



JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 10:00 Discussion 1:30 Puzzles 6:30 Coloring 04	 10:00 Musical Happiness 1:30 BINGO 05	 10:00 Mandalas 1:30 Pocket game 06	07	10:00 Chair exercises 1:30 BYE BYE 2025 01	 02	10:00 Discussion 1:30 Brain teaser 6:30 Coloring 03
10:00 Discussion 1:30 Puzzles 6:30 Coloring 11	10:00 Musical Happiness 1:30 BINGO 12	10:00 Mandalas 1:30 Pocket game 1:30 The Joy of Reading La Caravelle Theater 13	10:00 Chair exercises 1:30 Rebroadcast of BYE BYE 2025 07	10:00 Chair exercises 1:30 Lecture on the history of Quebec 08	10:00 Mass 2:00 Zoo entertainment 09	10:00 Discussion 1:30 Puzzle 6:30 Coloring 10
10:00 Discussion 1:30 Puzzles 6:30 Coloring 11	10:00 Discussion 1:30 Puzzles 6:30 Coloring 11	10:00 Discussion 1:30 Puzzles 6:30 Coloring 11	10:00 Chair exercises 1:30 Movie 14	10:00 Chair exercises 1:30 Bola game 15	10:00 Mass 1:30 Theme day: The Love Boat 16	10:00 Discussion 1:30 Puzzles 6:30 Coloring 17
10:00 Discussion 1:30 Puzzles 6:30 Coloring 18	10:00 Director's coffee 1:30 BINGO 19	10:00 Mandalas 1:30 Beanbag toss 20	10:00 Chair exercises 1:30 Movie 21	10:00 Chair exercises 1:30 Darts 22	10:00 Mass 2:00 Zoo entertainment 23	10:00 Discussion 1:30 Brain teaser 6:30 Coloring 24
10:00 Discussion 1:30 Puzzles 6:30 Coloring 25	10:00 Musical joy 1:30 BINGO 26	10:00 Pocket game 1:30 Music quiz 27	10:00 Chair exercises 1:30 Movie 28	10:00 Chair exercises 1:30 Word game 29	10:00 Mass 11:30 Birthday celebrations and musical dinner 30	10:00 Discussion 1:30 Puzzles 6:30 Coloring 31
						