

February 2026

Preston

February is Therapeutic Recreation Awareness Month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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 3:30pm Trivia - P 6:15pm Variety Time - PAA	3 10:30am Tots and Tunes - Craf 1:30pm Snoezelen cart 1:1 - Resi 2:00pm 1st Floor Social Art - ACRM 2:30pm Music Therapy - PAA 3:30pm Fun and Fitness - PAA 4:00pm Rosary - Inte 6:15pm Variety Time - PAA	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 3:30pm Walk & Talk - PAA	5 2:00pm Library Visit - PAA 3:30pm Fun and Fitness - PAA 6:15pm Variety Time - PAA	6 9:30am You be the Judge!! - PAA 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 2:00pm Baking - 3rd 2:00pm Olympic: Opening Ceremony - ACRM 3:30pm Beauty Shop - PAA The Winter Olympics begin!	7 10:00am Fun and Fitness - Olympic Special - PAA 2:00pm Eye Spy - H 3:15pm Discovery Quest - P
8 9:45am Musical Memories - P 10:45am Beauty Shop - P 2:00pm Riddle Time - P 3:00pm Walking Group - P	9 10:00am Craft & Connect - PAA 1:15pm OUTING: Tim Hortons - OUT 2:00pm Indoor Golf - PAA 2:15pm Making Music - 3rd 3:30pm Reading Group - PAA	10 10:30am Tots and Tunes - Craf 1:30pm Snoezelen cart 1:1 - Resi 2:30pm Music Therapy - PAA 3:30pm Fun and Fitness - PAA 4:00pm Rosary - Inte 6:15pm Variety Time - PAA	11 9:30am Scripture and Song - PAA 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 3:30pm Creative Corner - PAA	12 9:45am Horticulture - PAA 2:00pm Library Visit - PAA 2:00pm Residents Council - ACRM 3:30pm Fun and Fitness - PAA 6:15pm Variety Time - PAA	13 9:30am Musical Memories - P 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 2:00pm Valentine's Day Special with Cream Soda Floats! - AUDI	14 10:00am Fun and Fitness - Olympic Special - PAA 3:00pm Valentine Day Special Tea - AUDI Valentine's Day
15 10:00am Java Music Club - ACRM 2:45pm Hymn Sing - PAA	16 2:00pm Beauty Shop - PAA 2:15pm Making Music - 3rd 3:00pm Gratitude Jar - PAA 6:15pm Variety Time - PAA Family Day	17 10:30am Tots and Tunes - Craf 1:30pm Snoezelen cart 1:1 - Resi 2:30pm Music Therapy - PAA 3:30pm Fun and Fitness - PAA 4:00pm Rosary - Inte 6:15pm Variety Time - PAA 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	19 9:30am Preston High Student Visit - CRFT 2:00pm 3rd Floor Fun and Fitness - 3rd 2:00pm Foods Around the World: Mexico - ACRM 3:30pm Fun and Fitness - PAA 6:15pm Variety Time - PAA	20 9:30am Time to Think - PAA 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 10:45am Crafts - P 1:15pm OUTING: Olympic Games at Parkwood - OUT	21 10:00am Fun and Fitness - Olympic Special - PAA 11:00am Discussion Group - PAA 2:00pm Artful Enrichment - ACRM 2:00pm Cooking Club - 3rd 3:00pm Eye Spy - P
22 9:45am Hymn Sing - PAA 10:45am Active Games - PAA 2:00pm Art Group - 3rd 2:00pm Bowling - PAA	23 10:00am Craft & Connect - PAA 1:15pm OUTING: Giant Tiger - OUT 2:00pm Indoor Hockey - PAA 2:15pm Making Music - 3rd 6:30pm Scouts Night - AUDI	24 10:30am Tots and Tunes - Craf 2:00pm Olympic Theme Coffee Social - CDR 2:30pm Music Therapy - PAA 3:30pm Fun and Fitness - PAA 4:00pm Rosary - Inte 6:15pm Variety Time - PAA	25 9:30am Scripture and Song - PAA 9:45am Horticulture - PAA 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	26 2:00pm Birthday Party with Hayley Verall - AUDI 3:30pm Fun and Fitness - PAA 6:15pm Variety Time - PAA	27 9:30am Discovery Quest Walking Group - P 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 2:00pm Fairview Olympics Closing Ceremonies - AUDI 3:00pm You Be the Judge - P	28 10:00am Fun and Fitness - PAA 11:00am It Makes Sense -Snoezelen cart - Resi 2:00pm 3rd Floor Fun and Fitness - 3rd

3rd - 3rd Floor Activity Room

Craf - Craft Room 3

P - Preston

ACRM - 1st Floor Activity Room

H - Hespeler

PAA - Preston Activity Area

AUDI - Centre Auditorium

HDR - Hespeler Dining Room

Resi - Resident Room for 1-1 scoring

CDR - Centre Dining Room

Inte - Interfaith Sacred Space

CRFT - Craft Room

OUT - Outings

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