

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

Legend

A-Auditorium
V-Villa
S-Suites
HL-House Lounge
FD-Fireside Dining Room

1 2:00 First Baptist Hymn Sing - Lodge, 1 st floor <small>Tu B'Shevat Begins</small>	2 1 <i>Groundhog Day</i> 2 <i>9:30 Drop-In Art Group</i> with Art Therapy Student Alessandra HL 10:00 Sit~Pedal~Travel A 10:00 Range of Motion V 10:30 Mind Joggers V 1:00 Groundhog Day Trivia HL	9:30 Manicures V 10:15 Balance Boost Fitness A 10:45 Meditative Colouring HL 1:00 Bingo A 2:30 Craft - Olympic Torch A 3:00 Hymn Sing FD	3 10:00 Chair Dance Yoga A 10:00 Range of Motion S 10:30 Cranium Crunches A 10:30 Word Games S 11:30 Woodgrove Mall Outing (sign up) 1:00 Nazarene Church Visit FD	4 10:00 Seated Tai Chi A 10:00 Range of Motion V 10:30 Brain Games V 10:30 St. Paul's Communion HL 1:00 Bingo A 2:00 Art Group with Art Therapy Student Alessandra HL (<i>sign-up</i>) 2:15 Coffee with the Chef V 2:30 Book Club; New Book HL	5 2026 Olympic Opening Ceremony (starts @ 7am PST) 10:00 Sit~Pedal~Learn A 10:00 Exercises S 10:30 Brain Games S 1:00 Piano Music with Tim S 2:30 Armchair Travel to India V	6 2:00 Hymn Sing S
8 2:00 Worship with Wakesiah Gospel - Lodge 1 st floor	9 8 <i>9:30 Drop-In Art Group</i> with Alessandra HL 10:00 Visit with the Nanaimo Clippers A 1:00 Miniature Ice Luge A	10 10:00 Manicures S 10:00 Mending with Anne HL 1:00 Bingo A 4:30 Special Italian Themed Dinner (lottery sign-up) A	11 10:00 Chair Dance Yoga A 10:00 Range of Motion S 10:30 Cranium Crunches A 10:30 Word Games S 1:00 Scenic Drive (sign up)	12 10:00 Seated Tai Chi A 10:00 Range of Motion V 10:30 Brain Games V 1:00 Bingo A 2:00 Art Group with Art Therapy Student Alessandra V (<i>sign-up</i>) 2:30 Tile Rummy S	13 10:00 Sit~Pedal~Learn A 10:00 Exercises S 10:30 Brain Games S 1:00 Valentine's Day Party with Marty Steele A	14  <small>Valentine's Day</small>
15 2:00 Worship with St. Paul's Lutheran - Lodge 1 st floor 2:00 Hymn Sing FD	16  <small>Presidents' Day (U.S.)</small>	17 16 <i>Chinese New Year</i> 9:30 Manicures V 10:15 Balance Boost Fitness A 10:45 Lantern Colouring HL 1:00 Bingo A 2:30 Coffee with Heidi V 2:30 Skip-Bo HL <small>Ramadan Begins</small> <small>Mardi Gras</small> <small>Chinese New Year (Year of the Horse)</small>	18 10:30 Cupcake Sale Fundraiser - House & Suites Lounge 19 1:00 Community Bingo A 2:00 Art Group with Art Therapy Student Alessandra HL (<i>sign-up</i>)	20 10:00 Seated Tai Chi A 10:00 Range of Motion V 10:30 Brain Games S 1:00 Kiwanis Curl-O-lympics & Medal Ceremony A 2:30 Armchair Food Travel to Finland V	21 10:00 Sit~Pedal~Learn A 10:00 Exercises S 10:30 Brain Games S 1:00 Kiwanis Curl-O-lympics & Medal Ceremony A 2:30 Armchair Food Travel to Finland V	2:00 Hymn Sing S
22 2026 Olympic Closing Ceremony (start TBD) 2:00 Worship Service with Generations Church - Lodge 1 st floor	23 9:30 Drop-In Art Group with Alessandra HL 10:00 Sit~Pedal~Travel A 10:00 Range of Motion V 10:30 Mind Joggers V 1:00 Country Club Mall Outing (sign up)	24 9:30 Manicures S 10:00 Mending with Anne HL 10:15 Balance Boost Fitness A 1:00 Bingo A 2:30 Tile Rummy V 2:30 Afternoon Manicures A	25 10:00 Chair Dance Yoga A 10:00 Range of Motion S 10:30 Cranium Crunches A 12:45 Group Photo for Pink Shirt Day A 1:00 Birthday Party Music by Lou & Donna A	26 10:00 Seated Exercises A 10:00 Range of Motion V 10:30 Brain Games V 1:00 Bingo A 2:00 Art Group with Art Therapy Student Alessandra V (<i>sign-up</i>)	27 10:00 Visit from Discovery Montessori A 10:00 Horticulture with Bianca S 10:30 Brain Games S 10:30 Mass with Holy Trinity Lodge 1 st floor 1:00 Horticulture with Bianca A 1:00 Thrill of the RiverCongo S	28 1:00 Bible Study S

Please call Recreation with any questions (250) 740-2879

