

February 2026



2 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	2 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W	3 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR	4 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Artists Club in Celebration of Black History Month - MPR	5 10:00am Valentines Baking - MPR 10:30am Armchair Travel - TV2W 2:30pm Community Melodies Love Songs - MPR 2:30pm Residents Choice (TV) - TV2W	6 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W 2:00pm Winter Olympics Opening Ceremonies - V	7 10:30am Church Service - MPR
8 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	9 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 10:30am Hearts in Action - Valentine's Day craft - CHAP 2:30pm Resident Sing-a-Long - TV2W	10 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR	11 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Winter Olympics Sports - V	12 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:00pm Romantic Movie - MPR 2:30pm Residents Choice (TV) - TV2W	13 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W	14 10:30am Church Service - MPR <i>Happy Valentine's Day</i>
15 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	16 Family Day 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:00pm Valentines Day Tea - MPR 2:30pm Resident Sing-a-Long - TV2W	17 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR	18 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR	19 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Artists Club in Celebration of Chinese New Year - MPR 2:30pm Residents Choice (TV) - TV2W	20 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 10:30am Ladies Club - Poetry - MPR 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W	21 10:30am Church Service - MPR
22 10:30am Residents Choice (TV) - TV2W 2:00pm Winter Olympics Closing Ceremonies - V 2:30pm 1:1 - V 2W	23 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:15pm Hearts in Action - Boardgames - CHAP 2:30pm Resident Sing-a-Long - TV2W	24 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR	25 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:00pm February Birthday Party - MPR	26 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Entertainment - Zachary Erickson - MPR 2:30pm Residents Choice (TV) - TV2W	27 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs -	28 10:30am Church Service - MPR

- Common Areas

AR2W - Activity Room 2W

CHAP - Chapel

MPR - Multi-Purpose Room

TV2W - TV Room 2W

V - Varied

V 2W - Varied 2W

Programs may be subject to change.