


❄️ January 2026 ❄️

Monday	Tuesday	Wednesday	Thursday	Friday
	Drop-in Hours: Monday-Friday 12:00-6:00pm	<i>If you require a takeout meal, please bring a container</i>	1 CLOSED New Years Day 🎉	2 Community Meeting: 2:00 Meals: 2:30-5:00 Writing Group: 1:30 Movie: 3:00
5 Meals: 2:30-5:00 Karaoke: 1:00-2:00 Name That Tune: 3:00	6 Meals: 2:30-5:00 Bingo: 1:00-2:00 Art Therapy: 3:00	7 Meals: 2:30-5:00 Charades: 1:00 Karaoke: 3:00-5:00	8 Meals: 2:30-5:00 Crazy Eights Tournament: 1:00 Peer Support: 3:00-4:00	9 Meals: 2:30-5:00 Writing Group: 1:30 Movie: 3:00
12 Meals: 2:30-5:00 Karaoke: 1:00-2:00 Euchre Tournament: 3:00	13 Meals: 2:30-5:00 Bingo: 1:00-2:00 Art Therapy: 3:00	14 Meals: 2:30-5:00 Just Dance: 1:00 Karaoke: 3:00-5:00	15 Meals: 2:30-5:00 Peer Support: 3:00-4:00 Bingo: 4:00-5:00	16 Meals: 2:30-5:00 Writing Group: 1:30 Movie: 3:00
19 Meals: 2:30-5:00 Karaoke: 1:00-2:00 Yoga: 3:00	20 DROP-IN CLOSING @ 2:30 Movie Outing: 3:00 Meals: 1:30-2:30 Bingo: 12:30-1:30	21 Meals: 2:30-5:00 Charades: 1:00 Karaoke: 3:00-5:00	22 Meals: 2:30-5:00 Peer Support: 3:00-4:00 Bingo: 4:00-5:00	23 Meals: 2:30-5:00 Writing Group: 1:30 Movie: 3:00
26 Meals: 2:30-5:00 Karaoke: 1:00-2:00 Trivia: 3:00	27 Meals: 2:30-5:00 Bingo: 1:00-2:00 Art Therapy: 3:00	28 Meals: 2:30-5:00 Just Dance: 1:00 Karaoke: 3:00-5:00	29 Meals: 2:30-5:00 Pool Tournament: 1:00 Peer Support: 3:00-4:00	30 January Birthday Celebrations 🎉 Meals: 2:30-5:00 Writing Group: 1:30 Movie: 3:00

Program Details and Updates

- ★ **Community Meeting** – Friday, January 2nd. Come by at 2:00 to discuss program changes, upcoming outings, and your ideas.
- ★ **Bonus bingo** – Our RSGC volunteers are back for the new year! Join us for bonus bingo on January 15th and January 22nd.
- ★ **Outings** – You must provide a **\$2.00 deposit** to secure your spot. No shows will NOT get their money back. Limited spots available. Please do not sign up for other people.
 - **Imagine Cinemas – Market Square** – Tuesday, January 20th. Drop-in will be closing at 2:30pm. For those attending the outing, we will be leaving Our Place at 3:00pm, and movie gift cards will be provided. Meals and bingo will be held at earlier times on this day.
- ★ **Art Therapy** – Our art therapy students will return to Our Place on Tuesdays at 3:00pm. This program uses creative art activities to explore feelings and personal growth. No experience required.
- ★ **Karaoke** – Held Mondays at 1:00pm and Wednesdays at 3:00pm. No singing experience required!
- ★ **January Birthday Celebrations** – Friday, January 30th: Come by to celebrate our January community birthdays and enjoy a sweet treat!
- ★ **Writing Group**: Join our writing group, led by Peter, where we have interesting discussions and share our written work. Fridays at 1:30 (virtual and in-person).
- ★ **Movie** days are back! Come join us Fridays at 3:00pm. You choose the movie, we provide the snacks!
- ★ Various **tournaments** and game sessions will be held throughout the month. Join in on some friendly competition and a chance to win prizes.
- ★ Due to its popularity, we have decided to bring back **Just Dance**! Participants are encouraged to get active and dance along to your favourite songs.

