

Sunday

Monday

# Tuesday

## Wednesday

Thursday

Friday

## Saturday

# January 2026

DSL 3

# NEW YEARS DAY

## NO RECREATION PROGRAMS

- 1 8:45 COFFEE & MUSIC
- 9:30 STRETCH N TONE
- 10:45 JENGA
- 1:30 YAHTZEE

**2** 9:30 STRETCH N TONE  
10:45 RING TOSS  
**1:30 BINGO**  
**3:00 COFFEE CHATS**

3

## Australia Day (Observed)

Recreation Domains: **SOCIAL PHYSICAL COGNITIVE EMOTIONAL SPIRITUAL PURPOSEFUL**

**\*Calendar is subject to change**