 Meet me at the Moma (AR)            6:00 Euchre ( Card Game ) (AR)</p>	<p><b>Go4Life Walking (LOB) 6</b>            9:00 Men's Coffee Group (L)            10:30 Fit Minds (AR)            1:30 Java Music Club (AR)            2:00 Yearning for Yarn Club (L)            2:45 Meeting with Life Enrichment Manager (L)</p>	<p><b>Go4Life Walking (LOB) 7</b>            9:30 Gentle Stretch Excercise w/ Manpreet (AR)            10:30 Roll O' Trump (AR)            2:00 Bingo! (AR)            3:00 Puzzle Time (L)            3:15 Story telling w/ Colleen (AR)            6:00 Evening Board Games (L)</p>	<p><b>Go4Life Walking (LOB) 8</b>            Elvis Presley's Birthday! (BW)            9:00 Shopping Shuttle *Sign Up (LOB)            1:30 Bible Study (AR)            2:00 Shuffleboard! (L)            2:30 Enjoy an Elvis movie and his favorites; Banana Pudding and Pepsi! (AR)</p>	<p><b>Go4Life Walking (LOB) 9</b>            Living Loving Local            9:30 Drumfit Cardio (AR)            10:00 Yearning for Yarn Club (L)            10:30 Mind Games: Jeopardy (AR)            11:30 Friday Mingle Lunch (BAC)            2:00 Music with Sandra Kruz (L)            3:00 Happy Hour in the Lounge (L)</p>	<p><b>Go4Life Walking (LOB) 10</b>            9:30 Gentle Stretch Excercise w/ Manpreet (AR)            10:15 Nails by Bella (AR)            10:30 Activity Booklet (Word Search &amp; Crossword) (HWY)            2:00 Bingo! (AR)            3:00 Wordle Unlimited (AR)            3:30 I Love Lucy (LOB)            6:00 Evening Board Games (L)</p>
<p><b>Go4Life Walking (LOB) 11</b>            10:30 Roll O' Trump (AR)            1:45 Gospel Song Recordings (AR)            2:00 Yearning for Yarn Club (L)            3:15 Sunday Funday - JENGA! (AR)            6:30 Sunday Night Movie - Sleepless in Seattle (LOB)</p>	<p><b>Go4Life Walking (LOB) 12</b>            9:30 Chair Fitness Exercise via Video (AR)            1:30 Crokinole, Bridge, Crib - Afternoon Games (L)            2:00 Meet me at the Moma (AR)            6:00 Euchre ( Card Game ) (AR)</p>	<p><b>Go4Life Walking (LOB) 13</b>            9:00 Men's Coffee Group (L)            10:30 Fit Minds (AR)            2:00 Resident Forum with Managers (AR)            2:30 Yearning for Yarn Club (L)            3:00 Java Music Club (AR)            6:00 Evening Series : Man on Inside (LOB)</p>	<p><b>Go4Life Walking (LOB) 14</b>            9:30 Gentle Stretch Excercise w/ Manpreet (AR)            10:30 Roll O' Trump (AR)            2:00 Bingo! (AR)            3:00 Puzzle Time (L)            3:15 Story telling w/ Colleen (AR)            6:00 Evening Board Games (L)</p>	<p><b>Go4Life Walking (LOB) 15</b>            National Hat Day : Wear your favourite Hat            9:00 Shopping Shuttle *Sign Up (LOB)            1:30 Bible Study (AR)            2:00 Shuffleboard! (L)            2:15 Yoga via Video (AR)            3:00 Join Author Connie Denesiuk for a reading of "Till Papa Returns". The story of Alfred Columbus (AR)</p>	<p><b>Go4Life Walking (LOB) 16</b>            9:30 Drumfit Cardio (AR)            10:00 Yearning for Yarn Club (L)            10:30 Mind Games: Jeopardy (AR)            11:30 Friday Mingle Lunch (BAC)            2:00 Music with Sam (L)            3:00 Happy Hour in the Lounge (L)</p>	<p><b>Go4Life Walking (LOB) 17</b>            9:30 Gentle Stretch Excercise w/ Manpreet (AR)            10:15 Nails by Bella (AR)            10:30 Activity Booklet (Word Search &amp; Crossword) (HWY)            2:00 Bingo! (AR)            3:00 Wordle Unlimited (AR)            3:30 I Love Lucy (LOB)            6:00 Evening Board Games (L)</p>



