

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2026

## First Floor Programs

January 2026				10:00 Exercise 1:00 Active Game 5:45 Karaoke Sing Along		1	10:00 Exercise 1:00 Music and Memories		2	10:00 Exercise (If no SD) 1:00 Active Game 3:00 News and Views		3								
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 Rabbie 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