

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2026

## Tyndall Seniors Village Recreation Calendar RHA1



<p>9:30 Bedside visits <b>10:30 Sunday Virtual Church &amp; Hymn Sing</b> 11:15 Remember When? <b>2:30 Men's Club</b> 2:30 Art Therapy 4:00 Walking Club</p> <p><small>Tu B'Shevat Begins</small></p>	<p>9:30 Bedside stretches/visits <b>10:30 Music &amp; Movement</b> 11:15 Friendly Visits <b>2:30 Card Bingo</b> 2:30 Sensory Stimulation 4:00 Manicures</p> <p><small>Groundhog Day</small></p>	<p>9:30 Morning Visits <b>10:30 Morning Stretch</b> 10:30 Bedside stretches 11:15 Hand &amp; Finger Dexterity <b>2:30 Tim Hortons Social</b> 4:00 Friendly Visits</p>	<p>9:30 Bedside stretches/visits <b>10:30 Music &amp; Movement</b> 11:15 Friendly Visits <b>2:30 February Jeopardy</b> 2:30 1:1 Reminiscing 4:00 Montessori Tasks 7:30 Cards &amp; Table Games</p>	<p>9:30 Bedside stretches/visits <b>10:30 Morning Stretch</b> 11:15 Current Events <b>2:30 BINGO</b> 2:30 Scenic Tours 4:00 Friendly Visits 7:30 Reminiscing and Discussion Group</p>	<p>9:30 Bedside stretches/visits <b>10:30 Music &amp; Movement</b> 11:15 Friendly Visits <b>2:30 Crafts</b> 2:30 1:1 short stories and poems 4:00 Montessori Tasks 7:30 Tyndall Cinema</p>	<p>9:30 Bedside stretches/visits <b>10:30 Travelogue to Singapore</b> 11:15 Hand &amp; Finger Dexterity <b>2:30 Group Music Therapy</b> 4:00 Friendly Visits</p>
<p>9:30 Bedside visits <b>10:30 Sunday Virtual Church &amp; Hymn Sing</b> 11:15 Friendly Visits <b>2:30 Super Bowl Fun!</b> 4:00 Helping Hands</p>	<p>9:30 Bedside stretches/visits <b>10:30 Morning Stretch</b> 11:15 Manicures <b>2:30 Active Games</b> 2:30 Sensory Stimulation 4:00 Friendly Visits 7:30 Dominoes</p>	<p>9:30 Bedside stretches/visits <b>10:30 Music &amp; Movement with Jordan</b> 11:15 Friendly Visits <b>2:30 Valentine's BINGO</b> 4:00 Hand &amp; Finger Dexterity</p>	<p>9:30 Bedside stretches/visits <b>10:30 Morning Stretch</b> 11:15 Montessori Tasks <b>2:30 Chocolate tasting</b> 2:30 Musical Reminiscing 1:1 4:00 Friendly Visits</p>	<p>9:30 Bedside stretches/visits <b>10:30 Music &amp; Movement</b> 11:15 Current Events <b>2:30 Name that tune (love songs edition)</b> 2:30 Montessori Tasks 4:00 Friendly Visits 7:30 Name that Tune</p>	<p>9:30 Morning Visits <b>10:30 Morning Stretch</b> 10:30 Bedside stretches 11:15 Hand Therapy <b>2:30 BINGO</b> 2:30 Montessori Tasks 4:00 Friendly Visits</p>	<p>9:30 Bedside stretches/visits 10:30 Music Trivia 10:30 Reading Group 11:15 Hand &amp; Finger Dexterity <b>2:30 Valentine's Day Games</b> 2:30 Helping Hands 4:00 Friendly Visits</p> <p><small>Valentine's Day</small></p>
<p>9:30 Bedside visits <b>10:30 Sunday Virtual Church &amp; Hymn Sing</b> <b>10:30 Remember When?</b> 11:15 Helping Hands <b>2:30 Travelogue to New Orleans</b> 2:30 1:1 short stories and poems 4:00 Walking Club</p>	<p>9:30 Bedside stretches/visits <b>10:30 Music &amp; Movement</b> 11:15 Friendly Visits <b>2:30 Family Tree Art Therapy</b> 4:00 Manicures <b>Family Day</b></p> <p><small>Presidents' Day (U.S.)</small></p>	<p>9:30 Bedside stretches/visits <b>10:30 Morning Stretch</b> 11:15 Chinese Zodiac Readings <b>2:30 Chinese Dice Game and treats</b> 4:00 Friendly Visits</p> <p><b>Shrove Tuesday</b> <small>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</small></p>	<p>9:30 Bedside stretches/visits <b>10:30 Music &amp; Movement</b> 11:15 Friendly Visits <b>2:30 Ash Wednesday Virtual Service</b> 2:30 Sensory Stimulation 4:00 Montessori Tasks 7:30 Sing-along</p> <p><b>Ash Wednesday</b></p>	<p>9:30 Bedside stretches/visits <b>10:30 Morning Stretch</b> 11:15 Current Events <b>2:30 Monthly Birthday Party and Welcome Social with John Pebble</b> 4:00 Friendly Visits 7:30 Table Games</p>	<p>9:30 Bedside stretches/visits <b>10:30 Music &amp; Movement</b> 11:15 Friendly Visits <b>2:30 BINGO</b> 2:30 Relaxation Therapy 4:00 Montessori Tasks 7:30 Tyndall Cinema</p>	<p>9:30 Bedside stretches/visits <b>10:30 Morning Stretch</b> 11:15 Hand &amp; Finger Dexterity <b>2:30 Group Music Therapy</b> 4:00 Friendly Visits</p>
<p>9:30 Bedside visits <b>10:30 Sunday Virtual Church &amp; Hymn Sing</b> 11:15 Remember When? <b>2:30 Card Bingo</b> 4:00 Friendly Visits</p>	<p>9:30 Morning Visits <b>10:30 Morning Stretch</b> 10:30 Bedside stretches 11:15 Manicures <b>2:30 Creative Painting</b> 2:30 Sensory Stimulation 4:00 Friendly Visits 7:30 Music Trivia</p>	<p>9:30 Bedside stretches/visits <b>10:30 Music &amp; Movement with Jordan</b> 11:15 Friendly Visits <b>2:30 Tasty Tuesday</b> 4:00 Hand &amp; Finger Dexterity 7:30 Relaxation Therapy</p>	<p>9:30 Bedside stretches/visits <b>10:30 Morning Stretch</b> 11:15 Montessori Tasks <b>2:30 Black History Month Trivia and Word Games</b> 2:30 Helping Hands 4:00 Friendly Visits</p>	<p>9:30 Morning Visits <b>10:30 Music &amp; Movement</b> 10:30 Bedside stretches 11:15 Current Events 2:30 Montessori Tasks <b>2:30 BINGO</b> 4:00 Friendly Visits</p>	<p>9:30 Bedside stretches/visits <b>10:30 Morning Stretch</b> 11:15 Friendly Visits <b>2:30 Resident Council Meeting</b> 2:30 Relaxation Therapy 4:00 Montessori Tasks</p>	<p>9:30 Bedside stretches/visits <b>10:30 Morning Stretch</b> 10:30 Friendly Visits 11:15 Hand &amp; Finger Dexterity <b>2:30 Group Music Therapy</b> 2:30 Helping Hands 4:00 Walking Club</p>