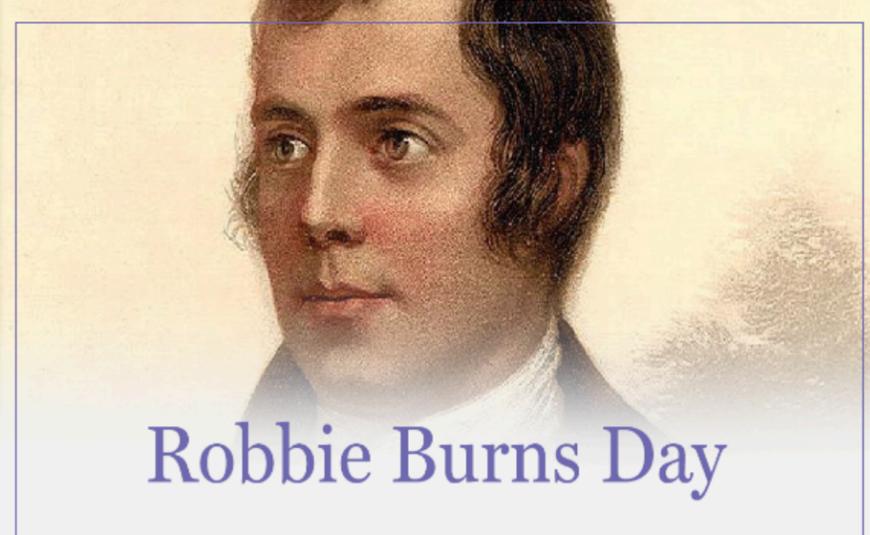
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Go4Life Walking (LOB) <b>18</b></p> <p>10:30 Roll O' Trump (AR)</p> <p>1:45 Gospel Song Recordings (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:15 Sunday Funday - Yahtzee (AR)</p> <p>6:30 Sunday Night Movie - Sahara (LOB)</p>	<p>Go4Life Walking (LOB) <b>19</b></p> <p>National Popcorn Day</p> <p>9:30 Chair Fitness Exercise via Video (AR)</p> <p>1:30 Crokinole, Bridge, Crib - Afternoon Games (L)</p> <p>2:00 Meet me at the Moma (AR)</p> <p>2:00 Movie and Popcorn - Enjoy a movie and popcorn sampling! (L)</p> <p>6:00 Euchre ( Card Game ) (AR)</p>	<p>Go4Life Walking (LOB) <b>20</b></p> <p>Martin Luther King Day (C)</p> <p>National Cheese Lovers Day</p> <p>9:00 Men's Coffee Group (L)</p> <p>10:30 Fit Minds (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>2:30 Wine &amp; Cheese Event (L)</p> <p>6:00 Evening Series : Man on Inside (LOB)</p>	<p>Go4Life Walking (LOB) <b>21</b></p> <p>9:00 Hearing Life (BIS)</p> <p>9:30 Gentle Stretch Excercise w/ Manpreet (AR)</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Bingo! (AR)</p> <p>3:15 Story telling w/ Colleen (AR)</p> <p>6:00 Evening Board Games (L)</p>	<p>Go4Life Walking (LOB) <b>22</b></p> <p>9:00 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study (AR)</p> <p>2:00 Church Knitting Group (residents are welcome to join!) (L)</p> <p>2:00 Shuffleboard! (L)</p> <p>2:30 Yoga via Video (AR)</p> <p>3:00 Puzzle Time (L)</p>	<p>Go4Life Walking (LOB) <b>23</b></p> <p>9:30 Drumfit Cardio (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games: Jeopardy (AR)</p> <p>11:30 Friday Mingle Lunch (BAC)</p> <p>2:00 Music with Gordon McLaren (L)</p> <p>3:00 Happy Hour in the Lounge (L)</p>	<p>Go4Life Walking (LOB) <b>24</b></p> <p>9:30 Gentle Stretch Excercise w/ Manpreet (AR)</p> <p>10:15 Nails by Bella (AR)</p> <p>10:30 Activity Booklet (Word Search &amp; Crossword) (HWY)</p> <p>2:00 Bingo! (AR)</p> <p>3:00 Wordle Unlimited (AR)</p> <p>3:30 I Love Lucy (LOB)</p> <p>6:00 Evening Board Games (L)</p>
