

Sunday

Monday

Tuesday

## Wednesday

Thursday

Friday

## Saturday

# January 2026

## First Floor Programs

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## First Floor Programs

10:00 Exercise 1:00 English Movie Matinee 1:15 Chinese Java Club 3:00 Hymn Sing	4	10:00 Exercise 10:45 Wake Up to Music 1:30 Music with Marilyn 2:15 Teatime Tunes	5	10:30 Chinese Church Service 1:00 Crossword 1:00 Chinese Hymn Sing 3:45 Classical Music Concert 5:45 Bingo	6	10:00 Exercise 11:00 Resident Council 1:00 Scenic Drive 1:15 Documentary Movie 3:30 Fireside Chat	7	10:00 Exercise 11:00 Chapel Service 1:00 Chinese Expressive Arts 1:30 PosAbilities 2:30 Dance Party 3:45 Exa Group 5:45 Karaoke Sing Along	8	10:00 Exercise 1:00 Music and Memories 1:00 Arts and Crafts	9	10:00 Exercise (If no SD) 1:00 Active Game 3:00 News and Views	10
10:00 Exercise 1:00 English Movie Matinee 1:15 Chinese Java Club 3:00 Church Service with Rolly	11	10:00 Exercise 10:45 Wake Up to Music 1:30 Music with Marilyn 2:15 Teatime Tunes	12	10:00 Exercise 11:00 Five Alive Visits 1:00 Pet Visits with Chris 1:00 Chinese Hymn Sing 3:45 Classical Music Concert 5:45 Bingo	13	10:00 Exercise 11:00 Chinese News 1:00 Scenic Drive 1:15 Documentary Movie 3:30 Fireside Chat	14	10:00 Exercise 11:00 Chapel Service 1:00 Chinese Expressive Arts 1:00 Active Game 2:30 Dance Party 3:45 Exa Group 5:45 Karaoke Sing Along	15	10:00 Exercise 1:00 Music and Memories	16	10:00 Exercise (If no SD) 1:00 Active Game 3:00 News and Views	17
10:00 Exercise 1:00 English Movie Matinee 1:15 Chinese Java Club 3:00 Hymn Sing	18	10:00 Exercise 10:45 Wake Up to Music 1:30 Music with Marilyn 2:15 Teatime Tunes	19	10:00 Exercise 11:00 Five Alive Visits 1:00 Crossword 1:00 Chinese Hymn Sing 3:45 Classical Music Concert 5:45 Bingo	20	8:00 Pancake Breakfast 10:00 Chinese Gospel Opera 1:00 Scenic Drive 1:15 Documentary Movie 3:30 Fireside Chat	21	10:00 Exercise 11:00 Chapel Service 1:00 Chinese Expressive Arts 1:00 Active Game 1:15 Pet Visits with Tracy 2:30 Dance Party 3:45 Exa Group - Poetry 5:45 Karaoke Sing Along	22	10:00 Exercise 1:00 Baking	23	10:00 Exercise (If no SD) 1:00 Active Game 3:00 Robbie Burns Day Poetry Celebration 5:00 Burns Supper	24
10:00 Exercise 1:00 English Movie Matinee 1:15 Chinese Java Club 3:00 Hymn Sing	25	10:00 Exercise 10:45 Wake Up to Music 12:00 Australia Day Lunch 1:30 Music with Marilyn 2:15 Teatime Tunes	26	10:00 Exercise 11:00 Five Alive Visits 1:00 Crossword 1:00 Chinese Hymn Sing 3:45 Classical Music Concert 5:45 Bingo	27	10:00 Chinese Church Service 1:00 Scenic Drive 1:15 Documentary Movie 3:30 Fireside Chat	28	10:00 Exercise 11:00 Chapel Service 1:15 Birthday Party 2:30 Dance Party 3:45 Exa Group 5:45 Karaoke Sing Along	29	10:00 Exercise 1:00 Arts and Crafts	30	10:00 Exercise (If no SD) 1:00 Active Game 3:00 News and Views	31