

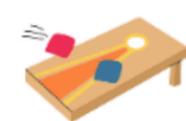
**Restorative & Recreation Aides**

Merle  
Hannah  
Makenna

# February 2026

## Dundurn Place Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Black History Month</i> <b>1</b></p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Exercise/Centrecise (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>1:30 Zumba with Rainier (MAIN)</p> <p>3:00 Calendar Posting (ALL)</p>	<p>8:30 Friendly Visits <b>2</b></p> <p>10:00 Restorative Walking (Hall)</p> <p>11:30 Place Setting (4th )</p> <p>2:00 DeMazenod Farm (2nd )</p> <p>3:00 Decorating Valentines Day (ALL)</p> <p>6:00 Decorating Valentines Day (ALL)</p>	<p>8:30 Friendly Visits <b>3</b></p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Trivia (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>2:00 Bingo (MAIN)</p> <p>3:45 Family Feud (LOUN)</p> <p>6:00 Friendly Visits (Room)</p> <p>6:30 Valentines Day Craft (LOUN)</p>	<p><i>World Cancer Day-Wear Purple</i> <b>4</b></p> <p>8:30 Friendly Visits</p> <p>9:30 Restorative Walking (Hall)</p> <p>1:45 Crock-a-Doodle (LOUN)</p> <p>3:00 Name That Tune (LOUN)</p> <p>6:15 Big Screen Movie Night (LOUN)</p>	<p>8:00 Birthday Breakfast (BAR) <b>5</b></p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Brain Teasers (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>12:00 Guitar w Aidan (ALL)</p> <p>1:30 Pet Therapy (LOUN)</p> <p>3:00 Valentines Day Cardmaking (4th )</p> <p>6:30 Bingo (1st)</p>	<p>8:30 Friendly Visits <b>6</b></p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Pet Therapy (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>1:30 Bean Bag Toss (LOUN)</p> 	<p>8:30 Friendly Visits <b>7</b></p> <p>10:30 Exercise/Centrecise (LOUN)</p> <p>11:00 Family Feud (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>2:00 Bingo (1st)</p> <p>3:30 Beauty Club (LOUN)</p> 
<p>8:30 Friendly Visits <b>8</b></p> <p>9:45 Hymn Sing (LOUN)</p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Church Service (LOUN)</p> <p>11:00 Exercise/Centrecise (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>2:00 Baking (BAR)</p>	<p>8:30 Friendly Visits <b>9</b></p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Pet Therapy (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>1:30 Axe Throwing (LOUN)</p> 	<p>8:30 Friendly Visits <b>10</b></p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Trivia (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>2:00 Bingo</p> <p>3:45 Social Walks (4th )</p> <p>6:00 Friendly Visits (Room)</p> <p>6:30 Crafts (LOUN)</p>	<p><i>Black History Month wear Red, Green, Yellow</i> <b>11</b></p> <p>8:30 Friendly Visits</p> <p>9:30 Restorative Walking (Hall)</p> <p>9:30 Restorative Walking (Hall)</p> <p>2:00 Entertainment w Elvis (MAIN)</p> <p>5:00 Take-Out Night (LOUN)</p> <p>6:30 Hangman (4th )</p>	<p>8:30 Friendly Visits <b>12</b></p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Word Games (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>1:30 Pet Therapy (LOUN)</p> <p>2:30 Smoothie Making (LOUN)</p> <p>3:30 Plant Care (4th )</p> <p>6:30 Bingo (1st)</p>	<p>8:30 Friendly Visits <b>13</b></p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Trivia (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>1:30 Jeopardy (LOUN)</p> <p>2:30 Pet Therapy with Brisket (LOUN)</p> <p>6:00 Friendly Visits (Room)</p> <p>6:30 Valentines Day Painting (LOUN)</p>	<p>8:00 Valentine's Day-Wear red &amp; pink <b>14</b></p> <p>8:30 Friendly Visits (Room)</p> <p>10:00 Bingo (1st)</p> <p>11:00 Nail rejuvenation (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>2:00 Valentines Day Entertainment (MAIN)</p> 
<p>8:30 Friendly Visits <b>15</b></p> <p>10:00 Church Service - Immanuel Christian Reformed (1st)</p> <p>10:30 Exercise/Centrecise (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>1:30 Travelogue (LOUN)</p>	<p><i>Family Day</i> <b>16</b></p> <p>8:30 Friendly Visits</p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Trivia (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>1:30 Active Games (4th )</p> <p>3:00 Smoothie Making</p> <p>6:00 <b>TRIVIA</b> (Room)</p> <p>6:30 <b>TRIVIA</b> (4th )</p> 	<p>8:30 Friendly Visits <b>17</b></p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Brain Teasers (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>2:00 Bingo</p> <p>4:00 Social Walks (4th )</p> <p>6:00 Friendly Visits (Room)</p> <p>6:30 Axe Throwing (4th )</p>	<p><i>Mardi Gras Theme Day</i> <b>18</b></p> <p>8:30 Friendly Visits</p> <p>9:30 Restorative Walking (Hall)</p> <p>1:30 Resident Program Planning (4th )</p> <p>3:00 Hangman (4th )</p> <p>6:30 Mardi Gras Entertainment (MAIN)</p>	<p>8:30 Friendly Visits <b>19</b></p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Word Games (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>2:00 Auction (MAIN)</p> <p>3:30 Plant Care (4th )</p> <p>6:30 Bingo (1st)</p>	<p>8:30 Friendly Visits <b>20</b></p> <p>10:00 Restorative Walking (Hall)</p> <p>10:30 Pet Therapy (LOUN)</p> <p>11:30 Place Setting (4th )</p> <p>2:00 Celebration of Life (MAIN)</p> 	<p>8:00 Valentines Day Decor Removal (ALL) <b>21</b></p> <p>9:00 Breadmaking (LOUN)</p> <p>10:30 Exercise/Centrecise (LOUN)</p> <p>11:00 Card Games (LOUN)</p> <p>11:30 ( )</p> <p>2:00 ( )</p> <p>3:30 ( )</p> 

