



February 2026

Community Activity Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Happy Valentine's Day!

Celebrating Love, Friendship and Kindness



1

10:15am
Fun exercises

11:30am
Songs of praise

2:00pm
Gross motor games

3:00pm
Colouring in
1:1 walk & chat

2

9:40am Exercises
10:20am Morning tea & chat
11:00am Quiz
2:00pm Bingo

3

Library

9:40am Exercises
10:20am Morning tea & chat
10:45am **Christian service L4**
11:00am Squires Banquet Rm
2:00pm Ecuador's Wild Side: Exceptional Amazon Wildlife Nature documentary
Social sewing & knitting L4

4

Bus Outing

9:40am Exercises
9:15am Bus outing Balmoral
10:20am Morning tea & chat
11:00am Reminiscing
2:00pm **Gardening**

5

9:40am Exercises
10:20am Morning tea & chat

11:00am Reminiscing
2:00pm **Gardening**

6

9:30am Individual visits or walk
10:20am Morning tea & chat
11:00am Bingo
1.45pm Rosie's sing along on L4

7

10:15am Yoga & music
10:30 am Tea & talk
2:00pm Whiteboard games
3:00pm Sing it Out

8

10:15am Fun exercises
11:30am Songs of praise
2:00pm Gross motor games
3:00pm Colouring in
1:1 walk & chat

9

9:40am Exercises
10:20am Morning tea & chat
11:00am Quiz
2:00pm Bingo

10

9:40am Exercises
10:20am Morning tea & chat
10:40am (start 10:45am)
Yoga L4 / individual visits
11:30am **BBQ lunch on your floor**
2:00pm Valentine's day movie

11

Bus Outing

9:40am Exercises
9:15am Bus outing Windsor
10:20am Morning tea & chat
11:00am **Catholic eucharist mass L4**
Sing along
2:00pm Hand pamper
Card games

12

9:40am Exercises
10:20am Morning tea & chat
11:00am Math Quiz
2:00pm Floor game / board game
Phoenix Academy L4

13

**Valentine's Day
Celebration**

9:30am Individual visits or walk
10:20am Morning tea & chat
11:00am Bingo
1.45pm **Rosie's with Shevon on L4 celebrating Valentines Day**

14

**Valentine's
Day**

10:15am Yoga & music
10:30 am Tea & talk
2:00pm Valentines Day art and craft
3:00pm Love song

15

10:15am Fun exercises
11:30am Songs of praise
2:00pm Gross motor games
3:00pm Colouring in
1:1 walk & chat



February 2026

Community Activity Calendar

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