


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>"No winter lasts forever; no spring skips its turn." ~ Hal Borland</p> 				New Year's Day 1 	2 10:30 New Year's Resolutions 2:00 Music with Traci Kennedy 3:00 Café Social 	3 10:30 Bingo 2:00 Fun & Fitness 3:00 Café Social 
10:00 TV Church Service 4 2:00 Cards & Games 3:00 Café Social 	10:00 Carpet Bowling 5 11:00 Women's Music Group 2:00 Sing-a-Long with Karen 3:00 Café Social	10:30 News and Current Events 6 2:00 Bingo 3:00 Café Social 	10:00 Adam's Advanced Exercises 7 2:00 Snow Ball Fight! 3:00 Café Social 6:30 Manicures 	10:00 Walking Group 8 2:00 Bingo 3:00 Café Social 3:30 Choir Group 4:00 Friendship Circle	10:30 Travelogue Destination Australia  9 11:00 Men's Music Group 2:00 Name Brand vs Off Brand Taste Test 3:00 Café Social	10:30 Bingo 10 2:00 Cottage Reading Group 3:00 Café Social 
10:00 TV Church Service 11 2:00 Music with Mike Ryan 3:00 Café Social 	10:00 Adam's Advanced Exercises 12 11:00 Women's Music Group 2:00 Sing-a-Long with Karen 3:00 Café Social 6:30 2 Gals and a Guitar	10:30 Balloon Volleyball 13 2:00 Bingo 3:00 Café Social 	10:30 RC Mass 14 11:15 Church Service 2:00 Community Jam with Rachel 3:00 Leadership Café Social	10:00 Walking Group 15 11:00 Church Service 2:00 Bingo 3:00 Café Social 3:30 Choir Group 6:30 Just for Fun Band	10:30 Scrapbooking 16 11:00 Men's Music Group 2:00 Word Games 3:00 Café Social	10:30 Bingo 17 2:00 Tulip Craft 3:00 Café Social 
10:00 TV Church Service 18 2:00 Word Cube Game 3:00 Café Social 	MLK Jr. Day 19 10:30 All About MLK Jr. 11:00 Women's Music Group 2:00 Hymn Sing with Karen 3:00 Café Social	10:00 Adam's Advanced Exercises 20 2:00 Bingo 3:00 Café Social	10:30 Resident Council 21 2:00 Music with Bob Lauze 3:00 Birthday Café	Hat Day 22 10:00 Walking Group 11:00 Church Service 2:00 Bingo 3:00 Café Social 3:30 Choir Group 	10:30 Name that Tune 23 with Rachel 2:00 Scattergories 3:00 Café Social 	10:30 Bingo 24 2:00 Trivia Fun 3:00 Café Social 
10:00 TV Church Service 25 2:00 Hockey Talk 3:00 Café Social 	10:30 DROM Drumming 26 Group 11:00 Women's Music Group 2:00 Music with Leavin Tracks 3:00 Café Social	10:30 Food Committee Meeting 27 2:00 Bingo 3:00 Café Social 	10:30 "The Last Race" Iditarod Documentary 28 2:00 Campfire 3:00 Cafe Social 6:30 Reminiscing Group	10:00 Adam's Advanced Exercises 29 2:00 Bingo 3:00 Café Social 3:30 Choir Group	10:30 What's in the Box 30 11:00 Men's Music Group 2:00 Jeopardy 3:00 Café Social	10:30 Bingo 31 2:00 Word Games 3:00 Café Social 