

February 2026: Two Neptune Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Tu Bishvat Ground Hog Day	3	4	5	6	7
11:00 Barre Exercise - SH 2:00 Bingo - SH 7:00 Board/Card Games-L	10:00 Coffee Club 12:00 Meditation - SH 1:30 Express w/colour -CAS 2:00 Exercise w/Colin – SH 4:00 Tu Bishvat Seder -SH	11:15 Balance & Stability-SH 2:00 Fun & Games w/Merle - SH 4:00 TOWN HALL for all residents- SH 7:00 Karaoke – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 2:30 Baycrest's Dr. Vander Morris -SH Topic: Unlocking Memory 3:30 Board & Card Games-L 7:00 Yiddish Club- GR	10:00 Coffee Club 10:00 Shopping Bus – No Frills 2:00 Fun & Games w/Merle -SH 4:00 Balance & Stability- SH 7:00 Bingo -SH 8:00 TV Series Colombo -L	10:00 Exercise w/Colin-SH 1:00 Music Appreciation w/Charles – SH Shabbat Candle Lighting – 5:17	9:00 Shabbat Services-SH 2:00 Movie Matinee w/Stan 6:21 Havdalah Service -GR 7:00 Movie Night – L Comedy/Mystery "The Thursday Murder Club"
8	9	10	11	12	13	14 Valentine's Day
11:00 Barre Exercise - SH 1:00 Fun & Games w/Merle -L 2:00 Bingo - SH 3:00 Tech it Easy – L 6:30 Super Bowl LX – L 	10:00 Coffee Club 10:45 Tu Bishvat program with grade 8 students from Robbins Academy - SH 1:30 Express w/colour-CAS 2:00 Exercise w/Colin - SH	11:15 Balance & Stability-SH 2:00 Guest Speaker: Judy Chodirker -SH Topic: Heart Healthy Foods  5:30 Men's Club -SH 7:00 Karaoke – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 3:30 Board & Card Games-L 7:00 Yiddish Club-GR	10:00 Coffee Club 10:00 Shopping Bus – Fortino's 2:00 Fun & Games w/Merle -SH 4:00 Balance & Stability-SH 7:00 Bingo -SH 8:00 TV Series Colombo -L	10:00 Exercise w/Colin-SH 1:00 Music Appreciation w/Charles – SH Shabbat Candle Lighting – 5:27	9:00 Shabbat Service -SH 2:00 Movie Matinee w/Stan -SH 6:30 Havdalah Service -GR 7:00 Movie Night - L Romantic Comedy "Anyone but You"

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16 Family Day	17	18	19	20	21
11:00 Barre Exercise - SH 1:00 Fun & Games w/Merle -L 2:00 Bingo - SH 7:00 Board/Card Games-L	10:00 Coffee Club 	11:15 Balance & Stability-SH 2:00 Fun & Games w/Merle -L 3:00 Celebrations -SH 7:00 Karaoke – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 3:00 Guest Speaker: Dr. Loise Topic: The Aging Brain: What Changes, What Stays Sharp, and What Gets Better - SH 4:00 Book Giveaway - SH 7:00 Yiddish Club-GR	10:00 Coffee Club 10:00 Shopping Bus – Metro 2:00 Musical Afternoon w/Juxebox Jammers-SH 4:00 Balance & Stability-SH 7:00 Bingo -SH 8:00 TV Series Colombo -L	10:00 Exercise w/Colin-SH 1:00 Music Appreciation w/Charles – SH Shabbat Candle Lighting – 5:37	9:00 Shabbat Service -SH 2:00 Movie Matinee w/Stam -SH 6:39 Havdalah Service -GR 7:00 Movie Night -L <i>Romance/Drama</i> “2 Hearts”
22	23	24	25	26	27	28
11:00 Barre Exercise - SH 2:00 Bingo - SH 7:00 Board/Card Games-L	10:00 Coffee Club 1:00 Tech Program-GR 1:30 Express w/Colour-CAS 2:00 Exercise w/Colin-SH	11:15 Balance & Stability-SH 11:30 Lunch outing to Café Sheli (COR) 2:00 Fun & Games w/Merle -SH 5:30 Men’s Club -SH 7:00 Karaoke – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 3:30 Board & Card Games-L 7:00 Yiddish Club-GR	10:00 Coffee Club 10:00 Shopping Bus – No Frills 2:00 Fun & Games w/Merle -SH 4:00 Balance & Stability-SH 7:00 Annual Dog Show-SH “Paws & Applause”	10:00 Exercise w/Colin-SH 1:00 Music Appreciation w/Charles – SH Shabbat Candle Lighting – 5:46	9:00 Shabbat Service-SH 2:00 Movie Matinee w/Stam -SH 6:48 Havdalah Service-GR 7:00 Movie Night – L <i>Drama</i> “Joy”
Let’s celebrate all the wonderful things going on in your life on Tuesday February 17 at 3:00pm If you have a birthday or something special you want to share from January to February , please leave a note in the council mailbox.				Contact Information: Elaine Ross 416-785-2500 ext. 3414 Security 437-875-8746 Marketing & Sales Coordinator eross@baycrest.org		