

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026

Shoreham Recreation Calendar

						1 8:30 Folding (OT) 10:00 Music Therapy (group) 10:30 Pop Up Library (ML) 2:00 Travelogue- (ML)	2 10:30 Adult Coloring 2:00 Time to Read 3:15 Knitting Circle
4 10:30 Hymn Sing (ML) 2:00 Crosswords & Coffee (ML) 3:15 Knitting Circle	5 8:30 Folding (OT) 10:30 Devotions (ML) 2:00 Wing Programming	6 9:00 Hand Wax (OT) 10:15 Learn to Line Dance (OT) 10:30 SenSupport (1:1) 11:30 Exercises with Jenna (ML) 1:30 Gr. 9 Visit (ML) Card Bingo 6:30 Music with Guitbas (ML)	7 8:30 Folding (OT) 10:30 Cranium Crunches (ML) 10:30 Resume Ukulele Lessons (OT) 11:30 Strength Class (OT) 2:00 BINGO (ML)	8 10:30 Church (ML) 11:30 Exercises with Jenna (ML) 1:00 Baking Class (with OT) 2:00 Reindeer Games (ML) 6:00 Paint Nite (ML)	9 8:30 Folding (OT) 10:00 Music Therapy (group) 1:30 Gr. 9 Visit Adult Coloring (D) 2:00 Music with David Rhind (ML)	10 Clergy Rev Pretty- 8th Rev Webb - 15th Pat Bates- 22nd Rev Ago - 29th	
11 	12 8:30 Folding (OT) 10:30 Yoga & Meditation (OT) 10:45- Mate- Art Program (C) 2:00 Music with Ron & Friends (ML) 6:15 Country at the Cross (ML)	13 9:00 Hand Wax (OT) 10:15 Learn to Line Dance (OT) 10:30 Montessori (1:1) 11:30 Exercises with Jenna (ML) 1:30 Gr. 9 Visit (ML) Cards 2:30 Virtual Memory Café	14 8:30 Folding (OT) 10:30 January Jeopardy (ML) 10:30 Ukulele Lessons (OT) 11:30 Strength Class (OT) 2:00 BINGO (ML)	15 10:30 Church (ML) 11:30 Exercises with Jenna (ML) 2:00 Boccia Ball (ML) 6:30 1:1 Visits	16 8:30 Folding (OT) 10:00 Music Therapy (group) 10:30 Luncheon (OT) (making mini pizzas) 1:30 Gr. 9 Visit (ML) Bowling	17 10:30 Armchair Travels (ML) 2:00 Nail Care (OT) 3:15 Knitting Circle	
18 Happy Birthday to..... Lydia P- 4 th Hugh L- 6 th Lillian M – 14 th Lila W- 16 th Patricia R – 17 th Betty E – 21 st Peggy H – 25 th Olga H – 27 th	19 8:30 Folding (OT) 10:30 Devotions (ML) 10:30 Snoezelen (1:1) 2:00 Crafting (OT) Martin Luther King Jr. Day	20 9:00 Hand Wax (OT) 10:15 Learn to Line Dance (OT) 10:30 Creative Movement (C) 11:30 Exercises with Jenna (ML) 2:00 Balloon Badminton (ML) 6:00 Evening Sing Along (ML)	21 8:30 Folding (OT) 10:30 Resident Council (OT) 10:30 Ukulele Lessons (ML) 11:30 Strength Class (OT) 2:00 BINGO (ML)	22 10:30 Church (ML) 11:30 Exercises with Jenna (ML) 2:00 Red Hatters (OT) 6:30 Word Puzzles & Hot Chocolate (ML)	23 8:30 Folding (OT) 10:00 Music Therapy (group) 10:30 Resident Choice 2:00 Wine & Cheese Social (ML)	24 (ML)= Main Lounge (OT) = OT room (OS)= Outside Programs are subject to change Outings are weather permitting We welcome and encourage residents, family, friends and staff to join us during our programming©	
25 10:30 Baking with Colleen (OT) 2:00 Lexicon Social (ML) 3:15 Knitting Circle	26 8:30 Folding (OT) 10:45- Mate- Art Program (B) 2:00 January Birthday Party (ML) Australia Day (Observed)	27 9:00 Hand Wax (OT) 10:15 Learn to Line Dance (OT) 10:30 Snoezelen (1:1) 11:30 Musical Interlude with Eileen (ML) 2:00 Cards & Games (ML) 6:30 Men's Club	28 8:30 Folding (OT) 10:30 Ukulele Lessons (OT) 11:30 Strength Class (OT) 2:00 BINGO (ML) 6:30 Music with HHG (ML)	29 10:30 Church (ML) 11:30 Exercises with Jenna (ML) 1:00 Baking Class (with OT) 1:00 Tanya Britain- class visit	30 8:30 Folding (OT) 10:00 Music Therapy (1:1) 10:30 Spiritual hour (ML) 2:00 Moose Mixer (ML)	31 10:30 Crafting (OT) 2:00 Nail Care (OT) 3:15 Knitting Circle	

Manager of Recreation & Volunteer Services – Niki Rodenhizer – 902–275–5631 ext.8235

Recreation Programmers – 902–275–5631 ext.8233