

January 2026 Norfolk Pinery Activities with Lynsey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise calendars are posted in the resident home area	One to One visit happens when recreation therapist is present.	Programs are subject to change	Norfolk Pinery's Recreation Therapist is Lynsey Sendrowski	1 Happy New Year	2 10:00 Active Games 2:00 All About Manitoba	3 10:30 Table Games
4 10:00 Hymn Sing	5 10:00 Name That Tune 2:00 Bingo	6 10:00 Table Games 2:00 Birthday Party	7 10:00 Bell Choir 2:00 Piano Gather	8 10:00 Table Games 2:00 Music with Mike	9 9:00 Sing-along 2:15 Trivia	10
11	12 10:00 Sing-along 2:00 Social	13 10:00 Painting 2:00 United Church	14 10:00 Social 2:00 Bingo	15 10:30 Roman Catholic Mass 2:00 Making Music	16 9:30 Walking 10:00 Green Thumbs 2:00 Axe Throwing	17
18	19 10:00 Table Games 2:00 Bingo	20 10:00 Colouring 1:30 Country Drive	21 2:00 Sing-along 6:15 Pub Night	22 10:00 Program with Vicki 1:15 Bowling 2:00 Program with Vicki	23 9:30 Walking 10:00 Choir 2:00 Word Games	24 8:00 Breakfast 10:30 Snoezelen Room 1:30 Euchre
25	26 2:00 Bingo	27 10:00 Craft 2:00 Baptist Church 2:00 Walks	28 10:00 History with Angela 2:00 Bell Choir	29 10:00 Painting 2:00 Card Bingo	30 10:00 Active Games	31 10:30 Table Games 2:00 Social