

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

THERAPEUTIC RECREATION MONTH

SILENT AUCTION(March 5th)

***Start collecting your REC
BUCKS Feb 1-28th
(See poster for details)**

February 2026



LEGEND	
C- Chapel	
P- Patio	
MDR- Main Dining Room	
L-Lobby	
G-Gym	
RR-Red Room	
NYK- New York Kitchen	
PCK- Paris Court Kitchen	
O- Outside (front door)	
BBP- Bilous Bloom Patio	

MEALTIMES	
Breakfast	8:00 am – 8:45 am
Lunch	11:30 am –12:30 pm
Supper	4:30 pm – 5:30 pm

2:30 pm Karaoke (C) 1	10:15 am Holy Communion (C) 2 10:45 am Calm Your Mind (RR) 1:10 pm Men's Group (RR) 2:00 pm Bowling (RR) 3:30 pm Manicures (RR) 5:45 pm Trivia (RR) 7:00 pm Name That 90's Tune (RR) 7:00 pm 1-1 Visits Groundhog Day	10:30 am Devotions (C) 3 1:10pm Word Games (RR) 1:10 pm 1-1 Visits 2:00 pm Crafts (RR) 3:30 pm Junk Drawer Detective(C) 3:30 pm Dice Games (RR) 5:45 pm Hockey Shoot Out (RR) 6:30 pm Oilers vs Toronto (RR)	9:45 am Your Voice Home Quality Resident & Family Council Meeting (C) 4 10:30am 1-1 Visits 2:00 pm Mind Joggers (RR) 2:00 pm Music Appreciation (C) 3:30 pm Boggle (RR) 3:30 pm Cribbage (C) 5:45 pm Walking Program (RR) 7:00 pm BINGO (RR)	10:00 am Watercolor Painting (RR) 5 1:10 pm Boggle (RR) 2:00 pm Christan Virtual Service (RR) 3:30 pm Famous Faces (RR) 3:30 pm Manicures (RR) 7:00 pm Physical Games (RR)	10:45 am Daily Chronicles (RR) 6 12:00 pm Opening Ceremonies Olympics 2026 (RR) 2:00 pm Bible Readings (C) 3:00 pm Yahtzee (RR) 7:00 pm Karaoke (RR)	2:30 pm BINGO 7 3:45 pm Fun & Fitness (RR)
2:30 pm "Love Songs" Karaoke (C) 8 3:45 pm Active Engagement Visits (RR) 7:00 pm Jeopardy (RR)	10:15 am Holy Communion (C) 9 1:00 pm Men's Group (RR) 2:00 pm Valentines Baking (NYK) 3:30 pm Manicures (RR) 5:45 pm Walking Program (RR) 7:00 pm Valentines Card Making (RR) 7:00 pm Billiards (PR)	10:30 am Devotions (C) 10 1:10 pm Card Games (RR) 1:30 pm Meditative Colouring (NYK) 2:00 pm Sweethearts Dance w/ Logan Klaus (C) 3:30 pm Active Engagement Visits 3:30 pm Bowling (RR) 5:45 pm Dice Games (RR) 7:00 pm Love Stories & Hot Chocolate Social (C)	10:30 am Valentines Trivia (RR) 11 1:10 pm 1-1 Visits 2:00 pm Valentines Craft (RR) 3:30 pm Balloon Volleyball (C) 3:30 pm Name That "LOVE" Tune (RR) Drawing (RR) 5:45 pm BINGO	8:40 am Canada vs Czech (RR) 12 (self-guided) 10:30 am Fun & Fitness (RR) 1:10 pm Music Appreciation (RR) 2:00 pm Valentine's Candy Grams (Lobby) Who? What? When? Why? (RR) 3:30 pm Manicures (C, Scrabble (RR)	10:45 am Daily Chronicles (RR) 13 1:10 pm Canada vs Sweeden (RR) 2:00 pm Bible Readings (C) 3:00 pm Yahtzee (RR) 7:00 pm Karaoke (RR)	2:30 pm BINGO 14 3:45 pm Adaptive Yoga (RR) 7:00 pm Valentines Water Colour Painting (RR) HAPPY VALENTINE'S day
