

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 CLOSED	2 Creative playdates 1 PM – 3 PM Watercolor Winter Scenes 	3 French Toast w/ Scrambled Eggs 11 AM – 2 PM 
Proud Fundraising Partner with Delta Bingo Penetanguishene		Delta BINGO ▶ GAMING				
4 Service 10:30 AM 	5	6 Mental Health Wellness 1 PM – 3 PM Week 1 of 5 Intro / Health	7 Creamy Chicken Alfredo w/ Garlic Bread 11 AM – 2 PM Inspirational Rock Painting 	8 Women's Group Fill Your Cup 1 PM – 3 PM Self-Care Day 	9 Creative playdates 1 PM – 3 PM Glitter & Tissue Paper Hearts 	10 Sloppy Joes w/ Fries 11 AM – 2 PM 
11	12	13 Mental Health Wellness 1 PM – 3 PM Week 2 of 5 Finan- cial Wellness	14 Beef & Barley Soup 11 AM – 2 PM Textile Landscape Mixed Media 	15	16 Creative playdates 1 PM – 3 PM Bingo & Social Hang Out 	17 Breakfast Burritos 11 AM – 2 PM Lego Building Day 
18 Service 10:30 AM 	19 Celebration of Life for Bob Day @10AM	20 Mental Health Wellness 1 PM – 3 PM Week 13 of 5 Short - & Long-Term Goals	21 Shepherd's Pie w/ Salad & Bun 11 AM – 2 PM Valentine's Day Ribbon Wreaths 	22 Women's Group Fill Your Cup 1 PM – 3 PM Healthy Boundaries 	23 Creative playdates 1 PM – 3 PM Winter Watercolor Scene with Salt 	24 Chicken Fried Rice w/ Veggies 11 AM – 2 PM 
25	26	27 Mental Health Wellness 1 PM – 3 PM Week 4 of 5 So- cial / Recreation	28 Chicken Quesadillas w/ Garden Salad 11 AM – 2 PM Tissue Paper Windows 	29	30 Bowling \$3 Fee 11 AM-1 PM 	31 Hash Brown Egg Bake 11 AM – 2 PM 