



# February 2026



Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
9:30 Exercise Video: (AR) Chair Yoga	9:30 Exercise Video: (AR) Full Body Stretch	9:30 Exercise Video: (AR) Stand and Fit	9:30 Exercise Video: (AR) Weighted Exercise	9:30 Exercise Video: (AR) Strength & Stretch	9:30 Exercise Video: (AR) Full Body Stretch	9:30 Exercise Video: (AR) Sit and Fit
1:30 Afternoon Movie: (L) "Love Again"	11:00 Dog Walking Group (FD)	10:30 Residents Only Meeting (AR) All Residents Welcome!		1:00 Activity Coordinator (AR) Meeting	1:30 Shuffleboard (AR)	1:30 National Geographic:
		1:00 Winter Stroll (FD)	★ Jasmine Foot Nurse By Appointment Only	6:30 Dessert & Documentary : (L) "Society Of The Snow"	3:30 Happy Hour (L)	"Our Oceans Ep 1"
		2:30 Veteran's Gathering (L)	7:00 Fireside Chat (L)		7:00 Bingo (AR)	7:00 Popcorn & Movie: 🎬 "The Intern" (L)
Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
9:30 Exercise Video: (AR) Chair Yoga	9:30 Exercise Video: (AR) Full Body Stretch	9:30 Exercise Video: (AR) Stand and Fit	9:30 Exercise Video: (AR) Weighted Exercise	9:30 Exercise Video: (AR) Strength & Stretch	9:30 Exercise Video: (AR) Full Body Stretch	9:30 Exercise Video: (AR) Sit and Fit
1:30 Afternoon Movie: (L) "Green Books"	11:00 Dog Walking Group (FD)	1:00 Valentines Craft (AR)	2:00 🎵 Music Bingo! 🎵 (AR)	1:00 Pool Challenge 🎮 (GR)	1:30 Shuffleboard (AR)	1:30 National Geographic:
🏈 3:30 Super Bowl Watch Party! (L)	2:00 Crossword Social Hour (L)	2:30 Veteran's Gathering (L)	3:00 Residents General Meeting (AR)	6:30 Dessert & Documentary : (L) "Wild Babies Ep: 1"	3:30 Happy Hour (L)	7:00 Popcorn & Movie: 🎬 "My Best Friends's Wedding" (L)
		7:00 Millionaire with Kianna! (L)		📍 Valentines Dinner with Micheal Langley 5pm 📍	7:00 Bingo (AR)	Valentines Day!
Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
9:30 Exercise Video: (AR) Chair Yoga	9:30 Exercise Video: (AR) Full Body Stretch	9:30 Exercise Video: (AR) Stand and Fit	9:30 Exercise Video: (AR) Weighted Exercise	9:30 Exercise Video: (AR) Strength & Stretch	9:30 Exercise Video: (AR) Full Body Stretch	9:30 Exercise Video: (AR) Sit and Fit
1:30 Afternoon Movie: (L) "The Karate Kid"	11:00 Dog Walking Group (FD)	10:30 Winter Stroll (FD)	1:00 Residents Culinary Meeting (AR)	Residents VS Staff Shuffleboard! 2:30PM (AR)	1:30 Shuffleboard (AR)	1:30 National Geographic:
		1:00 Pink Shirt Day (AR) Awareness Activity	1:30 🍎 Heart Pharmasave (AR) "Matters of the Heart"	6:30 Dessert & Documentary : (L) "Against The Ice"	3:30 Happy Hour (L)	7:00 Popcorn & Movie: 🎬 "E.T." (L)
	11:30 Family Day Brunch! (AR)	2:30 Veteran's Gathering (L)			7:00 Bingo (AR)	
Sunday 15	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
9:30 Exercise Video: (AR) Chair Yoga	9:30 Exercise Video: (AR) Full Body Stretch	9:30 Exercise Video: (AR) Stand and Fit	9:30 Exercise Video: (AR) Weighted Exercise	9:30 Exercise Video: (AR) Strength & Stretch	9:30 Exercise Video: (AR) Full Body Stretch	9:30 Exercise Video: (AR) Sit and Fit
1:30 Afternoon Movie: (L) "Falling in Love "	Smoking is the New Sitting Seminar By Susanne At 10:15AM (AR)	10:30 Wear your Favourite Colour (PD) To our Sip, Snack & Social	Liz McCarter Presenation on Self-Management At 1PM (AR)	1:00 Pool Challenge 🎮 (GR)	1:30 Shuffleboard (AR)	1:30 National Geographic:
	11:00 Dog Walking Group (FD)	1:00 Pink Shirt Day (AR) Awareness Video	🎂 Resident Birthday Tea With Garry Cohen 2-3PM	★ Greater Victoria Art Gallery Meet in Lobby at 4:15PM	3:30 Happy Hour (L)	7:00 Popcorn & Movie: 🎬 "Our Oceans Ep: 4" (L)
	🎵 Juan de Fuca Singers 2-3 pm in the Lounge 🎵	2:30 Veteran's Gathering (L)	Pink Shirt Day	6:30 Dessert & Documentary : (L) "Wild Babies Ep: 2"	7:00 Bingo (AR)	Life with Dog"



## Sign Up Sheets

You will see a star beside the activity or outing on this calendar if sign-up is required. The Activities binder is located opposite the Front Desk on the side table.



## Location Key

AR- Activity Room  
L- Lounge  
DR- Dining Room  
PD- Private Dinning  
FD- Front Desk  
GR- Games Room