<p>Go4Life Walking (LOB) <b>25</b></p> <p>Robbie Burns Day</p> <p>10:30 Roll O' Trump (AR)</p> <p>1:45 Gospel Song Recordings (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>4:00 Sunday Funday - Uno Smackdown (AR)</p> <p>6:30 Sunday Night Movie - Letters to Juliette (LOB)</p>	<p>Go4Life Walking (LOB) <b>26</b></p> <p>9:30 Chair Fitness Exercise via Video (AR)</p> <p>1:30 Crokinole, Bridge, Crib - Afternoon Games (L)</p> <p>2:00 Meet me at the Moma (AR)</p> <p>6:00 Euchre ( Card Game ) (AR)</p>	<p>Go4Life Walking (LOB) <b>27</b></p> <p>9:00 Men's Coffee Group (L)</p> <p>10:30 Fit Minds (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>2:30 SOEC Indoor Walking Track*Sign up (LOB)</p> <p>6:00 Evening Series : Man on Inside (LOB)</p>	<p>Go4Life Walking (LOB) <b>28</b></p> <p>9:30 Gentle Stretch Excercise w/ Manpreet (AR)</p> <p>10:30 Roll O' Trump (AR)</p> <p>11:00 Lunch Outing (C)</p> <p>2:00 Bingo! (AR)</p> <p>3:15 Story telling w/ Colleen (AR)</p> <p>6:00 Evening Board Games (L)</p>	<p>Go4Life Walking (LOB) <b>29</b></p> <p>9:00 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study (AR)</p> <p>2:00 Shuffleboard! (L)</p> <p>2:00 Coffee &amp; Chat Session with Staff (BIS)</p> <p>2:30 Yoga via Video (AR)</p> <p>3:00 Puzzle Time (L)</p>	<p>Go4Life Walking (LOB) <b>30</b></p> <p>9:30 Drumfit Cardio (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games: Jeopardy (AR)</p> <p>11:30 Friday Mingle Lunch (BAC)</p> <p>2:00 Birthday Party &amp; Music with Gillian Russell (L)</p> <p>3:00 Happy Hour in the Lounge (L)</p>	<p>Go4Life Walking (LOB) <b>31</b></p> <p>9:30 Gentle Stretch Excercise w/ Manpreet (AR)</p> <p>10:15 Nails by Bella (AR)</p> <p>10:30 Activity Booklet (Word Search &amp; Crossword) (HWY)</p> <p>2:00 Bingo! (AR)</p> <p>3:00 Wordle Unlimited (AR)</p> <p>3:30 I Love Lucy (LOB)</p> <p>6:00 Evening Board Games (L)</p>



Be Welcomed

Calendar Legend

Outing  
Special Program  
Cruise Week  
Living, Loving, Local  
Signature Program

Locations Legend

Skaha Activity Room (AR)	Building Wide (BW)
Piano Lounge (L)	Community (C)
Lobby (LOB)	Bistro (BIS)
Hallway (HWY)	Country Kitchen (CK)
Back Courtyard (BAC)	