

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**January 2026**

**Hope Haven Life Enrichment Calendar**

**1** AM Calendar Visits  
2:00 New Years Traditions Around The World  
Nnenna Off  
New Year's Day

**2** 10:30 Over/Under Game  
2:00 Happy Hour- American Bandstand  
Nnenna Off

**3** 10:30 Movement and Meditation  
2:00 Whisking up Fun

**4** 10:30 Hymn Sing  
2:00 Jeopardy

**5** 2:15 Balloon Volleyball-On Hope  
6:30 Shuffle Bowling

**6** 6:30 Music and Memories - Elvis, the Beginning  
Nnenna Off

**7** 9:45 Morning Jams-On Hope  
10:30 Reminiscing: New year Reflection-On Hope  
2:15 Birthday Celebrations-On Hope  
6:30 Bingo

**8** Taking Down the Christmas Trees and Decor  
6:30 Super Quiz Trivia Game

**9** 10:00 Gentle Stretches-on Hope  
10:30 Manitoba Winter Trivia-On Hope  
2:00 Happy Hour -50's 60's Tunes

**10** 10:30 Fun and Fitness  
2:00 Rhythm and Voice (Drumming with Doug)  
Nnenna Off

**11** 10:30 Hymn Sing and Devotionals- Born Again In Christ  
2:00 Movie Matinee  
Nnenna Off

**12** 9:45 Quiet Comfort Time-On Hope  
10:30 Hand Massages-On Hope  
Afternoon -Life Enrichment Team in Meeting  
6:30 Create A Quote

**13** 2:15 Wheelchair Strolls-On Hope  
6:30 Name That Tune

**14** 2:15 Travelogue to Japan-On Hope  
2:00 Entertainment by Victor Phillip  
6:30 Bingo

**15** 6:30 Music and Memories - Elvis Music in Movies  
Nnenna Off

**16** 10:00 Hot Cocoa Social-On Hope  
10:30 Manicures-On Hope  
2:00 Happy Hour -Music By Request

**17** 10:30 Drum Fit Exercises  
10:30 Creative Colouring - On Hope  
2:00 Whisking up Fun

**18** 10:30 Hymn Sing and Devotionals - Courage  
2:00 Audio Book Club

**19** 2:00 Floor Shuffleboard Game  
6:30 Cooking Gone Wrong Ep.2

**20** 6:30 Music and Memories - Elvis, Greatest hits  
Nnenna Off

**21** 10:30 Card Games-On Hope  
6:30 Bingo

**22** 10:30 Roman Catholic Mass with Father Greg  
2:15 Joyful Baking-On Hope  
6:30 Celebrity Bio

**23** 9:30 Men's Coffee Group  
10:30 Ball Circle-On Hope  
2:00 Happy Hour -Popular Movie Songs

**24** 10:30 Fun and Fitness  
2:00 Rhythm and Voice (Drumming with Doug)  
Nnenna Off

**25** 10:30 Hymn Sing and Devotionals- One Day at a Time  
2:00 Animal Of The Month - Trivia  
Nnenna Off

**26** 9:45 Coffee & Tea Time- On Hope  
10:30 Friendly Visits  
2:00 River East's Got Talent - Talent Show (please see Life Enrichment to sign up)  
6:30 The Price is Right

**27** 9:45 Morning Music-On Hope  
10:30 Read me a Poem-On Hope  
6:30 Name That Tune

**28** 10:30 Elder/Family Council Meeting  
2:15 Radio Listening-On Hope  
2:45 Friendly Visits-On Hope  
6:30 Bingo

**29** 6:30 Music and Memories Movie- Return of the King, Elvis 1968 Return  
Nnenna Off

**30** 10:30 Nerf Gun Fun  
2:00 Happy Hour -Music By Request

**31** 10:30 Movement and Meditation  
2:00 Crafter's Corner

\*Programs take place in Gathering Room unless otherwise stated

\*Programs and/or program times are subject to change

\*1:1 Visits take place outside of program times