

February 2026 ~ Life Enrichment Calendar Irene Baron Eden Centre ~

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

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