



# January 2026

| Sun  | Mon  | Tue   | Wed  | Thu  | Fri   | Sat   |
|--|--|---|--|--|---|---|
| <p>Harbour View Haven is fortunate to have many dedicated volunteers providing individual visits, including our St. John Ambulance Dog Therapy teams</p> | <p><b>Please Note:</b><br/>Programs are predetermined relative to the need of staff to support resident/family video calls and are subject to change.</p>  | <p><u>Location legend:</u><br/><br/>Floor One (Fl.1)<br/>Floor Two (Fl.2)<br/>Back Harbour Square (BHS)<br/>New Haven (NH)<br/>Main Dining Room (MDR)</p> |   | <p><b>1</b><br/><br/>New Year's Day<br/>Recreation Department<br/>Closed</p>   | <p><b>2</b><br/><br/>10:30 Strength in Motion, Fl.1<br/>10:30 Exercises, Fl.2<br/>2:00 Card Bingo, NH</p>   | <p><b>3</b><br/><br/>10:30 Chair Yoga, Fl.1<br/>2:00 Name that Tune, Fl.1</p>   |
| <p><b>4</b><br/><br/>8:00 Breakfast Group, Fl.2<br/>1:30 Chair Yoga, Fl.2</p>  | <p><b>5</b><br/><br/>10:30 Hymn Sing, Fl.1<br/>2:00 Card Bingo, Fl.1<br/>2:00 Hot Chocolate &amp; Reminiscing, Fl.2<br/>6:00 Word Games, &amp; Trivia, Fl.2</p>  | <p><b>6</b><br/><br/>10:30 Cribbage, NH<br/>1:30 Van Outing to Lunenburg Daycare<br/>2:00 Name that Tune, Fl.2<br/>6:00 Tovertafel, Fl.2</p>              | <p><b>7</b><br/><br/>10:30 Nifty Nails, BHS<br/>10:30 Tea &amp; Talk, Fl.1<br/>10:30 Strength in Motion, Fl.2<br/>2:00 Bingo, Fl.2<br/>2:00 Bake Group, BHS</p>                | <p><b>8</b><br/><br/>10:00 Wii Bolwing, NH<br/>10:30 Puzzle Group, FL.2<br/>1:30 Music with Meghan, BHS<br/>2:00 Worship Service, Fl.2<br/>Afternoon Candy Cart Visits, All Units<br/>6:00 Reading Group, Fl.1</p>   | <p><b>9</b><br/><br/>10:30 Adult Colouring, NH<br/>10:30 Strength in Motion, Fl.1<br/>10:30 Tovertafel, Fl.2<br/>2:00 Tetherball, BHS<br/>2:00 Bake Group, Fl.1</p>             | <p><b>10</b><br/><br/><i>Happy New Year!</i><br/></p>   |
| <p><b>11</b><br/><br/></p>   | <p><b>12</b> 10:30 Tovertafel, Fl.1<br/>2:00 Classical Music Performance by the Fulton Bothers, Fl.2<br/>2:00 Creative Expression, BHS<br/>6:00 Word Games, &amp; Trivia, NH<br/>6:00 Reading Group, BHS</p> | <p><b>13</b><br/><br/>10:30 Devotions, Fl.1 All Welcome!<br/>2:00 Musical Memories with Kelly &amp; Dave Barnes, Fl.2<br/>6:00 Aqua Painting, NH</p>      | <p><b>14</b><br/><br/>10:30 Puzzle Group, NH<br/>10:30 Tovertafel, Fl.1<br/>10:30 Strength in Motion, Fl.2<br/>2:00 Bingo, Fl.2<br/>2:00 Bake Group, Fl.1</p>                  | <p><b>15</b><br/><br/>10:30 Hymn Sing, BHS<br/>2:00 Worship Service, Fl.2<br/>Afternoon Candy Cart Visits, All Units<br/>6:00 Trivia, Fl.2<br/>6:00 Tovertafel, NH</p>   | <p><b>16</b><br/><br/>10:30 Nifty Nails, Fl.2<br/>10:30 Aqua Painting, BHS<br/>10:30 Strength in Motion, Fl.1<br/>2:00 Word Games, Fl.2<br/>2:00 Bowling, BHS</p>               | <p><b>17</b><br/><br/>Morning Lunch Prep, Fl.1<br/>10:30 Puzzle Group, Fl.2<br/>11:30 Lunch Group, Fl.1<br/>2:00 Creative Expression, Fl.2<br/>2:30Snakes &amp; Ladders, Fl.1</p> |
| <p><b>18</b><br/><br/>10:30 Chair Yoga, NH<br/>2:00 Bake Group, NH</p>   | <p><b>19</b><br/><br/>10:30 Tovertafel, BHS<br/>2:00 Card Bingo, NH</p>  | <p><b>20</b><br/><br/>10:30 Exercises, Fl.1<br/>2:00 Musical Entertainment with Midlife Crisis, Fl.2<br/>6:00 Tovertafel, BHS</p>                         | <p><b>21</b><br/><br/>10:30 Nifty Nails, Fl.1<br/>10:30 Tetherball, BHS<br/>10:30 Strength in Motion, Fl.2<br/>2:00 Bingo, Fl.2<br/>Afternoon Candy Cart Visits, All Units</p> | <p><b>22</b><br/><br/>10:30 Adult Colouring, Fl.2<br/>1:30 Music with Meghan, BHS<br/>1:30 Outing to Bridgewater Mall<br/>2:00 Worship Service, Fl.2<br/>6:00 Tovertafel, BHS<br/>6:00 Creative Expression, Fl.1</p> | <p><b>23</b><br/><br/>10:30 Sing-a-long, BHS<br/>10:30 Strength in Motion, Fl.1<br/>10:30 Resident Council Meeting, Conference Room<br/>2:00 Bowling, Fl.2<br/>All Welcome!</p> | <p><b>24</b></p>  |
| <p><b>25</b></p>   | <p><b>26</b><br/><br/>10:30 Tovertafel, Fl.2<br/>2:00 Musical Entertainment with Sunny Side Up, Fl.2<br/>6:00 Word Games, &amp; Trivia, Fl.1<br/>6:00 Fun &amp; Games, NH</p>                                | <p><b>27</b><br/><br/>10:30 Devotions, Fl.1 All Welcome!<br/>2:00 Musical Entertainment with Running on MT, Fl.2<br/>6:00 Sing-a-long, Fl.1</p>           | <p><b>28</b><br/><br/>10:30 Reading Group, NH<br/>10:30 Nifty Nails, BHS<br/>10:30 Strength in Motion, Fl.2<br/>2:00 Bingo, Fl.2<br/>2:00 Bake Group, BHS</p>                  | <p><b>29</b> 10:30 Tovertafel, Fl.2<br/>10:30 Weekly News &amp; Coffee Group, Fl.1<br/>2:00 Worship Service, Fl.2<br/>Afternoon Candy Cart Visits, All Units<br/>6:00 Yahtzee, Fl.2</p>                              | <p><b>30</b><br/><br/>10:30 Strength in Motion, Fl.1<br/>10:30 Hymn Sing, Fl.2<br/>10:30 Adult Colouring, BHS<br/>2:00 Yahtzee, Fl.1<br/>2:00 Bake Group, Fl.2</p>              | <p><b>31</b><br/><br/>10:30 Creative Expression, BHS<br/>2:00 Monthly Birthday Party, Fl.2 All Welcome!</p>   |