

Sunday

Monday

Tuesday

Wednesday

Thursday




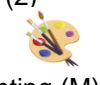



Friday

Saturday

February 2026

Benevolence Care Centre

February is
**Therapeutic
Recreation
Month!** 

<p>Legend: LR – Living Room FR – Family Room DR – Dining Room P - Patio W – West E – East (3) – 3rd floor (2) – 2nd Floor (M) – Main floor</p> <p>Tu B'Shevat Begins</p>	<p>1 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am 1-1 Visits 10:30am Memory Match (M) 12:45pm Ball Toss (3) 1:30pm Trivia (3) 2:30pm Bingo (2) 3:30pm Short Stories (M)</p> <p>Groundhog Day</p>	<p>2 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Good 'Ol Days (M) 10:30am Watercolour Painting (2) 12:45pm Seated Yoga (M) 1:30pm Puzzling Group (3) 2:15pm Birthday Party (2) 5:15pm Dancercise (2) 7:30pm Humour Group</p> <p>6:00pm Bible Study Group (2-DR)</p>	<p>3 10:00am Virtual Catholic Mass (M – LR)</p> <p>12:45pm Name that Tune (3) 1:30pm Junk Drawer Detective (M) 2:15pm Birthday Party (3) 3:30pm Balloon Volleyball (2)</p> <p></p>	<p>4 10:00am Virtual Catholic Mass (M – LR)</p> <p>9:30am Meditative Colouring (3) 10:30am Hymn Sing (M) 12:45pm Card Games (2) 1:30pm Ring Toss (M) 2:15pm Birthday Party (M) 3:30pm Virtual Concert (2) 5:30pm Dice Games (3) 6:30pm Bingo (M) 7:30pm 1-1 Visits</p> <p></p>	<p>5 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Music Appreciation (3) 10:30am Devotions (2) 12:45pm Board Games (M) 1:30pm Olympics Trivia (3) 2:00pm Olympics Opening Ceremony (2-LRW) 3:30pm 1-1 Visits</p> <p></p>	<p>6 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Fun & Fitness (2) 10:30am Dice Games (M) 12:45pm Meditative Colouring (3) 2:00pm Music Therapy (2) 3:30pm Balloon Badminton (M)</p> <p></p>
<p>Mealtimes: Breakfast: 8:30am – 9:30am Lunch: 11:45am – 12:45pm Dinner: 4:45pm – 5:45pm</p>	<p>8 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am 1-1 Visits 10:30am Word Searches (M) 12:45pm Mind Joggers (2) 1:30pm Card Games (M) 2:15pm Bingo (3) 3:30pm Valentines Card Making (2)</p>	<p>9 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Short Stories (M) 10:30am Meditative Colouring (2) 12:45pm Hymn Sing (3) 2:30pm Galentines Tea Party (2) 3:30pm Olympics Documentary (M) 5:15pm Valentines Card Making (M) 7:30pm 1-1 Visits</p> <p>6:00pm Bible Study Group (2-DR)</p>	<p>10 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Manicures (M) 10:30am Finish the Lyric (2) 12:45pm Just for Kicks (2) 1:30pm Devotions (M) 2:30pm Valentines Card Making (3) 3:30pm 1-1 Visits</p> <p></p>	<p>11 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Open Activity (2) 10:30am Healing Sounds (M) 12:45pm Board Games (3) 2:15pm Bingo (2) 3:30pm 1-1 Visits 5:15pm Ukulele Playing (M) 6:30pm Watercolour Painting (3) 7:30pm Word Searches (2)</p>	<p>12 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Seated Yoga (3) 10:30am Memory Match (2) 12:45pm Hymns of Faith (M)</p> <p>Valentines Party ft. Len Umrysh 2pm (M-DR)</p> <p></p>	<p>13 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Fun & Fitness (M) 10:30am Music Appreciation (2) 12:45pm Trivia (3) 1:30pm Baking Group (M) 3:00pm 1-1 Visits</p> <p>Valentine's Day</p>
