

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# FEBRUARY

# 2026

\* 3 - EAST \*

9:30 HORSE DERBY 10:15 CHAIR YOGA 11:00 HANGMAN & WORD GAMES 1:45 FIND THE BALL! 2:30 COMEDY HOUR 3:30 NOODLE SOCCER	1 9:30 VOLLEYBALL 10:30 CHURCH SERVICE 11:00 1:1 CALENDARS 1:45 PIZZA AND A PUNCH 2:30 TABLE TALKS 3:30 1:1 VISITS	2 9:30 FITNESS CLUB 10:15 I SPY 11:00 SNOOZELEN ROOM 1:45 WONDERS OF THE ARAB WORLD 2:00 YOGA WITH BETTY 3:30 KARAOKE	3 9:30 NOODLE SOCCER 10:15 CULTURAL/MEMORY BOARD 11:00 HANGMAN 1:45 MOVIES AND POPCORN 2:00 RESIDENTS COUNCIL AND FOOD COMMITTEE 2:30 VOLLEYBALL 3:30 1:1 AMBULATION	4 9:30 TABLE VOLLEYBALL 10:15 OLYMPIC MEDALS CRAFT 11:00 THROWBACK TUNES 1:45 HAND MASSAGES 2:30 POT AND DRUMMING DANCE	5 9:30 PARACHUTE 10:15 MATCH IT 11:00 SNOOZELEN ROOM 1:45 ARTS AND CRAFTS (OLYMPIC FLAG) 2:30 WORD GAMES 3:30 WORSHIP HYMNS	6 9:30 HORSE DERBY 10:15 COLORING W/ MUSIC 11:00 DANCE A LONG 1:45 BINGO 2:30 PRIZES AND TALKS 3:30 CAFE SOCIAL	7 9:30 BOWLING 10:15 HOUR POWER 11:00 BEAUTY HOUR 1:45 FANCY NAILS 2:30 TRAVELOGUE: NEW ORLEANS 3:30 TASTE TEST AND TRIVIA
9:30 BOWLING 10:15 HOUR POWER 11:00 BEAUTY HOUR 1:45 FANCY NAILS 2:30 TRAVELOGUE: NEW ORLEANS 3:30 TASTE TEST AND TRIVIA	8 9:30 BALL TOSS 10:30 CHURCH SERVICE 11:00 PUZZLES 1:45 OUR GREAT NATIONAL PARKS 2:00 YOUNG AT HEART 3:30 1:1 VISITS	9 9:30 MEGA BINGO 10:15 CRAZY EIGHTS 11:00 1:1 AMBULATION 1:45 THE PRICE IS RIGHT 2:00 YOGA WITH BETTY 3:30 NOODLE FIT	10 9:30 NOODLE SOCCER 10:15 NAMING GAME 11:00 VALENTINE'S DAY CARDS 2:00 FRIENDSHIP TEA 3:30 MINI BINGO	11 9:30 BEND AND STRETCHING 10:15 CHESS 11:00 1:1 AMBULATION 1:45 SUZIE Q SING ALONG 2:30 BLACK HISTORY WITH DAVIS 3:30 BIBLE STORIES	12 8:30 SPECIAL BREAKFAST 10:15 GIANT JENGA 11:00 SNOOZELEN ROOM 1:45 CAFE SOCIAL 2:00 THE FOUR STRING UKELELE BAND 3:00 HELPING HANDS	13 9:30 BALL TOSS 10:15 VALENTINE'S PUNS & JOKES 11:00 VALENTINE'S DAY COLOURING & ART 1:45 GUESS THE PICTURE 2:30 VALENTINES DAY WITH ROBERT CRUZ	
9:30 TABLE TENNIS 10:15 GIANT JENGA 11:00 MARDI GRAS MASKS 1:45 OLYMPICS WATCH PARTY SOCIAL 2:30 HAND MASSAGES 3:30 HYMNS & PRAYERS	15 9:30 BIG BIG BALL 10:30 CHURCH SERVICE 11:00 CROSSWORD 1:45 CHINESE NEW YEAR SOCIAL 2:30 GENTS GROUP 3:30 1:1 VISITS	16 9:30 ZUMBA CLASS 10:15 CHESS 11:00 SNOOZELEN ROOM 1:45 NAME THAT TUNE 2:00 PANCAKE TUESDAY 2:00 YOGA WITH BETTY 3:30 HALLWAY WALKS	17 9:30 NOODLE HOCKEY 10:15 CATEGORY GAME 11:00 WALK AND TALK 1:45 ABBA PLAYLIST 2:30 MUSIC WITH KENT MONTHLY BIRTHDAY PARTY 3:30 1:1 AMBULATION	18 9:30 CHAIR YOGA 10:15 BINGO 11:00 JOKES & PUNS 2:00 GIANT VOLLEYBALL GAME IN THE AUDITORIUM 3:30 STORYTIME	19 9:30 OCTABAND 10:15 GUESS THE PICTURE 11:00 SNOOZELEN ROOM 1:45 ARTS AND CRAFTS (FORTUNE STICKS) 2:30 WORD GAMES 3:30 FRIENDLY VISITS	20 9:30 HORSE DERBY 10:15 PAINTING WITH MUSIC 11:00 SING ALONG 1:45 MUSICAL WITH ANDREI RUIE 2:00 MUSIC WITH DOUG 3:30 MEMORY BOX VISITS	21 9:30 BOWLING 10:15 HOUR POWER 11:00 HAND MASSAGES 1:45 NACHOS SOCIAL 2:30 TRAVELOGUE : SINGAPORE 3:30 TASTE TEST AND TRIVIA
9:30 BOWLING 10:15 HOUR POWER 11:00 HAND MASSAGES 1:45 NACHOS SOCIAL 2:30 TRAVELOGUE : SINGAPORE 3:30 TASTE TEST AND TRIVIA	22 9:30 BASKETBALL 10:30 CHURCH SERVICE 11:00 MATCH IT 1:45 SUZY Q SING-A-SONG 2:30 PARACHUTE 3:30 1:1 VISITS	23 9:30 ANIMAL BINGO 10:15 JENGA 11:00 1:1 AMBULATION 1:45 THE SCIENCE OF OUR PLANET 2:00 YOGA WITH BETTY 3:30 NOODLE FIT	24 9:30 HORSE DERBY 10:15 WORD ASSOCIATION 11:00 ELVIS SING ALONG 1:45 RAPTORS WATCH PARTY SOCIAL 2:30 BALL TOSS 3:30 SNOOZELEN ROOM	25 9:30 STRETCH IT OUT 10:15 COLOR AND SORT 11:00 1:1 AMBULATION 1:45 TABLE TOSS 2:30 ANGLICAN CHURCH SERVICE 3:30 BEDSIDE STORIES	26 8:30 SPECIAL BREAKFAST 10:15 BEAN BAGS 11:00 SNOOZELEN ROOM 1:45 FANCY NAILS 2:30 HOT CHOCOLATES 3:00 AROMATHERAPY	27 9:30 NOODLE SOCCER 10:15 BINGO 11:00 CANDY TASTE TEST 1:45 TABLE VOLLEYBALL 2:30 PUZZLE TIME 3:30 WALKING W/ MUSIC	28 9:30 BOWLING 10:15 HOUR POWER 11:00 BEAUTY HOUR 1:45 FANCY NAILS 2:30 TRAVELOGUE: NEW ORLEANS 3:30 TASTE TEST AND TRIVIA