



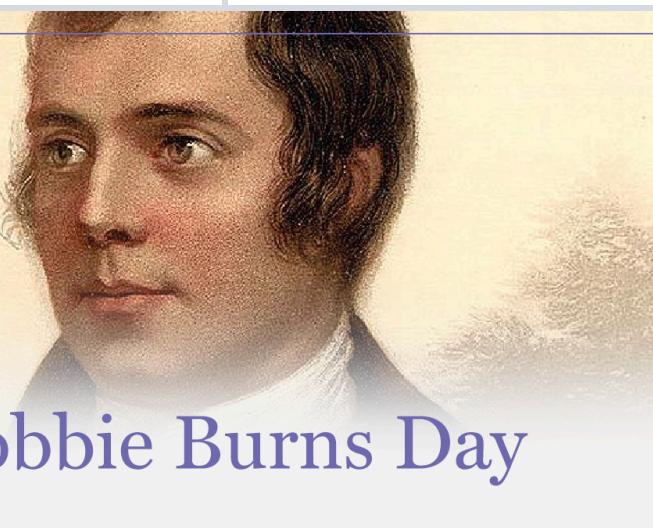
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 National Popcorn Day	 National Chocolate Cake Day					
8:30 Church Service on TV (T) 4 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Sign Up* (BUS) 11:30 Tech Help with Zoë *Sign Up* (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 1:00 St. George's Anglican Prayer Praise Group (T) 2:45 DrumFit (T) 6:00 Jukebox Social with Jan (BIS)	9:30 Exercise with Zoë (Some Standing) (T) 5 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 1:30 Resident Food Forum Meeting (CK) 2:00 Fit Minds - Puzzles & Games (TIME CHANGE) (CK) 6:30 Hockey: Kraken vs Flames (T)	9:30 Exercise with Zoë (Some Standing) (T) 6 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Video Games: Wii Bowling (BIS)	9:00 Brew and Briefs with Terra (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:00 Silver Song Group (BIS) 10:30 Grocery & Appointment Shuttle *Sign-Up* (BUS) 1:00 Bingo (CK) 1:00 Coffee Social - Calendar Reading and Discussion (BIS) 2:00 Ambassador Meeting - New Residents & Ambassadors (L) 6:45 Classic Movie Night: Ball of Fire (1941) (T)	9:30 Exercise with Zoë (Some Standing) (T) 1 10:00 Seated Exercise with Zoë (T) 10:00 Catholic Mass with Communion (CK) 1:00 Aquafit and Pool Walking (P) 2:30 NO TAI CHI TODAY (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:30 Exercise with Terra (Some Standing) (T) 2 10:00 Grocery & Appointment Shuttle *Sign-Up* (BUS) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Happy Hour and Music by Sam Farruggio (BIS) 6:45 Movie Night in the Theatre: The Breakfast Club (T)	10:00 Exercise with Terra (Some Standing) (T) 3 11:00 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking with Terra (CK) 2:00 Netflix TV Show: A Man on the Inside Season 2, Episode 1 (T) 3:15 Go 4 Life - Walking - Resident Lead (ITB)
8:30 Church Service on TV (T) 11 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Sign Up* (BUS) 11:30 Tech Help with Zoë *Sign Up* (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 1:00 St. George's Anglican Prayer Praise Group (T) 2:45 DrumFit (T) 6:00 Jukebox Social with Jan (BIS)	9:30 Exercise with Zoë (Some Standing) (T) 12 10:00 Seated Exercise with Zoë (T) 12:30 Meet Me at the MOMA: Robert Colquhoun (T) 1:00 Bridge Club (L) 1:00 Bingo with Richard (CK) 1:00 St. George's Anglican Prayer Praise Group (T) 3:00 Fit Minds - Puzzles & Games (CK) 4:30 Hockey: Canucks vs Canadiens (T) 6:15 Happy Hour Music with Dan Mallette (BIS)	9:30 Exercise with Zoë (Some Standing) (T) 13 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Live Performance: Harold Sher (BIS)	9:00 Brew and Briefs with Terra (BIS) 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Catholic Mass with Father Jimenez (L) 10:30 Grocery & Appointment Shuttle *Sign-Up* (BUS) 1:00 Bingo (CK) 2:00 Monthly Resident Meeting (T) 3:00 Social Hour - Trivia (BIS) 6:45 Classic Movie Night: The Best Years of Our Lives (1946) (T)	9:00 Exercise with Terra (Some Standing) (T) 14 9:30 Men's Breakfast *Sign-Up* (CK) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)	9:00 Exercise with Terra (Some Standing) (T) 15 9:30 Men's Breakfast *Sign-Up* (CK) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS) 7:00 Peer Discussion & Support Group with Susan (CK)	10:00 Exercise with Terra (Some Standing) (T) 16 10:00 Grocery & Appointment Shuttle *Sign-Up* (BUS) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Happy Hour - Music by Vic and Carol (BIS) 6:45 Movie Night in the Theatre: Jurassic Park (T)
8:30 Church Service on TV (T) 17 9:30 Hymn Sing on TV (T) 10:00 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking with Terra (CK) 3:15 Go 4 Life - Walking - Resident Lead (ITB) 6:45 Netflix TV Show: A Man on the Inside Season 2, Episode 3 (T)						



