

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2026



SUNDRE SENIORS' SUPPORTIVE LIVING

1:00 PM UNITED 	4	8:45 AM ARMCHAIR YOGA 9:00 AM EXERCISE 10:00 AM DUTCH SHUFFLEBOARD 10:00 AM ATB BANK DAY 2:00 PM HAPPY HOUR ENTERTAINMENT BY KIM BUTTS	5	8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM COVER THE #	6	FOB CHECK DAY 8:45 AM ARMCHAIR YOGA 9:00 AM EXERCISE 10:00 AM CROCK POT CREW MEAL PLANNING 2:00 PM RESIDENT/FAMILY MEETING	7	8:45 AM EXERCISE CHRISTMAS TAKE DOWN 10:00 AM FLOOR CURLING 11:00 AM TECH HELP 2:00 PM PET VISITS 2:00 PM BINGO	8	8:45 AM EXERCISE 2:00 PM MOVIE & POPCORN	9	2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME
1:00 PM McDOUGAL 	11	8:45 AM ARMCHAIR YOGA 9:00 AM EXERCISE 10:00 AM JEOPARDY 1:30 PM SUNDAE ON A MONDAY	12	8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 11:00 AM LIBRARY SERVICE 2:00 PM UNO CARD GAME	13	8:45 AM EXERCISE 9:15 AM OLDS WALMART & LUNCH @ SMITTY'S	14	8:45 AM EXERCISE 9:00 AM STANDING BALANCE 10:00 AM FLOOR CURLING 2:00 PM PET VISITS 2:00 PM BINGO	15	8:45 AM EXERCISE 1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE)	16	10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE McKENZIE 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME
1:00 PM NAZARENE 	18	8:45 AM ARMCHAIR YOGA 9:00 AM EXERCISE 10:00 AM DUTCH SHUFFLEBOARD 2:00 PM CONCERTS IN CARE (MAIN DINING ROOM) <small>Martin Luther King Jr. Day</small>	19	8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 2:00 PM CROCK POT CREW MEAL PREP (MUST BE SIGNED UP)	20	8:45 AM EXERCISE 9:00 AM STANDING BALANCE 12:00 PM CROCK POT CREW MEAL (MUST BE SIGNED UP)	21	8:45 AM EXERCISE 9:00 AM STANDING BALANCE 10:00 AM FLOOR CURLING 2:00 PM BINGO	22	8:45 AM EXERCISE 2:00 PM MOVIE & POPCORN	23	2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME
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 <small>Australia Day (Observed)</small>	26	8:45 AM EXERCISE 9:00 AM YOGA PAIN MANAGEMENT 10:00 AM FLOOR CURLING 11:00 AM LIBRARY SERVICE	27	8:45 AM ARMCHAIR YOGA 10:15 AM SUNDRE THRIFT STORE SHOPPING LUNCH @ PIRO'S RED APPLE DISCOUNT DAY SHOPPING	28	8:45 AM EXERCISE 9:00 AM STANDING BALANCE 10:00 AM FLOOR CURLING 2:00 PM PET VISITS 2:00 PM BINGO	29	HAPPY BIRTHDAY MAC CLARK 8:45 AM EXERCISE 1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE)	30	10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE McKENZIE 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME

ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE