






February 2026

Resident Home Area 4

ANDREA
RECREATION ASSISTANT
CONTACT: 416-609-5700 EXT. 258
PROGRAMS ARE SUBJECT TO
CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Locations Legend</u></p> <p>Piano Lounge (PL) Community Hall (CH) Activity Den North (ADN) Varied (Vari)</p> <p>TV Lounge South (TLS) Varied (VARI) Main Floor (MF) Resident's room (RSR)</p> <p>Nursing Station North (NSN) 7th Floor (7FLR) North Den (ND)</p>						<p>9:30 Mindful Music (PL) 1 10:00 Church Service (TLS) 10:00 Virtual Church Service (PL)</p>
<p>2:00 Food Committee Meeting (ADN) 2 4:30 Tim Janis Reflections (PL) 5:00 Hindi Movie Hour (TLS)</p>	<p>10:00 Friendly, Family & Caregiver Visits (Vari) 3 1:15 Men's Fellowship (ADN) 2:00 Boomers Club 7th. RHA (CH) 3:30 Physio Exercise Group (PL) 6:00 Sound Therapy (PL)</p>	<p>10:00 Friendly, Family & Caregiver Visits (Vari) 4 2:00 Tai Chi (CH) 6:00 Hymns & Bible Reading With 7RHA (PL)</p>	<p>10:00 Fun & Fitness (CH) 5 10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Balloon Game (PL) 2:00 Brain Teasers (PL) 3:00 Physio Exercises (PL)</p>	<p>11:00 Word Games (ADN) 6 2:00 Friday Fellowship (CH) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL)</p>	<p>11:00 Cubii Fitness with Visual Imagery (PL) 7 2:00 Cover The Dot (PL) 2:00 1-1 Friendly, Caregiver & Family visits (VARI) 3:00 Afternoon Concert (PL) 3:30 Comedy Hour (TLS)</p> 	<p>9:00 Gospel Music Listing (NSN) 8 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 2:00 Hymn Singing (PL) 2:00 Strolling Musician RHA7 (7FLR) 2:00 1-1 Friendly, Caregiver & Family visits (VARI) 3:30 Gaither Gospel Concert (TLS)</p>
<p>9:30 Self-Directed Activities (VARI) 9 11:00 Word Games (PL) 3:30 Travel Documentary (PL) 3:30 Dominoes RHA 7 (PL)</p>	<p>10:00 Cubii Fitness with Visual Imagery (PL) 10 10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 2:00 1-1 Montessori Activities (RSR) 2:00 Resident's Council - 5th. Floor (PL) 3:30 Physio Exercise Group (PL)</p>	<p>10:00 Friendly, Family & Caregiver Visits (Vari) 11 10:00 Golden Pen Writers (ADN) 2:00 Rythm Band (ADN) 2:00 Tai Chi (CH) 6:00 Hymns & Bible Reading With 7RHA (PL)</p>	<p>10:00 Friendly, Family & Caregiver Visits (Vari) 12 10:00 Audible Bible (CH) 2:00 Brain Teasers (PL) 3:00 Physio Exercises (PL)</p>	<p>11:00 Cubii Fitness with Visual Imagery (PL) 13 2:00 Milestone Wedding Aniversary (CH) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL)</p>	<p>10:00 Mindful Music (PL) 14 11:15 Exercise Trivia (ADN) 2:00 Valentine's Day Concert (CH) 3:30 Beautiful Destinations (PL)</p> 	<p>9:30 Mindful Music (PL) 15 10:00 Virtual Church Service (PL) 10:00 Church Service (TLS) 3:45 Hymn Sing (PL)</p>
<p>Family Day (PL) 16 2:00 Afternoon Movie Hour (TLS) 4:30 Tim Janis Reflections (PL)</p> 	<p>10:00 Cubii Fitness with Visual Imagery (PL) 17 10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 2:00 1-1 Montessori Activities (RSR) 2:00 Boomers Club 7th. RHA (CH) 3:30 Physio Exercise Group (PL) 6:00 Sound Therapy (PL)</p>	<p>10:00 Friendly, Family & Caregiver Visits (Vari) 18 2:00 Fan Dancer & Chinese Singers Concert (CH) 6:00 Hymns & Bible Reading With 7RHA (PL)</p>	<p>10:00 Fun & Fitness (CH) 19 10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Balloon Game (PL) 2:00 Winter Olympics Games (PL) 3:00 Physio Exercises (PL)</p>	<p>11:00 Word Games (ADN) 20 2:00 Friday Fellowship (CH) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL)</p>	<p>11:00 Cubii Fitness with Visual Imagery (PL) 21 2:00 Cover The Dot (PL) 2:00 1-1 Friendly, Caregiver & Family visits (VARI) 3:00 Afternoon Concert (PL) 3:30 Comedy Hour (TLS)</p>	<p>9:00 Gospel Music Listing (NSN) 22 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 2:00 Hymn Singing (PL) 2:00 Strolling Musician RHA7 (7FLR) 2:00 1-1 Friendly, Caregiver & Family visits (VARI) 3:30 Gaither Gospel Concert (TLS)</p>
<p>9:30 Self-Directed Activities (VARI) 23 11:00 Word Games (PL) 3:30 Travel Documentary (PL) 3:30 Dominoes RHA 7 (PL)</p>	<p>10:00 Cubii Fitness with Visual Imagery (PL) 24 10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 2:00 Circle of Care Mtg. RHA 7 (PL) 2:00 1-1 Montessori Activities (RSR) 3:30 Physio Exercise Group (PL)</p>	<p>10:00 Friendly, Family & Caregiver Visits (Vari) 25 10:00 Golden Pen Writers (ADN) 2:00 Ulster Accordion Band (CH) 6:00 Hymns & Bible Reading With 7RHA (PL)</p>	<p>10:00 Friendly, Family & Caregiver Visits (Vari) 26 10:00 Pet Therapy (PL) 2:00 Brain Teasers (PL) 3:00 Physio Exercises (PL)</p>	<p>11:00 Cubii Fitness with Visual Imagery (PL) 27 2:00 Shuffleboard Game RHA 7 (ND) 2:00 Friday Fellowship (CH) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL)</p>	<p>10:00 Mindful Music (PL) 28 11:15 Exercise Trivia (ADN) 3:00 Afternoon Concert (PL) 3:30 Beautiful Destinations (PL)</p>	 <p>BLACK HISTORY MONTH</p>