<p>Ext. 704 – Rec Therapist Benevolence.rectherapy@ppsl.com</p> <p>Ext. 705 – Rec aide</p> <p>Ext. 706 – Rec aide</p>	<p>15 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Singalong (3) 10:30am Famous Faces (M) 12:45pm Ball Toss (2) 1:30pm Junk Drawer Detective (3) 2:15pm Bingo (M) 4:00pm 1-1 Visits</p> <p></p> <p>Presidents' Day (U.S.)</p>	<p>16 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Reminiscing (3) 10:30am Bible Reading (2) 12:45pm Seated Yoga (M) 1:00pm Bean Bag Toss (M) 1:30pm Chinese New Year Trivia (2) 2:30pm Chinese New Year Activity Party (3)</p> <p></p> <p>6:00pm Bible Study Group (2-DR)</p>	<p>17 10:00am 1-1 Communion & Blessing Visits</p> <p>12:45pm Name that Tune (2) 1:30pm Famous Faces (M) 2:30pm Chinese New Year Craft (2) 3:30pm Washer Toss (2)</p> <p></p>	<p>18 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am 1-1 Visits 10:30am Board Games (M) 12:45pm Hand Massages (2) 1:30pm Hot Chocolate Social (3) 2:30pm Watercolour Painting (M) 4:00pm Balloon Badminton (3) 5:30pm Music Appreciation (2) 6:30pm Bingo (3) 7:30pm Good 'Ol Days (M)</p> <p></p>	<p>19 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Fun & Fitness (M) 10:30am Dice Games (3) 12:00pm Lunch Club (3-LRW) 12:45pm 1-1 Visits 1:30pm Meditative Colouring (3) 2:30pm Virtual Tour (3) 3:30pm Famous Faces (2)</p> <p></p>	<p>20 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Seated Yoga (3) 10:30am Manicures (2) 12:45pm Memory Match (M) 1:30pm Baking Group (2) 3:00pm 1-1 Visits</p> <p></p>
<p>Therapeutic Recreation Week</p> <p></p>	<p>22 Social Domain</p> <p>9:30am News & Views (2) 10:30am Coffee Group (M) 12:45pm Short Stories (3) 2:00pm Therapeutic Recreation Activity Party (2-DR) 3:30pm Good 'Ol Days (3)</p> <p></p>	<p>23 Spiritual/Sensory Domain</p> <p>9:30am Manicures (3) 10:30am Bible Readings (M) 1:00pm Elementary School Visit (all floors) 2:30pm Bingo (2) 3:30pm Do You Hear What I Hear? (M) 5:15pm Hymns of Faith (2) 7:30pm 1-1 Visits</p> <p>6:00pm Bible Study Group (2-DR)</p>	<p>24 Cognitive Domain</p> <p>Pink Shirt Day – Anti-bullying</p> <p>9:30am Junk Drawer Detective (M) 10:30am Word Puzzles (3) 12:45pm Music Appreciation (2) 1:30pm Puzzling Group (M) 2:30pm 1-1 Visits 2:30pm Resident & Family Council Meeting (FR) 3:15pm Dice Games (3)</p> <p></p>	<p>25 Emotional/Creative Domain</p> <p>9:30am Meditative Colouring (3) 10:30am Healing Sounds (M) 12:45pm Washer Toss (2) 1:30pm Singalong (M) 2:30pm Painting Group (2-LRW) 4:00pm 1-1 Visits 5:15pm Ukulele Playing (M) 6:30pm Bingo (3) 7:30pm 1-1 Visits</p>	<p>26 Physical Domain</p> <p>9:30am Seated Yoga (M) 10:30am Giant Dice Games (3) 12:45pm 1-1 Visits 1:30pm Just For Kicks (2) 2:30pm Dancercise (3) 3:30pm Meditative Colouring (M)</p> <p></p>	<p>27 10:00am 1-1 Communion & Blessing Visits</p> <p>9:30am Do You Hear What I Hear? (3) 10:30pm Watercolour Painting (M) 12:45pm Memory Match (2) 1:30pm Balloon Badminton (3) 2:30pm Bingo (M) 4:00pm 1-1 Visits</p>

Programs are subject to change, please see whiteboards for daily programs.