

FEBRUARY 2026

3 West Sunshine Lane

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Grammys Awards Night Italian Theme Week 2:30  Refreshments	Groundhog Day 9:30  Morning Stretch 10:30  Spring or Snow! (Groundhog Game) 11:00  Doll therapy 1:30  Spiritual Corner 2:15  Flower Arrangement 2:45  Amazing Animals: Groundhogs 3:30  Friendly Visits	2 9:30  Sunshine Yoga 10:00  Strolls about Belmont 10:30  Morning Prayers 11:00  News of the Day! 2:00  Art Expressions with Sara 3:15  Grandmas Kitchen: Tiramisu	3 9:30  Sunshine Yoga 10:00  Sensory Touches 10:45  Pet Visits with Milo 11:00  Strolls about Belmont 1:30  Spiritual Corner 2:30  Memorial Service - MacDonald Room 3:30  Friendly Visits	4 1:15  Art with UCC 2:30  Taste & Travel: Italy 3:30  Spiritual Corner 4:00  Indoor Gardening 6:30  Italiano Trivia 7:00  Movie Night	5 Winter Olympics Opening Ceremony 9:30  Bocce (Italian Sport) 10:30  Who Am I (Black History Month) 11:05  Hymn Sing 1:30  Colouring Arts 2:30  Hot Chocolate Social 3:15  Board Games	6 10:15  Balloon Tennis	7
Superbowl LX Valentines Day Theme Week 2:30  Refreshments	8 10:30  Tales of Poetry 11:00  Doll therapy 1:30  Spiritual Corner 2:15  Flower Arrangement 2:45  Amazing Animals: Swans 3:30  Friendly Visits	9 9:30  Sunshine Yoga 10:00  Strolls about Belmont 10:30  Morning Prayers 11:00  News of the Day! 2:00  Art Expressions with Sara 3:15  Racing Hearts Relay	10 Recreation Awareness Day 9:30  Sunshine Yoga 10:00  Strolls about Belmont 10:45  Pet Visits with Milo 11:00  Strolls about Belmont 1:15  Spiritual Corner 2:00  Recreation Awareness Day - Walker Cafe 2:00  Valentine's Day Bingo!	11 1:00  1:1 Short Stories 2:30  Taste & Travel: City of Love (Paris, France) 3:30  Spiritual Corner 4:00  Indoor Gardening 6:30  Valentine's Trivia Night 7:00  Movie Night	12 9:30  Move to the Beat! 10:30  Who Am I (Black History Month) 11:05  Hymn Sing 2:30  Valentine's Day Party	13 Valentine's Day 10:15  Balloon Badminton 1:45  Trivia 5:00  Valentine's Day Dinner	14
Winter Olympics Theme Week 2:30  Refreshments	15 Family Day 9:30  Winter Olympic Workout 10:30  Tales of Poetry 11:00  Doll therapy 2:45  What Am I (Winter Sports Edition) 3:30  Friendly Visits	16 Lunar New Year 9:30  Sunshine Yoga 10:00  Strolls about Belmont 10:30  Morning Prayers 11:00  News of the Day! 2:00  Art Expressions with Sara 3:15  Grandmas Kitchen: Fruity Sugar Cookie Olympic Rings 5:00  Lunar New Year Dinner	17 Ash Wednesday 9:30  Pictionary 10:00  Sensory Touches 10:45  Pet Visits with Milo 11:00  Strolls about Belmont 1:30  Spiritual Corner 2:00  Ash Wednesday Service - Chapel 3:15  Let's Play Bingo	18 1:00  1:1 Short Stories 2:30  Winter Olympics Social 3:30  Spiritual Corner 4:00  Indoor Gardening 6:30  Winter Olympics Trivia Night 7:00  Movie Night	19 9:30  Move to the Beat! 10:30  Who Am I (Black History Month) 11:05  Hymn Sing 1:30  Colouring Arts 2:30  Hot Chocolate Social 3:15  Board Games	20 10:15  Balloon Badminton 1:45  Trivia	21
Oh Canada Theme Week 2:00  Winter Olympics Closing Ceremony 2:30  Refreshments	22 2:45  Amazing Animals: Beaver	23 9:30  Sunshine Yoga 10:00  Strolls about Belmont 10:30  Morning Prayers 11:00  News of the Day! 2:00  Art Expressions with Sara 3:15  Discussion Group: Significance of Canadian Flag	24 9:30  Sunshine Yoga 10:00  Sensory Touches 10:45  Pet Visits with Milo 11:00  Strolls about Belmont 1:30  Spiritual Corner 2:30  Sing and Dance Along 3:15  Let's Play Bingo	25 1:00  1:1 Short Stories 2:30  Maple Leaf Social 3:30  Spiritual Corner 4:00  Indoor Gardening 6:30  Canadian Trivia Night 7:00  Movie Night	26 11:05  Hymn Sing 2:00  Who Am I? (Black History Month) 2:30  Hot Chocolate Social	27 10:15  Balloon Badminton	28

Recreation Coordinator

Hermela

Phone Number

416-964-9321 ext 250

February Calander

February 4th - Memorial Service

February 5th - Art with UCC

February 6th - Winter Olympics Opening Ceremony

February 8th - Superbowl LX

February 13th - Valentine's Day Party

February 14th - Valentine's Day

February 17th - Lunar New Years



February is Black History Month & Recreation Awareness Month

