

Monday

Tuesday

Wednesday

Thursday

Friday

# February 2026



2	3 10:30 Movin' & Groovin" 12:30 Lunch 1:30 BINGO!	4 10:00 Guitar with Donna 12:30 Lunch 1:30 Trivia	5 10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	6
9	10 10:30 Movin' and Groovin" 12:30 Lunch 1:30 <u>Tunes with Avril, &amp; Friends</u>	11 10:00 Guitar with Donna 12:30 Lunch 1:30 Big crossword	12 10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	13
16	17 10:30 Movin' & Groovin" 12:30 Lunch 1:30 BINGO!	18 10:00 Guitar with Donna 12:30 Lunch 1:30 Music Trivia	19 10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	20
23	24 10:30 Movin' & Groovin" 12:30 Lunch 1:30 <u>Tunes with Avril &amp; Friends</u>	25 10:30 Guitar with Donna 12:30 Lunch 1:30 Trivia	26 10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	27

**Adult Day Program**

\*\*\* All Programs subject to change