

January 2026



AVENS Recreation Dept. Health & Wellness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2026 Happy New Year	This month's theme: Walking in a Winter Wonderland January is Alzheimer's Awareness Month		Happy Birthday: Doris & Judith P.	Recreation Closed - Stat Holiday 1	2 Morning News Christmas Clean Up 1:30 Bingo	3 Bunny Visits 2:00 SJA Dog Therapy - Hiccup
4	5	6	7	8	9	10
11:00 Catholic Church 1:00 Bunny Visits	Morning News Christmas Clean Up 1:30 Let's Dance with Bella Dance (MPR) 3:45 SJA Dog Therapy – Rosie 6:00 SJA Dog Therapy – Juno 7:00 Shuffleboard	Morning Walk 10:30 Tai Chi / Exercise 1:30 Co-Op Shopping Trip 6:00 SJA Dog Therapy - Kirby 7:00 True North Rotary Bingo	Morning News Christmas Clean Up 1:00 SJA Dog Therapy - Belle 1:30 Bowling (MPR) 6:00 SJA Dog Therapy - Chicha 7:00 Game Night/ Crib	Morning Walk 11:00 Rosary (MPR) 1:30 Ball & Balance (Manor) 6:00 SJA Dog Therapy - Cora 7:00 Entertainment Night: Music & Fresh Bread (Manor)	Morning News One to ones 1:30 Bingo	Bunny Visits
11	12	13	14	15	16	17
11:00 Catholic Church 1:00 Bunny Visits	Morning News 1:30 Let's Dance with Bella Dance (MPR) 3:45 SJA Dog Therapy – Rosie 6:00 SJA Dog Therapy – Juno 7:00 Shuffleboard	Morning Walk 10:30 Tai Chi / Exercise 11:15 pm Resident Council Meeting 6:00 SJA Dog Therapy – Harlow 7:00 True North Rotary Bingo	Morning News 1:00 SJA Dog Therapy – Belle 1:30 Walmart Outing 6:00 SJA Dog Therapy - Hiccup 7:00 Game Night/ Crib	Morning Walk 1:30 Ball & Balance (Manor) 7:00 Entertainment Night: Dawn & Steve (Manor)	Morning News One to ones 1:30 Bingo	Bunny Visits
18	19	20	21	22	23	24
11:00 Catholic Church 1:00 Bunny Visits	Morning News 1:30 Let's Dance with Bella Dance (MPR) 3:45 SJA Dog Therapy – Rosie 6:00 SJA Dog Therapy – Juno 7:00 Shuffleboard	Morning Walk 10:30 Tai Chi / Exercise 6:00 SJA Dog Therapy – Kirby 7:00pm Resident Family Council Meeting 7:00 True North Rotary Bingo	Morning News 10:00 Chickadee NEST Visit (MPR) 1:00 SJA Dog Therapy - Belle 1:30 Dollarama Outing 6:00 SJA Dog Therapy - Chicha 7:00 Game Night/ Crib	Morning Walk 11:00 Rosary (MPR) 1:30 Ball & Balance (Manor) 6:00 SJA Dog Therapy - Cora 7:00 Entertainment Night: DJ Bruce 50's & 60's (Manor)	Morning News One to ones 1:30 pm High Tea Hat Party for Alzheimer's Month	Bunny Visits
25	26	27	28	29	30	31
11:00 Catholic Church 1:00 Bunny Visits	Morning News 1:30 Let's Dance with Bella Dance (MPR) 3:45 SJA Dog Therapy – Rosie 6:00 SJA Dog Therapy – Juno 7:00 Scottish Country Dancers	Morning Walk 10:30 Tai Chi / Exercise 6:00 SJA Dog Therapy – Harlow 7:00 True North Rotary Bingo	Morning News 1:00 SJA Dog Therapy - Belle 1:30 Cultural Program: Bannock Making 7:00 Game Night/ Crib	Morning Walk 1:30 Ball & Balance (Manor) 7:00 Entertainment Night: Minnie & Moses (Manor)	Morning News One to ones 1:30 Bingo	Forget-Me- Nots

• Calendar activities are subject to change without notice – We apologies in advance for the inconvenience.