8:40am Canada vs France (RR) (self-guided) 15 2:30 pm Jeopardy (RR) 3:45 pm 1-1 Visits 7:00 pm Romance Movie (RR)	16 family day	10:30 am Devotions (C) 17 1:10 pm Music Appreciation (RR) 2:00 pm Chinese New Year Craft (RR) 3:30 pm Walking Program 3:30 pm Ring Toss (RR) 5:45 pm 1-1 Visits 7:00 pm Hot Chocolate Social (RR) Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	10:30 am Virtual R.C. Mass (RR) 18 1:10 pm Trivia (RR) 2:00 pm Milestones (C) Word Games (RR) 3:30 pm Active Engagement Visits 5:45 pm Dice Games (RR) 7:00 pm BINGO (RR)	10:30 am Fun & Fitness (RR) 19 2:00 pm Corn Hole (RR) 3:30 pm Who? What? When? Why? (RR) 3:30 pm Manicures (C) 7:00 pm Games Night (RR)	10:45 am Daily Chronicles (RR) 20 1:10 pm Recreation Focus Group(C) 2:00 pm Bible Readings (C) 3:00 pm Yahtzee (RR) 7:00 pm Karaoke (RR)	2:30 pm BINGO (RR) 21 3:45 pm Spiritual Reflections (C) 7:00 pm Open Activity (RR)
2:30 pm Karaoke (C) 22 3:45 pm Active Engagement Visits Ripley's Believe it or Not ! (RR)	10:15 am Holy Communion (C) 23 1:10 pm Men's Group (RR) 2:00 pm Baking (NYK) 3:30 pm Manicures (RR) 5:45 pm "HOY" Card Game(RR) 7:00 pm Paint Nite (RR)	10:30 am Devotions (C) 24 11:00 am Lunch Group (NYK) (Sign up with Rec) 2:00 pm Armchair Travels (RR) 3:30 pm Ladder Golf (RR) 3:30 pm Do You Hear What I Hear? (C) 6:00 pm Pet Therapy Visit w/ Colleen & Enzo (C) 7:00 pm 1-1 Visits	PINK SHIRT DAY 25 10:30 am Trivia (RR) 1:10 pm Balloon Volleyball (RR) 2:00 pm Pink Shirt Day Craft (RR) Boggle (RR) 3:30 pm Penny Ante (C) 5:45 pm Watercolour Painting (RR) 7:00 pm BINGO (RR)	10:30 am Music Appreciation (RR) 26 1:10 pm Boggle (RR) 2:00 pm Virtual Protestant Service(RR) 2:00 pm Meditative Colouring (C) 3:30 pm Virtual Nature Walk (RR) 3:30 pm Manicures (RR) 7:00 pm Physical Games (RR)	10:45 am Daily Chronicles (RR) 27 1:10 pm Mind Joggers (RR) 2:00 pm Bible Readings (C) 3:00 pm 1-1 Visits 7:00 pm Singalong (C)	OILERS 28 1:00 pm Oilers vs Sharks (RR) (Self -Guided) 2:30 pm BINGO (RR) 3:45 pm Fun & Fitness (RR) 7:00 pm Open Activity (RR)

