

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2026

SUNDRE SENIORS' SUPPORTIVE LIVING

<p>1:00 PM UNITED 4 9:00 AM EXERCISE 10:00 AM DUTCH SHUFFLEBOARD 10:00 AM ATB BANK DAY 2:00 PM HAPPY HOUR ENTERTAINMENT BY KIM BUTTS</p>	<p>8:45 AM ARMCHAIR YOGA 5 9:00 AM EXERCISE 10:00 AM DUTCH SHUFFLEBOARD 10:00 AM ATB BANK DAY 2:00 PM HAPPY HOUR ENTERTAINMENT BY KIM BUTTS</p>	<p>8:45 AM EXERCISE 6 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM COVER THE #</p>	<p>FOB CHECK DAY 7 8:45 AM ARMCHAIR YOGA 9:00 AM EXERCISE 10:00 AM CROCK POT CREW MEAL PLANNING 2:00 PM RESIDENT/FAMILY MEETING</p>	<p>8:45 AM EXERCISE 8 CHRISTMAS TAKE DOWN 10:00 AM FLOOR CURLING 11:00 AM TECH HELP 2:00 PM PET VISITS 2:00 PM BINGO</p>	<p>8:45 AM EXERCISE 9 8:45 AM EXERCISE 2:00 PM MOVIE & POPCORN</p>	<p>2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME</p>
<p>1:00 PM McDUGAL 11 9:00 AM EXERCISE 10:00 AM JEOPARDY 1:30 PM SUNDAY ON A MONDAY</p>	<p>8:45 AM ARMCHAIR YOGA 12 9:00 AM EXERCISE 10:00 AM FLOOR CURLING 11:00 AM LIBRARY SERVICE 2:00 PM UNO CARD GAME</p>	<p>8:45 AM EXERCISE 13 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 11:00 AM LIBRARY SERVICE 2:00 PM UNO CARD GAME</p>	<p>8:45 AM EXERCISE 14 9:15 AM OLDS WALMART & LUNCH @ SMITTY'S</p>	<p>8:45 AM EXERCISE 15 9:00 AM STANDING BALANCE 10:00 AM FLOOR CURLING 2:00 PM PET VISITS 2:00 PM BINGO</p>	<p>8:45 AM EXERCISE 16 1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE)</p>	<p>10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE McKENZIE 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME</p>
<p>1:00 PM NAZARENE 18 When "Life" Happens Just Keep Moving! 2:00 PM CONCERTS IN CARE (MAIN DINING ROOM)</p>	<p>8:45 AM ARMCHAIR YOGA 19 9:00 AM EXERCISE 10:00 AM DUTCH SHUFFLEBOARD 2:00 PM CONCERTS IN CARE (MAIN DINING ROOM)</p>	<p>8:45 AM EXERCISE 20 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM CROCK POT CREW MEAL PREP (MUST BE SIGNED UP)</p>	<p>8:45 AM EXERCISE 21 9:00 AM STANDING BALANCE 10:00 AM FLOOR CURLING 12:00 PM CROCK POT CREW MEAL (MUST BE SIGNED UP)</p>	<p>8:45 AM EXERCISE 22 9:00 AM STANDING BALANCE 10:00 AM FLOOR CURLING 2:00 PM BINGO</p>	<p>8:45 AM EXERCISE 23 2:00 PM MOVIE & POPCORN</p>	<p>2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME</p>
<p>1:00 PM BERGEN 25 8:45 AM ARMCHAIR YOGA 9:00 AM EXERCISE 10:00 AM CROSSWORD 2:00 PM RESIDENT BIRTHDAY PARTY CAROL GORSLINE Australia Day (Observed)</p>	<p>8:45 AM EXERCISE 26 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 11:00 AM LIBRARY SERVICE</p>	<p>8:45 AM ARMCHAIR YOGA 27 10:15 AM SUNDRE THRIFT STORE SHOPPING LUNCH @ PIRO'S RED APPLE DISCOUNT DAY SHOPPING</p>	<p>8:45 AM EXERCISE 28 9:00 AM STANDING BALANCE 10:00 AM FLOOR CURLING 2:00 PM PET VISITS 2:00 PM BINGO</p>	<p>HAPPY BIRTHDAY MAC CLARK 8:45 AM EXERCISE 1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE)</p>	<p>10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE McKENZIE 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME</p>	<p>31</p>

ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE