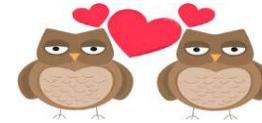


FEBRUARY 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10am Phase 10  2pm Mugs & Muffins Social 3:30pm Bean Bag Toss	2 - Groundhog Day 10am Card Bingo 11am Exercise Class 11am Arm Chair Travel 1pm Valentines Door Decorating Contest 2pm Bingo	3 <i>9:30 AM Cards with May</i> 11:45am Chinese Food Lunch (Sign Up) 1:30 Poker Game 2:30pm Ping Pong Game	4 10am Card Bingo 11am Chair Yoga  1:30 February Birthdays & The Dunnington Group	5 10am Coffee & Chat 11am Exercise Class 11:45am Out for Lunch (Sign Up) 2:30pm Shooting Range	6 10am Fast Track 10AM Bible Study 1pm Floor Curling 2pm Ice Cream 🍦 3:30pm Crib	7 10am Card Bingo  2pm Shuffle Board
8 10am Golf Card Game 1:30 Music by Harry 3:30pm Super Bowl Tailgate Party Happy Hour!	9 10am Card Bingo 11am Exercise Class 2pm Lodge Olympics!	10 <i>9:30 AM Cards with May</i> 10am Cooking International Cuisines 2pm Skip-Bo 3:30pm Pool	11 10am Card Bingo 11am Chair Yoga 1pm Valentines Craft 3:30pm Gentle Movements	12 10am Coffee & Chat 11am Exercise Class 1PM VALENTINES BAKING 1:30 *New* Music by Terry Jordan	13 10am Coffee & Share Superstitions 10AM Bible Study 1pm Trip to Sunshine Lodge in Evansburg 2pm Ice Cream 🍦	14 - Valentines Day 10am Guess the Photos & Share Memories  1:30 Valentines Party & Music by Mountain Saphire
15 10am Baking Healthy Muffins 1:30pm Fast Track 5pm Thunder Hockey Game	16 - Family Day 10am Card Bingo 11am Exercise Class 2pm Fast Track 3:30pm Darts	17 <i>9:30 AM Cards with May</i> 10am Cooking International Cuisines - Italy 2pm Golf Card Game 3:30pm Bean Bag Toss	18 10am Card Bingo 11am Chair Yoga 1:45pm Lutheran Church 2pm Shuffle Board 2-4pm Hear Right Clinic 3:30pm Gentle Movements	19 9am St Anthony's Mass 10am Pass the Ace 11am Exercise Class 2pm Phase 10 3:00 Baptist	20 10am Golf Card Game 10AM Bible Study 10am Trip to Walmart 11:45am Take Out (Sign Up) 2pm Ice Cream 🍦 2:30pm Debate	21 10am Card Bingo  2pm Movie Matinee
22 10am Golf Card Game Ringette Game - TBA 1:30pm Fast Track 2pm Photos by Marty	23 10am Card Bingo 11am Exercise Class Jersey Day! Wear your Favourite Jersey 2pm The Dating Game	24 <i>9:30 AM Cards with May</i> 10am Cooking International Cuisines 1pm Crib Tournament (Lodge, Wishing Well & Lezure Lea)	25 10am Card Bingo 11am Chair Yoga  2pm Music by Mike Hust 3:30pm Gentle Movements	26 10am Pass the Ace 11am Exercise Class 1pm St Anthony's 2pm Fast Track 3:30pm Ping Pong Game	27 10am Card Bingo 10AM Bible Study 1pm Floor Curling 2pm Ice Cream 🍦 3:30pm Yahtzee	28 10am Card Bingo 2pm Shuffle Board 3:30pm Checkers

Winter Olympics 2026 - Milano Cortina
Feb. 6 - 22



Walking Group - Every Morning @
8:45 AM

