



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Happy Valentine's Day!  
Celebrating Love, Friendship and Kindness




<div>2</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Quiz</div> <div>2:00pm Bingo</div>	<div>3</div> <div>Library</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>10:45am Christian service L4</div> <div>11:00am Squires Banquet Rm</div> <div>2:00pm Ecuador's Wild Side: Exceptional Amazon Wildlife Nature documentary Social sewing &amp; knitting L4</div>	<div>4</div> <div>Bus Outing</div> <div>9:40am Exercises</div> <div>9:15am Bus outing Balmoral</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Global Quiz Banquet Rm</div> <div>Sing along</div> <div>2:00pm Hand pamper / board games</div>	<div>5</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Reminiscing</div> <div>2:00pm Gardening</div>	<div>6</div> <div>9:30am Individual visits or walk</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Bingo</div> <div>1.45pm Rosie's sing along on L4</div>	<div>7</div> <div>10:15am Yoga &amp; music</div> <div>10:30 am Tea &amp; talk</div> <div>2:00pm Whiteboard games</div> <div>3:00pm Sing it Out</div>	<div>8</div> <div>10:15am Fun exercises</div> <div>11:30am Songs of praise</div> <div>2:00pm Gross motor games</div> <div>3:00pm Colouring in 1:1 walk &amp; chat</div>
<div>9</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Quiz</div> <div>2:00pm Bingo</div>	<div>10</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>10:40am (start 10:45am) Yoga L4 / individual visits</div> <div>11:30am BBQ lunch on your floor</div> <div>2:00pm Valentine's day movie</div>	<div>11</div> <div>Bus Outing</div> <div>9:40am Exercises</div> <div>9:15am Bus outing Windsor</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Catholic eucharist mass L4</div> <div>Sing along</div> <div>2:00pm Hand pamper Card games</div>	<div>12</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Math Quiz</div> <div>2:00pm Floor game / board game Phoenix Academy L4</div>	<div>13</div> <div>Valentine's Day Celebration</div> <div>9:30am Individual visits or walk</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Bingo</div> <div>1.45pm Rosie's with Shevon on L4 celebrating Valentines Day</div>	<div>14</div> <div>Valentine's Day</div> <div>10:15am Yoga &amp; music</div> <div>10:30 am Tea &amp; talk</div> <div>2:00pm Valentines Day art and craft</div> <div>3:00pm Love song</div>	<div>15</div> <div>10:15am Fun exercises</div> <div>11:30am Songs of praise</div> <div>2:00pm Gross motor games</div> <div>3:00pm Colouring in 1:1 walk &amp; chat</div>



# February 2026

## Community Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>16</b>  <b>9:40am</b> Exercises  <b>10:20am</b> Morning tea & chat  <b>11:00am</b> French class with Sylvia  <b>2:00pm</b> Bingo	<b>17</b> <b>Lunar New Year</b>  <b>9:40am</b> Exercises  <b>10:20am</b> Morning tea & chat  <b>11:00am</b> <b>Art and craft for Lunar New Year</b>  <b>2:00pm</b> Hand pamper Social sewing & knitting L4  	<b>18</b> <b>Bus Outing</b> <b>Lunar New Year Lunch</b>  <b>9:40am</b> Exercises  <b>9:15am</b> Bus outing Waterford  <b>10:20am</b> Morning tea & chat  <b>11:00am</b> Sing along  <b>12:00pm</b> <b>Special Lunar New Year Lunch on your floor</b>  <b>2:00pm</b> Armchair travel to Bhutan card games or Bridge	<b>19</b>  <b>9:40am</b> Exercises  <b>10:20am</b> Morning tea & chat  <b>11:00am</b> <b>Residents' meeting L4</b> Maths Quiz  <b>2:00pm</b> <b>Cooking</b>	<b>20</b> <b>Lunar New Year Celebration</b>  <b>9:30am</b> Individual visits or walk  <b>10:20am</b> Morning tea & chat  <b>11:00am</b> <b>Orthodox Service L4</b> Bingo  <b>2:00pm</b> <b>Celebrating Lunar New Year at Rosie's on L4</b>  	<b>21</b>  <b>10:15am</b> Yoga & music  <b>10:30 am</b> Tea & talk  <b>2:00pm</b> Whiteboard games  <b>3:00pm</b> Sing it Out	<b>22</b>  <b>10:15am</b> Fun exercises  <b>11:30am</b> Songs of praise  <b>2:00pm</b> Gross motor games  <b>3:00pm</b> Colouring in 1:1 walk & chat
<b>23</b>  <b>9:40am</b> Exercises  <b>10:20am</b> Morning tea & chat  <b>11:00am</b> Quiz  <b>2:00pm</b> Bingo	<b>24</b>  <b>9:40am</b> Exercises  <b>10:20am</b> Morning tea & chat  <b>10:40am</b> (start 10:45am) Yoga L4 / individual visits  <b>2:00pm</b> The Beach Boys - Live in Concert: 50th Anniversary Concert	<b>25</b> <b>Bus Outing</b>  <b>9:40am</b> Exercises  <b>9:15am</b> Bus outing Kensington  <b>10:20am</b> Morning tea & chat  <b>11:00am</b> Sing along  <b>2:00pm</b> Hand pamper / card games	<b>26</b>  <b>9:40am</b> Exercises  <b>10:20am</b> Morning tea & chat  <b>11:00am</b> <b>Ballet4wellbeing L4</b> Math quiz  <b>2:00pm</b> Floor game / board game Jazz with Katherine - Banquet Rm	<b>27</b> <b>Birthday Party</b>  <b>9:30am</b> Individual visits or walk  <b>10:20am</b> Morning tea & chat  <b>11:00am</b> Bingo  <b>1.45pm</b> <b>Birthday celebration at Rosie's on L4</b>  	<b>28</b>  <b>10:15am</b> Yoga & music  <b>10:30 am</b> Tea & talk  <b>2:00pm</b> Quiz & Whiteboard games  <b>3:00pm</b> Sing it Out	