

# February 2026 ~ Life Enrichment Calendar Irene Baron Eden Centre ~

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|---|---|---|---|---|
|  |       | <b>YELLOW HIGHLIGHTED DAYS INDICATE HOLIDAYS</b>  |                      |  |  |  |
| 1<br>10:00 Worship Service<br>1:30 Bean Bag Toss                                 | 2<br>"Although February is short, it is filled with lots of LOVE and sweet surprises." | 3<br>8:00 a.m. Banana French Toast Breakfast for 1 <sup>st</sup> Floor (Ivy Trails & Ramblin Rose)<br>1:30 Plinko | 4<br>10:00 Chair Yoga<br>1:30 Bounce a Bucket of Balls  | 5<br>1:30 Bingo<br>6pm Hockey Shots on Net  | 6<br>10:00 Sit and Dance moves<br>1:30 Sing-a-long                                  | 7<br>10:00 Graceful Ballet Exercises<br>1:30 Table Pong                             |
| 8<br>10:00 Worship Service<br>2:30 PROVIDENCE CHURCH                             | 9<br>10:00 Strengthening Exercises<br>1:30 Bible Study                                 | 10<br>10:00 Chair Yoga<br>1:30 February Birthday Party w/Guitarist Cal Wookey                                     | 11<br>10:00 Stretches & All about Chocolate<br>1:30 Balloon Volleyball                                  | 12<br>12:00 Chicken Chef Friendship Lunch in Gathering for all Neighborhoods.       | 13<br>10:00 Tai Chi<br>2:00 Piano by Sue  | 14<br>Happy Valentine's Day<br>10:00 Manicures<br>1:30 Bounce a Bucket of Balls     |
| 15<br>10:00 Worship Service<br>1:30 Bean Bag Toss                                | 16<br>Louis Riel Day<br>Office Closed<br>Ann F. B-day                                  | 17<br>10:00 Sit and Dance Around the World<br>1:30 Valentine's Treats & Dance                                     | 18<br>10:00 Snow Fitness<br>1:30 Beach Ball Circle<br>Beverly R. B-day                                  | 19<br>1:30 Bingo<br>6pm Table Pong  | 20<br>1:30 Sing-a-long with Susie Q. DVD  | 21<br>10:00 Manicures<br>1:30 Musical Dressup                                       |
| 22<br>10:00 Worship Service<br>2:30 PROVIDENCE CHURCH                            | 23<br>10:00 Strengthening Exercises<br>1:30 Bible Study                                | 24<br>10:00 Sit and Dance<br>1:30 Guess the Song Title  | 25<br>10:00 Group Crossword Puzzle<br>1-2pm Bean Bag Toss<br>2-3pm Hosting Supportive Housing in G.Room | 26<br>1:30 Bingo<br>6pm Happy Hour w/Russ on the Accordion                          | 27<br>10:00 Graceful Ballet Exercises<br>2:00 Piano by Sue                          | 28<br>10:00 Ribbon Dance<br>1:30 Shake Loose A Memory                               |

\*PLEASE SEE THE LIFE ENRICHMENT BOARD ~ ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES\*