



February 2026 ~Arbours



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:15 Morning Greeting Daily Chronicle 2:00 Sunday Church Duncan Christian Reformed	2 8:45 REC Staff Meeting 10:00 Volleyball 11:00 Groundhog Day 1:00 Walk The Block 2:00 Resident Council	3 8:15 Breakfast Buddies 10:00 NYT Games 11:15 Catholic Mass 1:00 One To One 2:00 Lake Loungers 3:00 Art Walk	4 8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Music History	5 8:15 Breakfast Buddies 10:00 Meditation 11:00 Piano in Elm 1:00 Daily News 2:00 Photoshoot 3:00 Name The Tune	6 8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Parachute 1:00 Market Place 2:00 Jukebox 3:00 Lemonade Stand	7
8 8:15 Morning Greeting Daily Chronicle 2:00 Sunday Church Jesus Is Lord	9 8:15 Morning Greeting 10:00 Volleyball 11:00 Sports Review 1:00 One To One 2:00 Crosswords 3:00 Easy Bake	10 8:15 Breakfast Buddies 10:00 Reminisce 11:00 Olympic Update 1:00 This Day in History 2:00 Bingo 3:00 Piano in Elm	11 8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Talent Show	12 8:15 Breakfast Buddies 10:00 Student Visits 11:00 Art Walk 1:00 Colour Contest 2:00 Creating Cards 3:00 Love Birds Quiz	13 8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Olympic Trivia 1:00 Market Place 2:00 Valentine's Tea 3:00 Valentine Story	14
15 8:15 Morning Greeting Daily Chronicle 2:00 Sunday Church New Life	16 Family Day 8:15 Morning Greeting 10:00 Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Fill In The Blank 3:00 Ask Google	17 8:15 Breakfast Buddies 10:00 News & Views 11:00 Olympic Update 1:00 One To One 2:00 Year of the Horse 3:00 Art Walk	18 8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Mardi Gras	19 8:15 Breakfast Buddies 10:00 Meditation 11:00 Piano in Elm 1:00 Daily News 2:00 Target Shoot 3:00 Finish the Song	20 8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Jeopardy 1:00 Market Place 2:00 Evergreen Choir 3:00 Cards in Dahlia	21
22 8:15 Morning Greeting Daily Chronicle 2:00 Sunday Church ShareWord Global	23 8:15 Morning Greeting 10:00 Volleyball 11:00 Sports Review 1:00 One To One 2:00 Travelogue 3:00 Easy Bake	24 8:15 Breakfast Buddies 10:00 Reminisce 11:00 Silly Sounds 1:00 This Day in History 2:00 Bingo 3:00 Piano in Elm	25 Pink Shirt 8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Pink Party	26 8:15 Breakfast Buddies 10:00 Meditation 11:00 Art Walk 1:00 Daily News 2:00 Trivia Time 3:00 Hot Chocolate	27 8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Finish Phrase 1:00 Market Place 2:00 Jam Factory 3:00 Puzzle in Dahlia	28



February 2026 ~Meadows



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00 Church Service Duncan Christian Reformed at the Arbours	2 Groundhog Day 2:00 Horse Racing	3 11:15 Catholic Mass @ Arbours 2:00 Music Bingo	4 10:00 Gentle Stretch 2:00 Travelogue To New Orleans	5 10:00 Chair Yoga	6 2:00 Dice Box Winter Olympics Opening Ceremony	7
8 2:00 Church Service Jesus Is Lord at the Arbours	9 2:00 Olympic Bingo	10 9:30 Breakfast Club 	11 10:00 Gentle Stretch	12 10:00 Chair Yoga 	13 2:00 Wine & Cheese With Jan Matthews	14
15 2:00 Church Service New Life at the Arbours	16 Family Day 2:00 Bailey's & Ice Cream	17 10:00 Chair Yoga 2:00 Olympic Target Shoot	18 10:00 Gentle Stretch 2:00 Andy's Music History	19 1:00-3:00 Toonie Garage Sale	20 2:00 Elvin & Al perform	21
22 2:00 Church Service Share Word Global at the Arbours	23 2:00 Bingo Bonanza	24 10:00 Chair Yoga 	25 Pink Shirt 10:00 Gentle Stretch 2:00 Tenant Meeting	26 10:00 Chair Yoga 	27 2:00 Circle Of Friends	28