



The Thompson

Your resource to age well

PROGRAM CALENDAR - JANUARY 2026

Mon	Tue	Wed	Thu	Fri
			1	2
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS			CLOSED for New Year's Day	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong
5	6	7	8	9
10 BINGO 10 Ping Pong 1 Gentle Yoga 1 Advisory Meeting	9:30 Benefits Assistance 10:30 Chair Yoga 1 Mahjong 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1 Community Connections/Winter Safety	10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 10:30-11:30 Tech Appointments 1 Ping Pong 1:30 Art with Finnie 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong 1 Line Dancing Class
12	13	14	15	16
9-11 Covid Clinic 10 BINGO 10 Ping Pong 1 Gentle Yoga 1:15 Movie Day	10:30 Chair Yoga 10-12 Hearing Screenings 12 Caregiver Support Group 1 Mahjong 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	8:30-3 Foot Clinic 10 Cribbage 10:30 Strength, Stretch, Stability 1 Ping Pong 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong
19	20	21	22	23
CLOSED for Martin Luther King Jr. Day	9:30 Commodities 10:30 Chair Yoga 1 Mahjong 2-3:30 Act 39 & Medical Aid in Dying at NWPL 3 Bone Builders	8:30 Board Meeting 10 Advanced Tai Chi (Virtual) 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	BIRTHDAY DAY 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Ping Pong 1 Poker Walk 2-3 Tech Appointments 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong
26	27	28	29	30
8:30-3 Foot Clinic 10 BINGO 10 Ping Pong 1 Gentle Yoga	10:30 Chair Yoga 1 Mahjong 1 Master Class on Artificial Intelligence (virtual) 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Ping Pong 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong