

January 2026



Preston

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:15am New year Wishes! - PAA 2:00pm New Year Wine & Cheese - AUDI	2 10:00am 2nd Floor SUPER Fun & Fitness - ACRM 10:15am Friday Morning Chapel with Niamh - AUDI 1:30pm Walking Group - PAA 2:00pm Beauty Shop - PAA 2:00pm 1st Floor Super Fun & Fitness - ACRM 2:30pm Reading Group - PAA	3 10:15am Fun and Fitness - PAA 1:45pm Hymn Sing - PAA
4 10:30am Snoezelen Cart - P 2:00pm Paint & Chat - PAA	5 2:00pm Bible Study - Inte 2:00pm Table Top Games - P 3:00pm It Makes Sense -Snoezelen cart - Resi 6:15pm Variety Time - PAA	6 10:15am Music Therapy - PAA 2:00pm Bible Study - Inte 2:00pm New Year Jeopardy - ACRM 2:00pm Reading Group - PAA 3:30pm Fun and Fitness - PAA 4:00pm Rosary - Inte 6:30pm Variety Time - PAA	7 9:30am Church Service - ACRM 2:00pm 2nd Floor BINGO - HDR 3:45pm Walking Group - PAA	8 2:00pm Residents Council - ACRM 2:00pm Trivia-PAA 3:00pm Library Visit - PAA 6:15pm Variety Time - PAA	9 10:00am 2nd Floor SUPER Fun & Fitness - ACRM 10:15am Friday Morning Chapel with Niamh - AUDI 10:30am Baking - 3rd 2:00pm 1st Floor Super Fun & Fitness - ACRM 2:00pm Table Top Games - PAA 3:00pm Sing a long - PAA	10 9:45am Beauty Shop - PAA 10:15am Fun and Fitness - P 2:00pm Hot Chocolate Cart - P
11 9:45am Walker Tags - P 9:45am Sunday Morning Hymn Sing - PAA 10:45am Coffee and Chats - PAA 2:00pm Trivia - PAA 3:00pm Walking Group - PAA	12 9:45am Daily Chronicles - PAA 10:30am Walking Group - PAA 1:15pm OUTING: Giant Tiger - OUT 2:00pm Bible Study - Inte 2:00pm Craft & Connect - PAA Pre Register for outings with Sara	13 10:30am Tots and Tunes - Craf 2:00pm Bible Study - Inte 2:45pm Music Therapy - PAA 3:30pm Fun and Fitness - PAA 4:00pm Rosary - Inte 6:30pm Variety Time - PAA	14 9:45am Mental Aerobics - PAA 10:45am Scripture and Song - PAA 12:00pm 1st floor Lunch Bunch - ACRM 2:00pm 2nd Floor BINGO - HDR Pre Register for Lunch Bunch with Sara.	15 2:00pm Foods Around the World- India Special - ACRM 2:00pm Name That Tune - 3rd 3:30pm Library Visit - PAA 6:15pm Variety Time - PAA	16 10:00am Baking - 3rd 10:00am 2nd Floor SUPER Fun & Fitness - ACRM 10:15am Friday Morning Chapel with Niamh - AUDI 2:00pm 3rd Floor Fun and Fitness - 3rd 2:00pm 1st Floor Super Fun & Fitness - ACRM 2:00pm You be the judge - PAA 3:00pm Baking Social - 3rd	17 10:15am Fun and Fitness - PAA 2:00pm Art Group: Dot Art - 3rd 2:45pm Hymn Sing - PAA
18 10:00am Java Music Club - ACRM 1:30pm Baking Social - 3rd 3:00pm Ladderball - PAA	19 2:00pm Beauty Shop - Resi 2:00pm Bible Study - Inte 2:00pm Bingo - 3rd 2:00pm Music Memories - Dolly Parton - P 6:15pm Variety Time - PAA	20 2:00pm Bible Study - Inte 2:00pm Time to Think- Preston 3:30pm Fun and Fitness - PAA 6:30pm Variety Time - PAA	21 9:45am It Makes Sense -Snoezelen cart - Resi 10:45am Rosary - ACRM 11:30am Roman Catholic Communion - ACRM 12:00pm 2nd Floor Lunch Bunch - CRFT 2:00pm Making Granola Bars - ACRM 2:00pm 2nd Floor BINGO - HDR 2:00pm Men's Group - 3rd Pre Register for Lunch Bunch with Sara.	22 10:00am Baking - ACRM 2:00pm Birthday Party with Henry Winter - AUDI 3:30pm Library Visit - PAA 6:15pm Variety Time - PAA	23 10:00am 2nd Floor SUPER Fun & Fitness - ACRM 10:15am Friday Morning Chapel with Niamh - AUDI 2:00pm Jeopardy - PAA 2:00pm 1st Floor Super Fun & Fitness - ACRM 3:00pm Walking Group - PAA	24 9:00am Trivia - PAA 10:15am Fun and Fitness - PAA 2:00pm Art Group - 3rd 2:00pm Gratitude Jar - PAA
25 9:45am Hymn Sing - P 2:00pm Artful Enrichment - ACRM	26 10:45am Mental Aerobics - PAA 1:15pm OUTING: Giant Tiger - OUT 2:00pm Bible Study - Inte 2:00pm Bingo - 3rd 2:00pm Melodies & Memories - PAA Pre Register for outings with Sara	27 10:30am Tots and Tunes - Craf 2:00pm Bible Study - Inte 2:00pm Coffee Social - CDR 2:45pm Music Therapy - PAA 6:30pm Variety Time - PAA	28 9:45am Snoezelen Cart 1:1 - P 10:45am Scripture and Song - PAA 12:00pm 3rd Floor Lunch Bunch - 3rd 2:00pm 2nd Floor BINGO - HDR 2:00pm Valentine Centerpieces Making - ACRM Pre Register for Lunch Bunch with Sara.	29 2:00pm Bingo - 3rd 2:00pm Documentary & Discussion - PAA 3:30pm Library Visit - PAA 6:15pm Variety Time - PAA	30 10:00am 2nd Floor SUPER Fun & Fitness - ACRM 10:15am Friday Morning Chapel with Niamh - AUDI 2:00pm 3rd Floor Fun and Fitness - 3rd 2:00pm Price is right? - HAA 2:00pm 1st Floor Super Fun & Fitness - ACRM	31 9:30am Mental Aerobics - PAA 10:15am Fun and Fitness - PAA 1:45pm Hymn Sing - PAA

3rd - 3rd Floor Activity Room
Craf - Craft Room 3
P - Preston

ACRM - 1st Floor Activity Room
HAA - Hespeler Activity Area
PAA - Preston Activity Area

AUDI - Centre Auditorium
HDR - Hespeler Dining Room
Resi - Resident Room for 1-1 scoring

CDR - Centre Dining Room
Inte - Interfaith Sacred Space

CRFT - Craft Room
OUT - Outings

Check Program Boards daily for the most up to date information.