Programs are subject to change with out notice. See White boards daily.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

THERAPEUTIC RECREATION MONTH



February 2026

NEW YORK PLACE SAFE LIVING

Legend:	Meal Times:
P – Patio	Breakfast: 8:00-8:45
TV – TV Room	Lunch: 11:30-12:30
S – Sun room	Supper: 4:30-5:30
C – VM Chapel	
BBP-Bilous Bloom patio	

Therapeutic Recreation theme weeks ahead: WEEK 1: Moving With Purpose Focus: Physical 1 – 1 Visits Daily 9:30 am Movin & Groovin 1:10 pm Memory Match (S) 5:45 pm Hymns of Faith (TV) Tu B'Shevat Begins		2 9:30 am Fun & Fitness (TV) 10:15 am Holy Communion 1:10 pm Card Game (S) 2:30 pm Music Appreciation (TV) Groundhog Day	3 9:45 am Hymns of Faith (TV) 10:30 am Word Games (S) 5:45 pm Armchair Travel (TV) 	4 9:30 am Active Engagement (TV) 10:30 am Fun & Fitness (TV) 12:30 pm 1-1 Visits 3:00 pm Craft (S)	5 9:30 am Fun & Fitness (TV) 10:30 am Painting (S) 2:00 pm Music Appreciation (TV)	6 12:00pm Olympics Opening Ceremonies 3:30 pm Physical Games(TV) 5:45 pm Singalong (TV)	7 1 – 1 Visits Daily 9:30 am Fun & Fitness (TV) 7:00 pm The Lawrence Welk Show (TV)
WEEK 2: Together We Belong Focus: Social 1 – 1 Visits Daily 9:30 am Movin & Groovin 1:10 pm Dice Games (S) 4:30 pm Super Bowl LX 5:45 pm Bingo (S)		8 9:30 am 1-1 Visits 10:15 am Holy Communion 1:15pm Valentine Baking (K)	9 9:45 am Spiritual Reflections (TV) 10:30 am Name That Country Tune (TV) 2:00 pm Sweethearts Dance w/ Logan Klaus (C)	10 9:30 am Trivia (TV) 10:30 am Dancercise (TV) 12:30 pm 1-1 Visits 3:00 pm Mind Joggers (TV)	11 9:45 am Fun & Fitness (TV) 10:30 am Word Games (S) 1:10 pm Valentines Colouring (S)	12 9:45 am Memory Matching (S) 3:30 pm Pool Noodle Volleyball (TV) 5:45 pm Dice Games (S)	13 1 – 1 Visits Daily 1:10 pm Love Stories & Hot Chocolate Social (K) 7:00 pm The Lawrence Welk Show (TV) Valentine's Day
WEEK 3: Spirit & Meaning Focus: Spiritual 1 – 1 Visits Daily 5:45 pm Hymns of Faith (TV)		14 Presidents' Day (U.S.)	15 9:30 am Walking Program 10:30 am Lunar New Year Colouring (S) 5:45 pm Name That Tune (TV) Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	16 9:30 am Trivia (TV) 10:30 Virtual Roman Catholic Mass (TV) 12:30 pm 1-1 Visits 3:00 pm Snakes & Ladders (S)	17 9:45 am Fun & Fitness (TV) 10:30 am Gratitude Circle (S) 2:30 pm Milestones (K)	18 9:30 am Fun & Fitness (TV) 3:15 pm Mind Joggers (TV) 5:45 pm How it's Made (TV)	19 1 – 1 Visits Daily 9:30 am Fun & Fitness (TV) 1:10 pm Open Activity (S) 7:00 pm The Lawrence Welk Show (TV)
WEEK 4: Mind, Memory & Creativity Focus: Cognitive 1 – 1 Visits Daily 9:30 am Movin & Groovin 1:10 pm 1-1 Visits 5:45 pm Bingo (S)		20 9:45 am Word Games (S) 10:15 Holy Communion 1:10 pm Baking (K) 2:45 pm Music Appreciation (TV)	21 9:30 am Mind Joggers (TV) 10:30 am Bowling (TV) 1:10 pm Ladies Tea (K) 5:45 Karaoke (TV)	22 9:45 am Penny Ante (S) 10:30 am Dancercise (TV) 12:30 pm Sensory Program (S) 3:00 pm Spiritual Reflections (TV)	23 9:45 am Bean Bag Toss (TV) 10:30 am Trivia (TV) 2:00 pm Reminiscing (TV)	24 9:30 am Fun & Fitness (TV) 10:30 am Jigsaw Puzzles (TV) 3:30 pm Manicures (S) 5:45 pm Bowling (TV)	25 1 – 1 Visits Daily 9:30 am Fun & Fitness (TV) 1:10 pm Open Activity (S) 7:00 pm The Lawrence Welk Show (TV)

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HCA Activities in BLUE

Recreation Programs in BLACK

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

THERAPEUTIC RECREATION MONTH



February 2026

WEST WING

Legend:	MEALTIMES
LL- Lower Level	Breakfast 8:00 am – 8:45 am
M- Main Floor	Lunch 11:30 am – 12:30 pm
2- 2nd Floor	Supper 4:30 pm – 5:30pm
3- 3rd Floor	
P- Patio	
C- VM Chapel	

