



# February 2026



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

## 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

