

February 2026

Hespeler

February is Therapeutic Recreation Awareness Month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15am Hymn Sing - HAA 10:00am Spa Day 3rd Floor - ACRM 2:00pm Spa Day! 3rd Floor - ACRM	2 2:00pm Musical Guest: "No Discernable Key" - AUDI 2:15pm Making Music - 3rd 6:15pm Variety Time - HAA	3 10:30am Tots and Tunes - Craf 1:30pm Music Therapy - HAA 2:00pm 1st Floor Social Art - ACRM 4:00pm Rosary - Inte	4 10:00am Church Service - ACRM 2:00pm Bible Study - Inte 2:00pm 2nd Floor BINGO - HDR 2:15pm Young and The Restless Music Group - 3rd 6:15pm Variety Time - HAA	5 9:45am Horticulture Hands - H 11:00am Fun and Fitness - H 2:00pm Sing-A-Long with Barbara - HSR 3:15pm Reading Group - H	6 9:30am Time to Think - H 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 11:00am Robo Companion Group - H 2:00pm Baking - 3rd 2:00pm Fun and Fitness - H 2:00pm Olympic: Opening Ceremony - ACRM 3:00pm Coffee & Chats - H The Winter Olympics begin!	7 11:00am Finish the Phrase Challenge - H
8 9:30am Window Hearts' Craft - H 10:45am Making Yogurt Parfaits' - H 2:00pm Hespeler Olympics: Opening Ceremonies & Overview - H	9 1:15pm OUTING: Tim Hortons - OUT 2:15pm Making Music - 3rd 2:30pm Beauty Shop - H 6:15pm Variety Time - HAA	10 10:30am Tots and Tunes - Craf 1:30pm Music Therapy - HAA 4:00pm Rosary - Inte	11 10:00am Valentine Special Baking - ACRM 12:00pm 2nd Floor Lunch Bunch: Chinese Food in Craft room 3 2:00pm Bible Study - Inte 2:00pm 2nd Floor BINGO - HDR 2:00pm Men's Group - 3rd 2:15pm Young and The Restless Music Group - 3rd 6:15pm Olympic Target Sport - H	12 11:00am Fun and Fitness Olympics - H 2:00pm It Makes Sense 1:1 - H 2:00pm Residents Council - ACRM	13 9:30am Fun and Fitness Olympics - H 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 10:45am Beauty Shop - H 2:00pm Valentine's Day Special with Cream Soda Floats! - AUDI	14 9:15am News & Views!! Hespeler 3:00pm Valentine Day Special Tea - AUDI Valentine's Day
15 10:00am Java Music Club - ACRM 2:00pm Hymn Sing - HAA	16 2:15pm Making Music - 3rd 3:15pm Fun and Fitness Olympics - H 6:15pm Cards- Euchre - HAA Family Day	17 10:30am Tots and Tunes - Craf 1:30pm Music Therapy - HAA 4:00pm Rosary - Inte Pancake Tuesday! Random Acts of Kindness Day	18 10:00am Ash Wednesday Church Service - AUDI 12:00pm 1st Floor Lunch Bunch: Chinese Food - CRFT 2:00pm Bible Study - Inte 2:00pm 2nd Floor BINGO - HDR 2:15pm Young and The Restless Music Group - 3rd 6:15pm Olympic Target Sport - H	19 9:30am Preston High Student Visit - CRFT 2:00pm 3rd Floor Fun and Fitness - 3rd 2:00pm Foods Around the World: Mexico - ACRM 2:00pm Fun and Fitness Olympics - H 3:00pm Horticulture Hands - H	20 9:30am Fun and Fitness Olympics - H 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 1:15pm OUTING: Olympic Games at Parkwood - OUT 2:00pm Riddle time - HAA 3:00pm Walking Group - HAA	21 10:00am Baking Cheesecake - ACRM 2:00pm Artful Enrichment - ACRM 2:00pm Cooking Club - 3rd
22 9:45am Chocolate Dipped Strawberries - H 11:00am Fun and Fitness Olympics - H 2:00pm Art Group - 3rd 2:00pm Cards- Euchre - HAA	23 1:15pm OUTING: Giant Tiger - OUT 2:15pm Making Music - 3rd 3:00pm Fun and Fitness Olympics - H 6:30pm Scouts Night - AUDI	24 10:30am Tots and Tunes - Craf 1:30pm Music Therapy - HAA 2:00pm Olympic Theme Coffee Social - CDR 4:00pm Rosary - Inte	25 10:45am Rosary - ACRM 11:30am Roman Catholic Communion - ACRM 12:00pm 3rd Floor Lunch Bunch: Chinese Food - 3rd 2:00pm Bible Study - Inte 2:00pm 2nd Floor BINGO - HDR 2:15pm Young and The Restless Music Group - 3rd 6:15pm Olympic Hockey Shoot Out - H	26 9:45am Snoezelen Cart 1:1 - H 10:30am Making Cards - H 2:00pm Birthday Party with Hayley Verall - AUDI	27 9:30am Fun and Fitness Olympics - H 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 2:00pm Fairview Olympics Closing Ceremonies - AUDI	28 2:00pm 3rd Floor Fun and Fitness - 3rd 2:00pm Crafts - HAA 3:00pm Walking Group - HAA

3rd - 3rd Floor Activity Room
Craf - Craft Room 3
Inte - Interfaith Sacred Space

ACRM - 1st Floor Activity Room
H - Hespeler
OUT - Outings

AUDI - Centre Auditorium
HAA - Hespeler Activity Area

CDR - Centre Dining Room
HDR - Hespeler Dining Room

CRFT - Craft Room
HSR - Hespeler Sitting Room

Check Program Boards daily for the most up to date information.