

January 2026

BSTN EAST

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