# February 2026

## Dundurn Place Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Friendly Visits <b>22</b> 10:00 Restorative Walking (Hall) 10:00 Hymn Sing (LOUN) 10:30 Exercise/Centrecise (LOUN) 11:00 Trivia (LOUN) 11:30 Place Setting (4th ) 1:30 Crafts (LOUN) 3:00 Drum Circle (LOUN)</p>	<p>8:30 Friendly Visits <b>23</b> 10:00 Restorative Walking (Hall) 10:30 Word Games (LOUN) 11:30 Place Setting (4th ) 1:30 Hangman (LOUN) 6:30 Pearl Society (1st)</p> 	<p>8:30 Friendly Visits <b>24</b> 10:00 Bible Study with Hobbe (LOUN) 10:00 Restorative Walking (Hall) 10:30 Trivia (LOUN) 11:30 Place Setting (4th ) 2:00 Bingo 4:00 Plant Care (4th ) 6:00 Friendly Visits (Room) 6:30 Pink Shirt Day Craft (LOUN)</p>	<p><i>Pink Shirt Day</i> <b>25</b> 8:30 Friendly Visits 9:30 Restorative Walking (Hall) 2:00 Birthday Party with Paula (MAIN) 4:00 Hangman (4th ) 6:30 Price is Right (MAIN)</p> 	<p>8:30 Friendly Visits <b>26</b> 10:00 Restorative Walking (Hall) 10:30 Brain Teasers (LOUN) 11:30 Place Setting (4th ) 1:30 Boomers Club (MAIN) 1:30 Pet Therapy (LOUN) 3:00 Badminton (LOUN) 6:30 Bingo (1st)</p> 	<p>8:30 Friendly Visits <b>27</b> 10:00 Restorative Walking (Hall) 10:30 Trivia (LOUN) 11:30 Place Setting (4th ) 2:00 Black History Month Awareness (4th ) 3:15 Pet Therapy with Brisket (LOUN) 6:00 Friendly Visits (Room) 6:30 Board Game Night</p> 	<p>8:30 Friendly Visits <b>28</b> 10:00 Restorative Walking (Hall) 10:30 Exercise/Centrecise (LOUN) 11:00 Nail rejuvenation (LOUN) 11:30 Place Setting (4th ) 2:00 Bingo (1st)</p>  <p><small>shutterstock.com - 413865514</small></p>



**BLACK HISTORY MONTH**  
2026

- Calendar Legend**
- RR** - Resident Room
  - AL** - At Lounge
  - LOUN** - Lounge
  - COUR** - Courtyard
  - MDR** - Main Dining Room
  - DR** - Dining Room
  - ARDR** - Activity Room / Dining Room
  - out** - Outside the building
  - 4th** - 4th floor
  - Hall** - In the Hallway
  - BAR** - Basement Activity Room
  - AF** - All Floors
  - MAIN** - Main Dinning Room
- Programs are subject to change**