ROCKWAY GARDENS

January 2026



Programs & locations are subject to change.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			HAPPY NEW YEAR	Calandar Handout 11:30am Axe Throwing - RGAR 2:30pm New Years Day Social - RGAR	11:30am Basketball! - RGAR 2:00pm Tricky Trivia - RGAR 3:30pm Colouring 6:00pm Travelogue to Greece!	3 10:30am Faith & Film - Chapel 11:30am Balloon Badminton - RGAR - RGAR 2:30pm Specialty Coffee Time - MLDR 6:00pm Short Stories - RGAR
11:00am Winter Craft - RGAR 3:00pm Church Service - RGDR 6:00pm Music Reminiscing	10:00am Pump it Up - RGL 11:30am Manicure Monday! - RGRR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 6:00pm Movie + Trivia RGL	9:30am Noodle Balloon - RGAR 11:00am One to One - RGRR 3:30pm Music Therapy Group with Chelsea - RGL	9:30am Fun and Fitness - RGAR 11:00am Creative Faith with Chaplain Megan-RGDR 11:30am Guess the Price! - RGAR 2:30pm Bingo - FCDR	9:30am Basketball - RGAR 11:30am Hangman - RGAR 2:30pm Cookie and Hot Chocolate Social - RGAR	9:30am Balloon Volleyball - RGL 11:30am Making elephant toothpaste - RGAR 2:30pm Karaoke Social-FCDR 6:00pm Sing-a-long - RGAR	9:30am Short Stories - RGAR 11:30am Colouring - RGAR 2:30pm Community Movie - MLDR
11 10:00am Sudoku - RGAR 1:30pm UNO! - RGAR 3:00pm Church Service - RGDR	10:00am Pump it Up - RGL 11:00am Cooking English Muffin Pizza - RGDR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 6:00pm Manicure Monday! - RGRR	9:30am Bean Bag Toss - RGAR 11:30am Tricky Trivia - RGAR 2:00pm Making Chicken Noodle Soup - FCDR	9:30am Bean Bag Toss - RGAR 10:15am Travelling RC Communion - TC 11:00am Book Club with Chaplain Megan-RGDR 2:30pm Bingo - FCDR	9:30am Active Game - RGAR 11:30am Rapid Fire Trivia - RGL 2:30pm Card Games - RGAR 3:30pm Afternoon Visits - RGRR	2:30pm Apple Sauce Social -	17 10:30am Faith & Film - Chapel 11:30am Finish The Phrase - RGAR 2:30pm Specialty Coffee Time - MLDR 6:00pm Evening Meditation - RGAR
11:30am Baking Cinnamon Apple Bread - RGDR 3:00pm Church Service - RGDR 6:00pm Sing-a-long - RGAR	10:00am Pump it Up - RGL 11:00am Memorial Service - RGDR 11:30am Manicure Monday! - RGRR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 6:00pm Travelogue + Trivia	9:25am Balloon Volleyball - RGAR 10:00am Resident Council - FCEL 11:00am One to One - RGRR 2:30pm Short Stories - RGAR 3:30pm Music Therapy Group with Chelsea - RGL	6:00pm Faith and Friends with Chaplain Megan-RGDR	9:30am Axe Throwing - RGAR 11:15am Making Book Marks - RGAR	9:30am Cup Pong - RGAR 11:30am Puzzles - RGAR 2:30pm January Birthday Party	24 10:30am Faith & Film - Chapel 10:30am Brain Tweezers; Mazes/ word search - RGAR 2:30pm Community Movie - MLDR
9:30am Short Stories - RGAR 11:30am Coloring - RGAR 3:00pm Church Service - RGDR	26 10:00am Pump it Up - RGL 11:30am Manicure Monday! - RGRR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 2:30pm Making Slime - RGAR 6:00pm Movie + Trivia - RGDR	9:30am Fun and Fitness - RGAR 11:00am One to One - RGRR 2:00pm Card Games - RGAR 3:00pm Colouring - RGAR	9:30am Basket Ball - RGAR 10:30am Catholic Mass - CHAP 11:30am Old Wive Tales - RGAR 2:30pm Bingo - FCDR	29 10:00am Travelogue & Trivia - RGL 11:30am Guess the price - RGL 2:30pm Mocktail Social - RGAR	11:30am Noodle Balloon - RGAR 2:00pm Riddles! - RGAR 3:00pm Colouring 6:00pm Travelogue - RGAR	10:30am Faith & Film - Chapel 10:30am One to One - RGRR 2:30pm Specialty Coffee Time - MLDR 6:00pm Chair Yoga - RGDR

CHAP - Chapel

RGDR - Rockway Gardens Dining Room

FCDR - Frederick Community Dining Room

RGRR - Resident Room for 1-1 scoring

FCEL - Frederick Community East Lounge

TC - Travelling Carts

MLDR - Market Lane Dining Room

RGAR - Rockway Gardens Activity Room