NCCAP

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

1
10:30 Church
Chapel
Main Floor
1:45 Fill in the Blank2N
2:45 Fill in the Blank 2S
Tu B'Shevat Begins
	2
	10:00 Stretching 1S
	10:45 Cardio 2S
	1:45 Groundhog Day/
	Flag Trivia 2N, 3S
	2:45 Friendly Visits
	6:00 Winter Memories
	3S
	6:45 Winter Memories
	2N
	Groundhog Day
		3
		10:30 Baking Day
		2:00 Birthday
		Party
		Main Floor All Welcome
		6:30 Bible Study
		Chapel Main Floor
			4
			10:00 Exercise 3S
			10:45 Exercise 2N
			2:00 Bingo
			Main Floor All Welcome
			6:30 Card Game Corner
				5
				10:00 Active Game 1S
				10:45 Active Game 2S
				1:45 Nail Care 1,2,3
				2:45 1-1 Friendly Visits
				1,2,3
				6:30 Snoezelen Sensory
				Program 2N, 2S
					6
					10:00 Rhythm &
					Moves 2S, 3S
					10:45 Rhythm &
					Moves 2N,1S
					2:00 Name That Tune
						7
						10:00 1:1 Visits 1S
						10:45 1:1 Visits 3N
						2:00 Craft Club

8 10:30 Church Chapel Main Floor 1:45 Snakes & Ladders 3S 2:45 Snakes & Ladders 3N	9 10:00 Crafts 2 1:45 Sing A Long 1S,3S 2:45 Friendly Visits 2,3N 6:00 Valentine Tunes3S 6:45 Winter Memories 3N	10 10:30 Rec 2:30 Meeting 6:30 Bible Study Chapel Main Floor	11 10:00 Get Fit 1S 10:45 Get Fit 3S 2:00 Bingo Main Floor All Welcome 6:30 Snoezelen Sensory Program	12 10:00 Tabletop Games 1S 10:45 Tabletop Games 2S 1:45 Valentines Poetry 2S, 3S 2:45 Valentines Poetry 2N, 3N	13 10:00 Weights 2N, 3S 10:45 Weights 2S, 3N 2:00 Valentine Reminisce	14 10:00 Tunes & Balloon Toss 3S 10:45 Tunes & Balloon Toss 3N 1:45 Jeopardy 1S 2:45 Jeopardy 2S Valentine's Day
15 10:30 Church Chapel Main Floor 1:45 Puzzles 2N 3:00 Legion of Mary Chapel All Welcome	16 Louis Riel Day Presidents' Day (U.S.)	17 10:30 Active Game 2:00 Trivia & Treats 6:30 Bible Study Chapel Main Floor Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	18 10:00 Exercise 2S 10:45 Exercise 3S 2:00 Bingo Main Floor All Welcome 6:30 Board Game Night	19 10:00 Craft Club 1:45 Spa Visits 1, 2, 3 6:30 Fill in The Blank	20 10:00 Aerobics 2S, 3S 10:45 Aerobics 2N, 3N 2:00 Cheers Club Main Floor All Welcome	21 10:00 Knitting Club 2:00 Table Bowling
22 10:30 Church Chapel Main Floor 1:45 Hymn Sing 3S 2:45 Church 3N	23 10:30 Resident Council 10:30 Roman Catholic Mass 1:45 Space Trivia 2N, 3S 2:45 Friendly Visits 6:00 Snoezelen Sensory Program 2S	24 10:00 Active Game 1, 10:30 3N Church Chapel Main Floor 2:30 Entertainment Neil Keep Main Floor All Welcome 6:30 Bible Study Chapel Main Floor	25 10:00 Weights 1S 10:45 Weights 3S 2:00 Bingo Main Floor All Welcome 6:30 Parachute	26 10:30 3N Church Chapel Main Floor 2:30 Men's Club 6:30 Trivia Games	27 10:00 Cardio 2N, 3S 10:45 Cardio 2S, 3N 2:00 Music & Memories	28 10:00 Birthday Party 3S 10:45 Birthday Party 3N 1:45 Bowling 1S 2:45 Bowling 2S

Due to outbreaks all programs are subject to be changed with out notice. 1:1 are unscheduled and subject to availability.

Celebration of Life Tuesdays MPR 3:00pm-3:30pm