

February 2026 Norfolk Pinery Activities with Lynsey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Hymn Sing 2:00 Euchre Club	2	3 10:00 Craft 2:00 Bingo	4 10:00 Bell Choir 1:00 to 2:00 Tuck Shop Open	5 10:00 Bible Study 10:00 Games 1:30 Country Drive	6 9:30 Walking Group 2:00 Music with Doug	7
8	9 9:30 Piano Music 10:00 One-to- Ones 2:00 Bingo	10 10:00 Sing-a- Long 2:00 United Church 2:00 Snoezelen	11 10:00 Maker's Club 10:00 Craft 2:00 Birthday Party	12 9:30 Resident's Council 10:00 Table Games with Kate 2:00 Bell Choir	13 10:00 Postcards of the Past	14
15	16 Family Day	17 9:30 Library Trip 10:00 Choir 1:30 Card Making 1:30 Ball Toss	18 2:00 Baking 5:00 Pizza Supper	19 9:30 Sing-a-Long 10:30 Catholic Mass 2:00 Travelogue	20 9:30 Walking Group 2:00 Bingo	21 10:30 Piano Gather with Pam
22	23 2:00 Bell Choir 6:15 Pub Night	24 9:15 Sing-a-Long 2:00 Baptist Church	25 10:00 Green Thumbs 10:00 Colouring	26 9:15 Crokinole 12:00 Luncheon 2:00 Bingo	27 9:00 to 11:00 Norview Cafe	28 8:00 Breakfast 10:30 Table Games 1:30 Happy Hour
Exercise calendars are posted in the resident home area.	One to One visits happen when recreation therapist is present.	Programs are subject to change	Poplar Heights' Recreation Therapist is Lynsey Sendrowski			