

# February 2026

## Shantz

### February is Therapeutic Recreation Awareness Month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:30am Fun and Fitness - Shan 10:00am Spa Day 3rd Floor - ACRM 10:45am Trivia - Shan 1:30pm Table Top Games - Shan 2:00pm Spa Day! 3rd Floor - ACRM 3:00pm Walk & Talk - Shan	<b>2</b> 9:30am Wellness Group - Shan 2:00pm Musical Guest: "No Discernable Key" - AUDI 2:15pm Making Music - 3rd	<b>3</b> 10:00am Fun and Fitness - Shan 10:30am Tots and Tunes - Craf 1:30pm Scripture and Song - Shan 2:00pm 1st Floor Social Art - ACRM 2:00pm Ladderball - Shan 4:00pm Rosary - Inte	<b>4</b> 10:00am Church Service - ACRM 2:00pm Bible Study - Inte 2:00pm Documentary and Discussion - Shan 2:15pm Young and The Restless Music Group - 3rd 4:00pm Variety Time - Shan	<b>5</b> 9:30am Friendly Visits - Shan 10:15am 3rd Floor Fun and Fitness - 3rd 10:30am Scripture and Song - Shan 2:00pm Bingo - 3rd 6:15pm Variety Time - Shan	<b>6</b> 9:30am Music Therapy - Shan 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 2:00pm Baking - 3rd 2:00pm Olympic: Opening Ceremony - ACRM <b>The Winter Olympics begin!</b>	<b>7</b> 9:30am Coffee and Chats - Shan 2:00pm Walking Group - Shan
<b>8</b> 10:00am Fun and Fitness - Shan 2:00pm Documentary & Discussion - Shan	<b>9</b> 10:45am Darts - Shan 1:15pm OUTING: Tim Hortons - OUT 2:00pm Match That Scent - Shan 2:15pm Making Music - 3rd 3:00pm Walk and Talk - Shan	<b>10</b> 9:30am Fun and Fitness - Shan 10:30am Tots and Tunes - Craf 1:30pm Scripture and Song - Shan 2:00pm Artful Enrichment - 3rd 4:00pm Rosary - Inte	<b>11</b> 10:00am Valentine Special Baking - ACRM 10:00am Valentine Special Baking - 3rd 12:00pm 2nd Floor Lunch Bunch: Chinese Food in Craft room 3 2:00pm Bible Study - Inte 2:00pm Men's Group - 3rd 2:15pm Young and The Restless Music Group - 3rd 6:15pm Variety Time - Shan	<b>12</b> 2:00pm 3rd Floor Fun and Fitness - 3rd 2:00pm Residents Council - ACRM 6:15pm Variety Time - Shan	<b>13</b> 9:30am Music Therapy - Shan 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 2:00pm Valentine's Day Special with Cream Soda Floats! - AUDI	<b>14</b> 9:30am News & Views - Shan 10:00am Beauty Shop - Shan 3:00pm Valentine Day Special Tea - AUDI <b>Valentine's Day</b>
<b>15</b> 9:30am Fun and Fitness - Shan 10:00am Java Music Club - ACRM 1:30pm Sing a long - Shan 3:00pm Table Top Games - Shan	<b>16</b> 9:30am Wellness Group - Shan 1:30pm Art Group - 3rd 2:15pm Making Music - 3rd 3:00pm It Makes Sense- Snoezelen cart - Shan <b>Family Day</b>	<b>17</b> 9:30am Fun and Fitness - Shan 10:30am Tots and Tunes - Craf 1:30pm Scripture and Song - Shan 2:00pm Walk the Kindness Way - Shan 4:00pm Rosary - Inte <b>Pancake Tuesday!</b> <b>Random Acts of Kindness Day</b>	<b>18</b> 10:00am Ash Wednesday Church Service - AUDI 12:00pm 1st Floor Lunch Bunch: Chinese Food - CRFT 2:00pm Active Game - Shan 2:00pm Bible Study - Inte 2:15pm Young and The Restless Music Group - 3rd 6:15pm Variety Time - Shan	<b>19</b> 9:30am Preston High Student Visit - CRFT 9:45am Trivia - Shan 2:00pm 3rd Floor Fun and Fitness - 3rd 2:00pm Foods Around the World: Mexico - ACRM	<b>20</b> 9:30am Music Therapy - Shan 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 1:15pm OUTING: Olympic Games at Parkwood - OUT	<b>21</b> 9:30am Coffee and Chats - Shan 2:00pm Artful Enrichment - ACRM 2:00pm Cooking Club - 3rd
<b>22</b> 9:30am Hymn Sing - Shan 2:00pm Art Group - 3rd 2:00pm Fun and Fitness - Shan	<b>23</b> 9:45am Reading Group - Shan 10:45am Walk and Talk - Shan 1:15pm OUTING: Giant Tiger - OUT 2:00pm Bowling - Shan 2:15pm Making Music - 3rd 3:00pm Time to Think - Shan 6:30pm Scouts Night - AUDI	<b>24</b> 9:30am Fun and Fitness - Shan 10:30am Tots and Tunes - Craf 1:30pm Scripture and Song - Shan 2:00pm Olympic Theme Coffee Social - CDR 4:00pm Rosary - Inte	<b>25</b> 10:45am Rosary - ACRM 11:30am Roman Catholic Communion - ACRM 12:00pm 3rd Floor Lunch Bunch: Chinese Food - 3rd 2:00pm Bible Study - Inte 2:15pm Young and The Restless Music Group - 3rd 6:15pm musical memories - Shan	<b>26</b> 10:45am Fun and Fitness - Shan 2:00pm Birthday Party with Hayley Verall - AUDI 6:15pm Variety Time - Shan	<b>27</b> 9:30am Music Therapy - Shan 10:15am Friday Morning Church - AUDI 10:30am Music For All - 3rd 2:00pm Fairview Olympics Closing Ceremonies - AUDI	<b>28</b> 9:30am Time to Think - Shan 10:30am Beauty Shop - Shan 2:00pm 3rd Floor Fun and Fitness - 3rd

3rd - 3rd Floor Activity Room

Craf - Craft Room 3

ACRM - 1st Floor Activity Room

Inte - Interfaith Sacred Space

AUDI - Centre Auditorium

OUT - Outings

CDR - Centre Dining Room

Shan - Shantz Lounge

CRFT - Craft Room

Shan - Shantz Activity Area

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