January 2026

The Heritage

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Church Service on TV (T) 18 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Sign Up* (BUS) 11:30 Tech Help with Zoë *Sign Up* (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 1:00 St. George's Anglican Prayer Praise Group (T) 2:45 DrumFit (T) 6:00 Jukebox Social with Jan (BIS)</p>	<p>9:30 Exercise with Zoë (Some Standing) (T) 19 10:00 Seated Exercise with Zoë (T) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 3:00 Fit Minds - Puzzles & Games (CK) 4:30 Hockey: Wild vs Maple Leafs (T)</p>	<p>9:30 Exercise (Some Standing) (T) 20 10:15 2nd Floor Block Gathering (2Flr) 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 3:00 United Church Service with Minister Cheryl Perry (T) 6:00 National Cheese Lovers Day - Charcuterie & Games in the Bistro (BIS)</p>	<p>9:00 Brew and Briefs with Terra (BIS) 21 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Silver Song Group (BIS) 10:30 3rd Floor Block Gathering (3FLR) 10:30 Grocery & Appointment Shuttle *Sign-Up* (BUS) 10:30 Blood Pressure Clinic *See Jaylean for Details* (T) 1:00 Bingo (CK) 2:00 Bell Let's Talk Day Presentation (T) 2:00 Book Club *Sign Up* (L)</p>	<p>9:00 Exercise with Terra (Some Standing) (T) 22 10:00 4th Floor Block Gathering (4FLR) 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)</p>	<p>9:30 Exercise with Terra (Some Standing) (T) 23 10:45 5th floor Block Gathering (5FLR) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Happy Hour - Music by Curtis Kieres (BIS) 6:45 Movie Night in the Theatre: Beverly Hills Ninja (T)</p>	<p>10:00 Exercise with Terra (Some Standing) (T) 24 11:00 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking with Terra (CK) 2:00 Netflix TV Show: A Man on the Inside Season 2, Episode 4 (T) 3:15 Go 4 Life - Walking - Resident Lead (ITB)</p>
<p>8:30 Church Service on TV (T) 25 9:30 Hymn Sing on TV (T) 10:00 Catholic Mass Communion (CK) 10:00 Scenic Drive *Sign Up* (BUS) 11:30 Tech Help with Zoë *Sign Up* (L) 1:00 Pen and Ink Drawing Group: Resident Lead (L) 1:00 St. George's Anglican Prayer Praise Group (T) 2:45 DrumFit (T) 4:30 Robbie Burns Day Dinner (BIS) 6:00 Highland Dancers (BIS)</p>	<p>9:30 Exercise with Zoë (Some Standing) (T) 26 10:00 Seated Exercise with Zoë (T) 12:30 Meet Me at the MOMA: Clarke Reynolds (T) 1:00 Bingo with Richard (CK) 1:00 Bridge Club (L) 1:00 St. George's Anglican Prayer Praise Group (T) 3:00 Fit Minds - Puzzles & Games (CK) 5:30 Hockey: Ducks vs Oilers (T)</p>	<p>9:30 Exercise with Zoë (Some Standing) (T) 27 1:00 In Stitches - Knit, Crochet & Sewing Group (CK) 1:30 Afternoon Seated Exercise with Zoë (T) 2:30 Artful Enrichment - Painting and Crafts (CK) 6:00 Video Games: Jeopardy (BIS)</p>	<p>9:00 Brew and Briefs with Terra (BIS) 28 9:30 Exercise with Zoë (Some Standing) (T) 10:00 Seated Exercise with Zoë (T) 10:30 Grocery & Appointment Shuttle *Sign-Up* (BUS) 1:00 Bingo (CK) 2:00 Book Club *Sign Up* (L) 3:00 Social Hour - Trivia (BIS) 6:45 Classic Movie Night: The Bishop's Wife (1947) (T)</p>	<p>9:00 Exercise with Terra (Some Standing) (T) 29 1:00 Aquafit and Pool Walking (P) 1:00 Crafting with June (CK) 2:30 Tai Chi with Yvonne & Charlene (T) 3:15 Bet the Gallop: Horse Races (BIS) 6:30 Music/TV Shows with Jan (BIS)</p>	<p>9:30 Exercise with Terra (Some Standing) (T) 30 10:00 Grocery & Appointment Shuttle *Sign-Up* (BUS) 1:00 Resident Lead Scrabble in the Library (L) 1:00 Seated Exercise with Terra (T) 2:30 Monthly Resident Birthday Party: Music by Andy Plett (BIS) 4:30 Living Loving Local Dinner: Beans & Lentils (DR) 6:45 Movie Night in the Theatre: My Best Friend's Wedding (T)</p>	<p>10:00 Exercise with Terra (Some Standing) (T) 31 11:00 Seated Exercise with Terra (T) 11:45 Gym Orientation with Terra *Sign Up* (G) 1:00 Cribbage Club - Resident Lead (L) 1:00 Baking with Terra (CK) 2:00 Netflix TV Show: A Man on the Inside Season 2, Episode 5 (T) 3:15 Go 4 Life - Walking - Resident Lead (ITB)</p>



Robbie Burns Day

Be *Bold*

Locations Legend

- Theatre (T)
- Country Kitchen (CK)
- Bistro (BIS)
- Library (L)
- Bus Outing (BUS)
- Pool (P)
- Gym (G)
- In the building (ITB)
- 2nd Floor (2Flr)
- 3rd Floor (3FLR)
- 4th floor (4FLR)
- 5th floor (5FLR)
- Dining Room (DR)

Calendar Legend

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