

South Granville Park Lodge
Activity Calendar

January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				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 New Year's Day	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	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Chair Yoga with Laina Barber - 3 11:15am Fitness - 2 12:00pm Zumba - 4 1:00pm Elvis Party with Michael Diaconu 2:00pm Flower Arranging 4:00pm Happy Half 6:45pm Chocolate Chip Cookies Baking Bittersweet Chocolate Day	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Painting 4:00pm Happy Half 6:45pm Hand Massage/ Manicure National Bubble Bath Day	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 Bittersweet Chocolate Day	
11	12	13	14	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm 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 National Whipped Cream Day	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 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Music with Natasha 4:00pm Happy Half 6:45pm Hand Massage/ Manicure	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
	18	19	20	21	22	23
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 National Thesaurus Day	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 Robbie Burns Day
	25	26	27	28	29	30
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 Australia Day	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	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	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 Hand Massage/ Manicure	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 Backward Day