Therapeutic Recreation theme weeks ahead: WEEK 1: Moving With Purpose Focus: Physical 1 – 1 Visits Daily (All Floors) 10:30 am Walking Program 1:10 pm Karaoke (LL) (All Flrs)  (w/ HCA's) 2:15 pm Dice Games (2) 3:30 pm Doll Therapy (M) Tu B'Shevat Begins	1	9:30 am Holy Communion (All Flrs)	10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's)	1:10 pm Music Appreciation (2)	2:00 pm Puzzles (LL)	3:00 pm Crafts (3)	4:00 pm 1-1 Visits (M)	5:45 pm Bowling with Recreation Therapy introduction and Rollout (LL) (All Flrs)	Groundhog Day 	
	2	9:30 am Colouring (2)	10:30 am Walking Program (All Flrs)	1:10 pm Just for Kicks (2)	1:10 pm Bible Readings (LL)	2:00 pm Robotic Pet Therapy (3)	2:00 pm Bits & Pieces (LL)	3:30 pm Card Games (M)	3:30 pm Reminiscing (3)	
WEEK 2: Together We Belong Focus: Social 1 – 1 Visits Daily (All Floors) 10:30 am Walking Program 1:10 pm Karaoke (LL) (All Flrs) (w/ HCA's) 2:15 pm Dice Games (2) 3:30 pm Doll Therapy (M) 4:30 pm Super Bowl LX 	8	9:30 am Holy Communion (All Flrs)	10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's)	1:10pm Manicures (M)	2:00 pm Spiritual Reflections (3)	3:00 pm Valentine Craft (LL)	4:00 pm Sensory Activity (2)	5:45 pm Love Song sing-along (LL) (All Flrs) (w/ HCA's)		
	9	9:30 am 1–1 Visits (3)	10:30 am Walking Program (All Flrs)	1:00 pm Valentine Baking (2&3)	2:30 pm Short Stories (LL)	2:30 pm Valentine's Word Puzzles (M)	3:30 pm Manicures (LL)	3:30 pm Reminiscing (2)	6:00 pm Pet Therapy Visit w/ Colleen & Enzo (LL) (All Flrs) (w/ HCA's)	
WEEK 3: Spirit & Meaning Focus: Spiritual 1 – 1 Visits Daily (All Floors) 1:10 pm Hymns of Faith (LL) (All Flrs) (w/ HCA's)	15		16	9:30 am Gratitude Circle (M)	10:30 am Walking Program (All Flrs)	1:30 pm Lunar New Year Activity Party (LL) (All Flrs) (w/ HCA's)	3:00 pm Manicures (3)	3:00 pm Spiritual Reflections (2)	Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	
	17		10:30 am Virtual Roman Catholic Mass (LL) (All Flrs) (w/ HCA's)	1:10 pm Painting (3)	1:10 pm Bible Reading (2)	1:30 pm Armchair Travels Singapore (LL) (All Flrs) (w/ HCA's)	2:30 pm 1 – 1 Visits (LL)	3:30 pm Trivia (2)	3:45 pm Word Games (M)	5:45 pm Bingo (LL) (All Flrs) (w/ HCA's)
WEEK 4: Mind, Memory & Creativity Focus: Cognitive 1 – 1 Visits Daily (All Floors) 10:30 am Walking Program 1:10 pm Hymns of Faith (LL) (All Flrs) (w/ HCA's) 2:15 pm Reminisce (M) 3:30 pm Card Games (3) Men's Gold Medal Hockey Game	22	9:30 am Holy Communion (All Flrs)	10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's)	1:10pm Trivia (LL)	2:00 pm Card Games (M)	3:00 pm Virtual United Services (LL)	4:00 pm 1 – 1 Visits (3)	5:45 pm Sing a long (LL) (All Flrs) (w/ HCA's)		
	23	9:30 am 1 – 1 Visits (LL)	10:30 am Walking Program (All Flrs)	1:30 pm Milestones (LL) (All Flrs) (w/ HCA's)	3:00 pm Bible Reading (3)	3:30 pm Colouring (M)	3:30 pm Word Games (LL)			
PINK SHIRT DAY	24	9:30 am Memory Matching (3)	10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's)	1:10 pm Puzzles (M)	1:10 pm Dice Games (3)	1:30 pm Men's Den (LL) (All Flrs) (w/ HCA's)	2:30 pm Manicures (LL)	3:30pm 1 – 1 Visits (2)	5:45 pm Bean Bag Toss (LL) (All Flrs) (w/ HCA's)	
	25	9:30 am 1 – 1 Visits (M)	10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's)	12:30 pm Painting (3)	12:30 pm Robotic Pet Therapy (2)	1:10 pm Word Games (LL)	1:10 pm Music Appreciation (M)	2:00 pm Memory Match (3)	3:30 pm Colouring (LL)	3:30 pm Dice Game (2)
	26	9:30 am Puzzles (3)	9:30 am Ring Toss (2)	10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's)	1:00 pm – 3:00 pm Recreation Therapy Month Round Up Activity Party (LL) (All Flrs)			4:00 pm 1 – 1 Visits (M)		
	27	10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's)	1:10 pm Memory Match (3)	2:30 pm Trivia (M)	3:30 pm Music Appreciation (2)	5:45 pm Bingo (LL) (All flrs) (w/ HCA's)		7:00 pm The Price is Right (TV)		
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HCA Activities in BLUE

Recreation Programs in BLACK