

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

1 10:30 Short Film 1:30 Lift Your Spirits 3:00 Walks & Talks	2 10:30 Jammin with John 1:30 Happy Ground Hog Day /Trivia 3:00 Walks & Talks Groundhog Day	3 10:30 Movin' & Groovin' 1:30 BINGO! 3:00 Walks & Talks	4 10:00 Guitar with Donna 1:30 Trivia 3:00 Walks & Talks	5 10:30 Fitness with Viv 1:30 Music & Music Makers 3:00 Walks & Talks	6 10:30 Nature Program 1:30- 3:30 Adopt - A - Senior Program	7 10:30 Morning Discussion 1:30 Boredom Busters 5:45 Movie Night "The Northern Belle"
8 10:30 Short Film 1:30 Lift Your Spirits 3:00 Walks & Talks	9 10:30 Jammin with John (Garden Lane) 1:00 Hymn Sing 1:30 Fun and Games 3:00 Walks & Talks	10 10:30 Movin' & Groovin' 1:30 Tunes with Avril & Friends 3:00 Walks & Talks	11 10:00 Guitar with Donna 1:30 Big Crossword 3:00 Walks & Talks	12 10:30 Fitness with Viv 1:30 Music and Music Makers 3:00 Walks & Talks	13 10:30 Nature Program 1:30- 3:30 Adopt - A - Senior Program	14 10:30 Morning Discussion 1:30 Boredom Busters 5:45 Movie Night "Ice Age" Valentine's Day
15 10:30 Short Film 1:30 Lift Your Spirits 3:00 Walks & Talks	16 10:30 Jammin with John 1:30 Old Time TV show 3:00 Walks & Talks	17 10:30 Movin' & Groovin' 1:30 BINGO! 3:00 Walks & Talks Chinese New Year (Year of the Horse)	18 10:00 Guitar with Donna 1:30 Music Trivia 3:00 Walks & Talks	19 10:30 Fitness with Viv 1:30 Music & Music Makers 3:00 Walks & Talks	20 10:30 Nature Program 1:30- Fun and Games 3:00 Walks & Talks	21 10:30 Morning Discussion 1:30 Boredom Busters 5:45 Movie Night "The Royal Scotsman"
22 No Activities	23 10:30 Jammin with John 1:30 Old Time TV show 3:00 Walks & Talks	24 10:30 Movin' & Groovin' 1:30 Tunes with Avril & Friends 3:00 Walks & Talks	25 10:30 Guitar with Donna 1:30 Trivia 3:00 Walks & Talks	26 10:30 Fitness with Viv 1:30 Music & Music Makers 2:30 Monthly Birthday Cake	27 10:30 Nature Program 1:30- 3:30 Adopt - A - Senior Program	28 5:45 Movie Night "Nature's Journey"