

## January 2026 Poplar Heights 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	Poplar Heights' Recreation Therapist is Lynsey Sendrowski	1 Happy New Year	2 10:00 Active Games with Alex	3 8:00 Breakfast Club 10:30 Games 1:30 Decorations
4 10:00 Hymn Sing 1:30 Euchre Club	5 2:00 Bingo with Alex	6 10:00 Craft 2:00 Birthday Party	7 10:00 Yahtzee 1:30 Tuck Shop Visits	8 10:00 Table Games 2:00 Music with Mike	9 9:00 Sing-along 12:00 Luncheon 2:15 Trivia	10
11	12 10:00 Sing-along 2:00 Crossword Puzzles	13 10:00 Painting 2:00 United Church 2:00 Sensory Room Visits	14 10:00 Social 2:00 Bingo	15 10:30 Roman Catholic Mass 10:00 Crokinole 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 Reading Group 1:30 Country Drive	21 2:00 Sing-along 6:15 Pub Night	22 10:00 Colouring 1:15 Bowling Alley Bus Trip	23 9:30 Walking 10:00 Choir 2:00 Word Games	24 1:30 Euchre with Pam
25	26 2:00 Bingo 5:00 Chinese Supper Program	27 10:00 Craft 2:00 Baptist Church 2:00 One-to-One Visits	28 10:00 History with Angela 2:00 Bell Choir	29 10:00 Painting 2:00 Sing-along	30 10:00 Active Games with Donna	31 8:00 Breakfast 10:30 Table Games 1:30 Social