

## January 2026



Programs & locations are subject to change.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			EAR	1 2:30pm Afternoon Visits - VPRR	2 11:30am Morning Visits - VPRR 2:30pm Active Game - VPAR 3:30pm Card Bingo - VPDR 6:00pm Trivia - VPL	3 10:30am Faith & Film - Chapel 11:30am Colouring - VPL 2:30pm Specialty Coffee Time - EPDR 6:00pm Music Throwback - VPL
4	5	6	7	8	9	10
11:30am Finish the Phrase - VPDR 1:30pm Horseshoes - VPL 3:00pm Church Service - RGDR 6:00pm Evening Visits - VPRR	10:00am Chair Exercises - VPAR 11:30am Music Monday Social - VPAR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 3:30pm Manicure Mondays - VPRR	10:00am Guess The Word - VPL 11:30am Active Game - VPAR 2:30pm Card Bingo - VPAR 6:00pm Basketball - VPL	10:00am Pump it up - VPL 11:30am Bowling - VPL 11:30am Morning Visits - VPRR 2:30pm Bingo - VPDR 6:00pm Memory (Card Game) -	11:30am Active Game - VPAR 2:30pm Crosswords - VPL 6:00pm Elvis Travelogue & Trivia - VPL	10:00am Crosswords - VPL 11:30am Pictureka (Board Game) - VPDR 2:00pm Creative Faith with Chaplain Megan-VPDR 2:30pm Karaoke Social-FCDR	10:00am Trivia - VPL 11:30am Basketball - VPAR 2:30pm Community Movie - VPAR
11	12	13	14	15	16	17
10:00am Morning Visits - VPRR 11:00am Unscramble - VPL 3:00pm Church Service - RGDR	10:00am Trivia & Riddles - VPL 11:30am Music Monday Social - VPAR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 3:30pm Manicure Mondays - VPRR		10:00am Pump it up - VPL 10:15am Travelling RC	3:30pm Word Games - VPL 6:00pm Travelogue & Trivia - VPL	11:30am Active Game - VPAR 2:00pm Book Club with Chaplain Megan-VPDR 2:30pm Tea Party - FCDR 6:00pm Trivia - VPL	10:30am Faith & Film - Chapel 11:30am Crosswords - VPL 2:30pm Specialty Coffee Time - EPDR 6:00pm Guess Who (Board Game) - VPDR
18	19	20	21	22	23	24
11:30am Active Game - VPAR 1:30pm Word Games - VPL 3:00pm Church Service - RGDR 6:00pm Evening Visits - VPRR	10:00am Martin Luther King Trivia - VPL  11:00am Memorial Service - RGDR  11:30am Music Monday Social - VPAR  2:00pm Over 80 Gentlemens Coffee Club-Chapel  3:30pm Manicure Mondays - VPRR	10:00am Word Games - VPL 11:30am Active Game - VPAR 11:30am Sew the Rainbow - VPAR 2:30pm Card Bingo - VPAR 3:00pm Basketball - VPL 6:00pm Music Throwback - VPL	11:30am Bowling - VPL 11:30am Morning Visits - VPRR 2:30pm Bingo - VPDR 6:00pm Short Stories - VPAR		2:00pm Faith and Friends with Chaplain Megan-VPDR 2:30pm January Birthday Party with Jeff Poolton - VPDR	10:30am Faith & Film - Chapel 11:30am Active Game - VPAR 2:30pm Community Movie - VPAR
25	26	27	28		30	31
10:00am Morning Visits - VPRR 11:00am Unscramble - VPL 3:00pm Church Service - RGDR	10:00am Trivia & Riddles - VPL 11:30am Music Monday Social - VPAR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 3:30pm Manicure Mondays - VPRR 6:00pm Colouring - VPL		10:00am Pump it up - VPL 10:30am Catholic Mass - CHAP 11:30am Bowling - VPL 2:30pm Bingo - VPDR 6:00pm Evening Visits - VPRR	2:30pm Afternoon Visits - VPRR	8:30am Breakfast Club - GH 10:30am Trivia - VPL 11:30am Active Game - VPAR 2:00pm Afternoon Visits - VPRR	10:30am Faith & Film - Chapel 11:30am Pictureka (Board Game) - VPDR 2:30pm Specialty Coffee Time - EPDR 6:00pm Montessori - VPAR

CHAP - Chapel

RGDR - Rockway Gardens Dining Room

TC - Travelling Carts

EPDR - Edna Place Dining Room

FCDR - Frederick Community Dining Room
VPAR - Victoria Park Activity Room

FCEL - Frederick Community East Lounge
VPDR - Victoria Park Dining Room

GH - Grand Hall

VPL - <mark>Victoria Park</mark> Lounge