

January 2026



BSTN EAST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					10:00 Bingo 2:00 Town Hall Pub with Mike & Marie	
4	5	6	7	8	9	10
10:00 Hymn Sing 1:30 Active Games 3:00 Word Games 4:00 Dining Room Social	Christmas Take Down 10:00 Music Concert-TV 1:30 Movie Matinee	10:00 Bingo (Town Hall) 1:30 Unit Christmas Take Down 1:30 Movie Matinee	10:00 Mobility Flow 11:00 1:1 Visits (Social) 1:30 Wheelchair Walks 3:00 Creative Corner 4:00 Library Collection	10:30 Catholic Mass (Town Hall) 10:30 Exercise to Music 3:45 Short Stories 4:00 Library Delivery	10:00 Bingo 2:00 Town Hall Pub with Greg Alcock	
11	12	13	14	15	16	17
10:00 Hymn Sing 1:30 Musical Bingo 3:00 Word Games 4:00 Dining Room Social	BSTN Studio Day 10:00 Shuffle Board (Art Studio) 1:30 Creative Arts/Banner Making	10:00 Bingo (Town Hall) 1:30 One and Done Dice Game 3:00 Penny Ante Social Game 4:00 Heart for Music	10:00 Mobility Flow 11:00 1:1 Visits (Social) 2:00 Birthday Party with Michael Turner 3:30 Heart for Music	10:30 Catholic Mass (Town Hall) 10:30 Carefit Exercises 1:30 Alaska & Moose Trivia 3:00 Sensory Cart 4:00 Montessori Sorting Activities	10:00 Bingo 1:15 Artist Spotlight (MT) 2:00 Town Hall Pub with Mike Kinal	
18	19	20	21	22	23	24
10:00 Hymn Sing 1:30 Active Games 3:00 Word Games 4:00 Dining Room Social	BSTN Studio Day 10:00 Shuffle Board (Art Studio) 1:30 Flower Arrangement 3:00 Magic Table (Art Studio)	10:00 Bingo (Town Hall) 2:00 Wine Tasting (Town Hall) 3:45 Heart for Music	10:00 Mobility Flow 11:00 1:1 Visits (Social)	10:30 Catholic Mass (Town Hall) 1:30 What Am I? (25 Questions) 2:00 Country of the Month: Romania (Town Hall) 3:00 Creative Corner - Door Decor 4:00 Short Stories	10:00 Bingo 1:15 Artist Spotlight (MT) 2:00 Town Hall Pub with Salve & Friends	
25	26	27	28	29	30	31
10:00 Hymn Sing 1:30 Musical Bingo 3:00 Word Games 4:00 Dining Room Social	BSTN Studio Day 10:00 Shuffle Board (Art Studio) 1:30 Baking Cookies 2:30 Music with John Knox (Town Hall) 3:00 Magic Table (Art Studio)	10:00 Bingo (Town Hall) 1:30 Table Games 3:00 Reminisce: Sleds & Snow 4:00 Heart for Music 4:00 Walking Club	10:00 Exercise and Stretches 11:00 Heart for Music 1:30 Robbie Burn's Celebration with Burnaby The Scottish Country Dance Club	10:30 Catholic Mass (Town Hall) 10:30 Carefit Exercises 1:30 ABC, Easy as 123 Game 3:00 Sensory Cart 4:00 Montessori Sorting Activities	10:00 Bingo 1:15 Artist Spotlight (MT) 2:00 Town Hall Pub with Gord Oliver 3:45 Calendar Delivery & Boards	

*Please note that programs are subject to change without notice