

February 2026



3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:30am Walking Club - V 3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV3W 3:15pm Oldies Music - AR3W	10:00am Seasonal Decorating - V 3W 1:30pm Group Exercise - TV3W 2:00pm Seasonal Decorating - V 3W 2:30pm Throwback Tuesdays - MPR	10:30am Church Service - MPR 2:30pm Artists Club in Celebration of Black History Month - MPR	10:00am Valentines Baking - MPR 1:30pm Group Exercise - TV3W 2:30pm Community Melodies Love Songs - MPR	10:00am Ball Throw - TV3W 11:15am Hymn Singing - TV3W 2:00pm Jewish Service - MPR 2:00pm Winter Olympics Opening Ceremonies - V 3:30pm Country Music - AR3W	10:30am Church Service - MPR	
8	9	10	11	12	13	14
9:30am One to One Visits - RR3W 10:30am Adapted Dance with Riki - MPR 10:30am Hearts in Action - Valentine's Day craft - CHAP 1:30pm Group Exercise - TV3W 3:15pm Classical Music - AR3W	10:00am Baking - AR3W 10:45am Coffee/Tea Social - AR3W 1:30pm Group Exercise - TV3W 2:30pm Gingerbread Social - AR3W 2:30pm Throwback Tuesdays - MPR	10:30am Church Service - MPR 2:30pm Winter Olympics Sports - V	10:00am Bingo - AR3W 11:15am Sing Along - TV3W 1:30pm Group Exercise - TV3W 2:00pm Romantic Movie - MPR	10:00am Coffee/Tea Social - AR3W 11:15am Hymn Singing - TV3W 2:00pm Jewish Service - MPR 3:30pm Spanish Music - AR3W	10:30am Church Service - MPR 	
15	16	17	18	19	20	21
	Family Day 9:30am One to One fitness - AR3W 10:30am Adapted Dance with Riki - MPR 2:00pm Valentines Day Tea - MPR	10:00am Timbit Social - AR3W 11:15am Hymn Singing - TV3W 1:30pm Group Exercise - TV3W 2:30pm Throwback Tuesdays - MPR	10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR	10:00am Active Games - AR3W 11:15am Sing Along - TV3W 1:30pm Group Exercise - TV3W 2:30pm Artists Club in Celebration of Chinese New Year - MPR	10:30am Ladies Club - Poetry - MPR 2:00pm Jewish Service - MPR 3:30pm Love Songs - AR3W	10:30am Church Service - MPR
22	23	24	25	26	27	28
2:00pm Winter Olympics Closing Ceremonies - V	9:30am Puzzles - AR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV3W 2:15pm Hearts in Action - Boardgames - CHAP 2:30pm Throwback Tuesdays - MPR	10:00am Baking - AR3W 10:45am Coffee/Tea Social - AR3W 1:30pm Group Exercise - TV3W 2:30pm Hot Chocolate Social - AR3W 2:30pm Throwback Tuesdays - MPR	10:30am Church Service - MPR 2:00pm February Birthday Party - MPR 	10:00am Bingo - AR3W 11:15am Sing Along - AR3W 1:30pm Group Exercise - TV3W 2:30pm Entertainment - Zachary Erickson - MPR	10:00am Arts and Crafts - V 3W 11:15am Hymn Singing - TV3W 2:00pm Jewish Service - MPR 3:30pm Rock and Roll Music - AR3W	10:30am Church Service - MPR

AR3W - Activity Room 3W

CHAP - Chapel

MPR - Multi-Purpose Room

RR3W - Resident Rooms 3W

TV3W - TV Room 3W

V - Varied

V 3W - Varied 3W

Programs may be subject to change.