

# South Granville Park Lodge

## Activity Calendar

January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Zumba - 4 2:30pm New Year's Day Party with Michael Turner 4:00pm Happy Half 6:45pm Hand Massage/ Manicure <b>New Year's Day</b>	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Classical Music with Patrick Ray 4:00pm Happy Half 6:45pm Domino	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Bingo 4:00pm Happy Half 6:45pm Cinnamon Bun Baking
4	5	6	7	8	9	10
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Word Timer 4:00pm Happy Half 6:45pm Pub Night Trivia <b>National Trivia Day Three Kings Day</b>	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Afternoon @ the Cafe with Hot Coco 4:00pm Happy Half <b>National Whipped Cream Day</b>	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch - 4 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Chair Yoga with Laina Barber - 3 11:15am Fitness - 2 11:40am Chair Yoga with Laina Barber - 4 2:30pm Birthday Party with Luna Rossa 4:00pm Happy Half 6:45pm Movie and Mocktails	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Zumba - 4 2:00pm Painting 2:00pm Music Therapy - 2 4:00pm Happy Half 6:45pm Hand Massage/ Manicure <b>National Bubble Bath Day</b>	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Elvis Party with Michael Diaconu 4:00pm Happy Half 6:45pm Domino	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Flower Arranging 4:00pm Happy Half 6:45pm Chocolate Chip Cookies Baking <b>Bittersweet Chocolate Day</b>
11	12	13	14	15	16	17
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Sport Games 4:00pm Happy Half 6:45pm Bingo	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tea and Toast 4:00pm Happy Half <b>National Hot Tea Day</b>	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch - 3 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Visit with Bunnies from Farm Friends 4:00pm Happy Half 6:45pm Movie Night and Chai Lattes	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Zumba - 4 2:00pm Music with Natasha 4:00pm Happy Half 6:45pm Hand Massage/ Manicure	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Broadway Hits with Anna de Pansacola 4:00pm Happy Half 6:45pm Domino and Mocktails	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Bingo 4:00pm Happy Half 6:45pm Cinnamon Bun Baking

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## Activity Calendar

January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Crossword 4:00pm Happy Half 6:45pm Arts and Crafts - Painting <b>National Thesaurus Day</b>	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tea and Toast 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Picnic Lunch - 2 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Hawaiian Music with Ho'okani 4:00pm Happy Half 6:45pm Movie Night and Hot Coco	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Zumba - 4 2:00pm Music Therapy - 2 2:15pm Resident / Food Council Meeting 4:00pm Happy Half 6:45pm Hand Massage/ Manicure	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Group Puzzle 2:00pm Sensory - 2 4:00pm Happy Half 6:45pm Domino and Tea	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Robbie Burns Day with Bob Collins 4:00pm Happy Half 6:45pm Cookie Baking <b>Robbie Burns Day</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Word Timer- Australia Theme 4:00pm Happy Half 6:45pm Pub Night and Trivia	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:30pm Australia Day with Robert Sproviero 4:00pm Happy Half <b>Australia Day</b>	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:15am Lunch & Learn - Australia Day with Dana 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Welcome New Residents with Hand Over Heart 4:00pm Happy Half 6:45pm Movie Night	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Zumba - 4 2:00pm Afternoon @ the Cafe 2:00pm Music Therapy - 2 4:00pm Happy Half 6:45pm Hand Massage/ Manicure	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Celebration of Life with Rebecca Blair 4:00pm Happy Half 6:45pm Word Timer	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Flower Arranging 4:00pm Happy Half 6:45pm Unscramble Word Game <b>Backward Day</b>