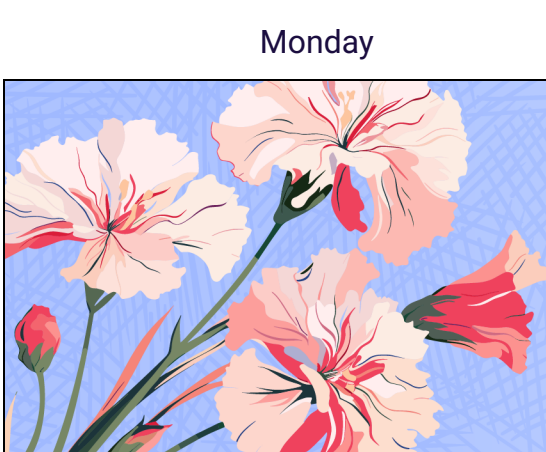


Monday		Tuesday		Wednesday		Thursday		Friday	
 January 2026 Cedar Neighbourhood						1 11:15 Walking Group 3:00 Helping Hands		2 11:15 Music by the Piano 3:00 Relaxation Music	
5 10:15 Wake Up to Music 11:00 Chinese Reminiscing 11:15 Music with Marilyn		6 3:00 Sensory Spa		7 3:30 Chinese Music		8 11:15 Walking Group 3:00 Helping Hands		9 11:15 Music by the Piano 3:00 Relaxation Music	
12 10:15 Wake Up to Music 11:00 Chinese Reminiscing 11:15 Music with Marilyn		13 3:00 Sensory Spa		14 3:30 Chinese Music		15 11:15 Walking Group 3:00 Helping Hands		16 11:15 Music by the Piano 3:00 Relaxation Music	
19 10:15 Wake Up to Music 11:00 Chinese Reminiscing 11:15 Music with Marilyn		20 3:00 Sensory Spa		21 3:30 Chinese Music		22 11:15 Walking Group 3:00 Helping Hands		23 3:00 Relaxation Music	
26 10:15 Wake Up to Music 11:00 Chinese Reminiscing 11:15 Music with Marilyn		27 3:00 Sensory Spa		28 3:30 Chinese Music		29 11:15 Walking Group 3:00 Helping Hands		30 3:00 Relaxation Music	