

## To Contact Activities

(519) 271-4090 ext. 2227

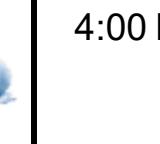
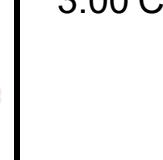
activity@sprucelodge.on.ca

\*Programs may change\*

# January 2026

## Spruce Lodge Nursing Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>"No winter lasts forever; no spring skips its turn."</b> ~ Hal Borland</p>			<p><b>New Year's Day</b> 1</p>	<p>10:30 New Year's Resolutions 2:00 Music with Traci Kennedy 3:00 Café Social</p> 	<p>10:30 Bingo 2:00 Fun &amp; Fitness 3:00 Café Social</p> 
<p>10:00 TV Church Service 2:00 Cards &amp; Games 3:00 Café Social</p> 	<p>10:00 Carpet Bowling 11:00 Women's Music Group 2:00 Sing-a-Long with Karen 3:00 Café Social</p>	<p>10:30 News and Current Events 2:00 Bingo 3:00 Café Social</p> 	<p>10:00 Adam's Advanced Exercises 2:00 Snow Ball Fight! 3:00 Café Social 6:30 Manicures</p> 	<p>10:00 Walking Group 2:00 Bingo 3:00 Café Social 3:30 Choir Group 4:00 Friendship Circle</p>	<p>10:30 Travelogue Destination Australia 11:00 Men's Music Group 2:00 Name Brand vs Off Brand Taste Test 3:00 Café Social</p> 	<p>10:30 Bingo 2:00 Cottage Reading Group 3:00 Café Social</p> 
<p>10:00 TV Church Service 2:00 Music with Mike Ryan 3:00 Café Social</p> 	<p>10:00 Adam's Advanced Exercises 11:00 Women's Music Group 2:00 Sing-a-Long with Karen 3:00 Café Social 6:30 2 Gals and a Guitar</p>	<p>10:30 Balloon Volleyball 2:00 Bingo 3:00 Café Social</p> 	<p>10:30 RC Mass 11:15 Church Service 2:00 Community Jam with Rachel 3:00 Leadership Café Social</p>	<p>10:00 Walking Group 11:00 Church Service 2:00 Bingo 3:00 Café Social 3:30 Choir Group 6:30 Just for Fun Band</p>	<p>10:30 Scrapbooking 11:00 Men's Music Group 2:00 Word Games 3:00 Café Social</p>	<p>10:30 Bingo 2:00 Tulip Craft 3:00 Café Social</p> 
<p>10:00 TV Church Service 2:00 Word Cube Game 3:00 Café Social</p> 	<p><b>MLK Jr. Day</b> 19</p> <p>10:30 All About MLK Jr. 11:00 Women's Music Group 2:00 Hymn Sing with Karen 3:00 Café Social</p>	<p>10:00 Adam's Advanced Exercises 2:00 Bingo 3:00 Café Social</p>	<p>10:30 Resident Council 2:00 Music with Bob Lauze 3:00 Birthday Café</p>	<p><b>Hat Day</b> 22</p> <p>10:00 Walking Group 11:00 Church Service 2:00 Bingo 3:00 Café Social 3:30 Choir Group</p> 	<p>10:30 Name that Tune with Rachel 2:00 Scattergories 3:00 Café Social</p> 	<p>10:30 Bingo 2:00 Trivia Fun 3:00 Café Social</p> 
<p>10:00 TV Church Service 2:00 Hockey Talk 3:00 Café Social</p> 	<p>10:30 DROM Drumming Group 11:00 Women's Music Group 2:00 Music with Leavin Tracks 3:00 Café Social</p>	<p>10:30 Food Committee Meeting 2:00 Bingo 3:00 Café Social</p> 	<p>10:30 "The Last Race" Iditarod Documentary 2:00 Campfire 3:00 Café Social 6:30 Reminiscing Group</p>	<p>10:00 Adam's Advanced Exercises 2:00 Bingo 3:00 Café Social 3:30 Choir Group</p>	<p>10:30 What's in the Box 11:00 Men's Music Group 2:00 Jeopardy 3:00 Café Social</p>	<p>10:30 Bingo 2:00 Word Games 3:00 Café Social</p> 