



Harmony January 2026

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|---|---|---|
|  | | | | 1 New Year's Day— Staff Holiday  | 2 10:00 Zumba! (TV Room) 2:00 movie and sensory bin exploration <i>Natalie Off</i> | 3 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration |
| 4 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration | 5 9:45 Fun & Fitness with Natalie (TV Room) 10:30am visits with Boomer 2:00 Entertainment with Darlene Brooks (TV | 6 10:00 Chair Yoga (TV Room) 2:00 Afternoon Movie & Sensory Bin Exploration | 7 9:45 Fun & Fitness with Natalie (TV Room) 2:00 Lets Travel To Switzerland | 8 10am Nail Parlor (Kitchen) 2pm Matching Cities | 9 10:00 Zumba! (TV Room) 9:30am Mad Libs 2:00 New Entertainment with Farrucas Duo (L, PG side) | 10 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration |
| 11 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration | 12 9:45 Fun & Fitness with Natalie (TV Room) 10:30am visits with Boomer 2pm Entertainment with Darleen and the Shamrockers | 13 10:00 Chair Yoga (TV Room) 10:30 Morning Meditation (TV Room) 2:00 Entertainment With Darleen Brooks | 14 9:45 Fun & Fitness with Natalie (TV Room) 2:00 Entertainment with Don Owen (TV Room | 15 10am Winter Bingo 10-11:30 Hearing Aide Cleaning Clinic (PG Side) 2pm The price is Right (TV Room) | 16 10:00 Zumba! (TV Room) 9:30am Guess The Scent 2:00 Music Therapist Visit (TV Room) | 17 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration |
| 18 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration 10:00 Coffee, | 19 9:45 Fun & Fitness with Natalie (TV Room) 10:30am visits with Boomer 2:00 Entertainment with Emilio (L, PG Side) | 20 10:00 Chair Yoga (TV Room) 10:30 Never Have I Ever 2:00 Afternoon Movie & Sensory Bin Exploration | 21 9:45 Fun & Fitness with Natalie (TV Room) 2:00 Entertainment with Ian (TV Room) | 22 10:00 Hymn Sing (TV Room) 10:30 Catholic Church Service (TV Room) 2pm Modeling with Clay | 23 10:00 Zumba! (TV Room) 9:30am Reading Group 2pm Music Therapist Visit (TV Room) | 24 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration |
| 25 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration | 26 9:45 Fun & Fitness with Natalie (TV Room) 10:30am visits with Boomer 2:00 Entertainment with Terry M (TV Room) | 27 10:00 Chair Yoga (TV Room) 10:30 Alphabet Artist 2:00 Afternoon Movie & Sensory Bin | 28 9:45 Fun & Fitness with Natalie (TV Room) 2:00 Entertainment with Sean Roberts (TV Room) | 29 10am Winter Bingo (Dinning Room) 2pm Mad scientist Hour (Dinning room) | 30 10:00 Zumba! (TV Room) 9:30 Noodle Balloon 2:00 Music Therapist Visit (TV Room) | 31 10:00 Coffee, Colouring, and Activity Booklets 2:00 Afternoon Movie & Sensory Bin Exploration |