


January 2026

PRESTON HOME AREA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:30am Morning Greetings 9:30am Making a wish Tree with Zara & Perry 10:30am Liturgy of the Word or Praying the Rosary - PR 11:00am Walks and Talks (Preston) 2:00pm Dart Club	2 10:30am Pump it Up - PR	3 8:30am Morning Greetings 9:30am Baking 10:35am Board Games 1:30pm friendly visit
4 8:30am Morning Greetings 9:30am Church Service 10:30am Manicures (Preston) 11:00am Walk and Talk 1:30pm Movie	5 9:30am Morning Greetings 9:30am Zen Colouring 10:30am Active Games 10:45am Music with Jen (Galt) 11:00am Walks and Talks (Preston) 2:00pm Bowling	6 8:30am Morning Greetings 9:30am Travelogue 10:30am Pump It UP - PR 11:00am Walks and Talks (Preston) 2:00pm Crazy Eight Club	7 8:30am Morning Greetings 9:30am Making Oat Soup 9:30am Pump it Up (Preston) 10:30am Virtual Reality Program - PR 10:45am Music with Jen (Preston) 11:00am Walks and Talks (Preston) 2:00pm Bingo	8 10:30am Liturgy of the Word or Praying the Rosary - PR 3:00pm Church Service with Temple Baptist	9 9:30am Crazy 8 Club 10:30am Pump it Up - PR 11:00am Walks and Talks (Preston) 1:30pm Outing To The Giant Tiger 4:00pm One-on-one (Preston) 5:45pm Active Games	10
11 	12 8:30am Morning Greetings 9:30am Baking 10:45am Music with Jen (Preston) 11:00am Walks and Talks (Preston) 2:00pm Bracelets making Time	13 SPIRIT DAY: Flannel Day 8:30am Morning Greetings 9:30am Coloring & Puzzles 10:30am Pump It UP - PR 11:00am Portuguese Rosary - SR 2:00pm Crazy Eight Club	14 8:30am Morning Greetings 9:30am Pump it Up (Preston) 10:00am Bingo 11:00am Walks and Talks (Preston) 2:00pm Sneaks & Ladders	15 8:00am Morning Greetings 9:30am Seated Exercise 10:30am Liturgy of the Word or Praying the Rosary - PR 10:30am Catholic Mass - PR 11:00am Walks and Talks (Preston) 2:00pm Coffee & Game	16 10:30am Pump it Up - PR	17 8:30am Morning Greetings 9:30am Baking 10:30am card game 1:30pm One-on-one (Preston)
18 8:30am Morning Greetings 9:15am Elder Care spiritual 10:15am Manicures (Preston) 11:00am Walk and Talk 1:30pm Movie	19 8:30am Morning Greetings 9:30am Making Bracelet 11:00am Friendly visit (Preston) - PDR 2:00pm Balloon Badminton 3:00pm Music with Jen (Galt)	20 8:30am Morning Greetings 9:30am Craft Corner 10:30am Pump It UP - PR 11:00am Spirit Circle (Preston) 2:00pm Crazy Eight Club 3:00pm One-on-one (Preston)	21 International Hug Day SPIRIT DAY: Pajama Day 8:30am Morning Greetings 9:30am Pump it Up (Preston) 10:00am Bingo 10:30am Resident Council 11:00am Walks and Talks (Preston) 2:00pm January Birthday Party	22 SPIRIT DAY: Cozy Sweater Day 10:30am Liturgy of the Word or Praying the Rosary - PR 2:00pm Music Entertainment - PR 3:00pm Church Service with Chaplain Daria	23 10:30am Pump it Up - PR 11:00am Walks and Talks (Preston) 2:00pm Taste & Smell Game 4:00pm Friendly visit(Preston) 5:45pm Crazy 8	24
25 2:00pm Hot Cholate and Treats Drop In	26 SPIRT DAY: Wear Blue & White 8:30am Morning Greetings 9:30am Baking 11:00am Walks and Talks (Preston) 2:00pm Music with Madison	27 8:30am Morning Greetings 9:30am Games & Music (Residents choice) 10:30am Pump It UP - PR 11:00am Portuguese Rosary - SR 2:00pm Crazy Eight Club 2:00pm Chocolate Chip Cookie Contest! - BDR	28 8:30am Morning Greetings 9:30am Pump it Up (Preston) 10:00am Making Bracelet 1:30pm Outing to the coffee culture	29 8:30am Morning Greetings 9:30am Seated Exercise 10:30am Liturgy of the Word or Praying the Rosary - PR 11:00am Walks and Talks (Preston) 2:00pm Coffee Chat & Play Cards 2:00pm Hot Chocolate and	30 10:30am Pump it Up - PR 2:00pm Music Entertainment - PR	31 8:30am Morning Greetings 9:30am Baking 10:30am Active Games 1:30pm Friendly visit(Preston)

