



February 2026 Sunshine Springs



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10AM Church Service (Ch.990) 2PM Google Earth 3PM Dominoes 7PM Church Service (Ch.990)	2 Groundhog Day 11AM Fun & Fitness 3PM Groundhog Day Trivia 4PM Movie Hour	3 10AM Word Game 11AM Physio Moves 2PM Bingo 3PM I Love Lucy 7PM Movie Night 	4 10AM Fun & Fitness 2PM Ring Toss 4PM Midweek Movie 6PM Word Games	5 10:30 Physio Moves 11AM Sing With Ray 1:15PM Flower Arranging 2PM Bingo 	6 Winter Olympics Begin 7 10AM Bible Study 2PM Opening Ceremonies  4PM Country Gospels	7 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Price is Right
8 Super Bowl Sunday 10AM Church Service (Ch.990) 11AM Gaither Gospel 3PM Nature Show 7PM Church Service (Ch.990) 	9 10AM Word Game 11AM Fun & Fitness 2PM Explore the World 4PM Mr. Bean Show 7PM 1:1 Visits	10 10AM Devotion 11AM Physio Moves 2PM Bingo 3PM Price Is Right 	11 10AM Fun & Fitness 3PM 1:1 Visits 4PM Deal or No Deal	12 10 AM Physio Moves 11AM Mobility class with Shiela 1:15 Flower Arranging 2:30PM Beat Winter Blues with John Pebble!!	13 10AM Bible Study 2PM Baking Club 3PM Relaxing Hymns 6PM Singalong Rainbow 	14 Valentine's Day 10AM Fun & Fitness 2PM Golden Love Stories 4PM Movie Hour 
15 10AM Church Service (Ch.990) 11AM Music and Memories 3PM Dominoes 7PM Church Service (Ch.990) 	16 Family Day 11AM Fun & Fitness 3PM Family Memory Wall 4PM Family Feud	17 Pancake Tuesday 10AM Pancake Tuesday 11AM Physio Moves 2PM Bingo 3PM Puzzle 7PM Movie Night 	18 Ash Wednesday 11AM Fun & Fitness 2PM Hot Chocolate Social 4PM Andre Rieu 6PM Word Game	19 10:30 Physio Moves 11AM Sing with Ray 1:15 Flower Arranging 2PM Bingo 	20 10AM Bible Study 11AM Country Names 2PM Riddles 4PM Family Feud 	21 11AM Fun & Fitness 2PM Family Feud 3PM Pet Visit (Coco) 
22 10AM Church Service (Ch.990) 11PM Plant care 3PM Dice Games 7PM Church Service (Ch.990) 	23 10AM Singalong 11AM Fun & Fitness 2PM Black History Names 4PM Family Feud 7PM 1:1 Visits	24 10AM Balloon Toss 11AM Physio Moves 2PM Bingo 3PM Dominoes 	25 11AM Fun & Fitness 3PM 1:1 Visits 4PM Comedy Corner	26 10AM Physio Moves 11AM Sing With Ray 1:15 Flower Arranging 2PM Resident Council	27 10AM Bible Study 2PM Birthday Party 3pm Indoor Strolls 6PM Singalong-Rainbow 	28 10AM Fun & Fitness 2PM Women's Club 4PM Movie Hour
 Catholic Service Every Mon at 10:00 (Harmony Hall) Devotions Tues/Thurs at 10:00 Ch.990 Spiritual Care Visits Mon, Wed & Friday	 ATTENTION! SPRING IS COMING! HAPPY GROUNDHOG DAY! <small>ROBERTSINFO.COM</small>	 BLACK HISTORY MONTH	 Happy Valentine's Day	Multi Faith Service on February 20th (Sunshine Neighbourhood)	  St. Johns Pet Visits weekly	All group activities subject to modification into 1:1 visits according to public Health directives.

Sunshine Springs

Life Enrichment Programs

February

H H H H Q F V Y A D P A E L T D G V K N
 T G T S E I E Q M J L J U W X V N O M O
 A J T N O L U B C U H T E I I Y U F D I
 N K Q L O A M R R E U N E F Q O N E J T
 O P E R R M E I Q U T R V F A K R B Y A
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 L L U H X N T S E U K R P E P L H U B I
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 O W L A N H S E R A R H P N S O I Y W R
 N U G Q T R G F D N T O X H A N R V I U
 J M U D M O N T H N S L H P F A D D K P
 M K A F R O X R O F M R X S U T V M S A
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 S G A S R A D N E L A C B E R M J V N E
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 O X E C O M M O N Y E A R S P U E E D S
 Z S M S Y A D E N I N Y T N E W T N L T

AMETHYST
 COMMON YEARS
 FEBRUARY
 HELMIKUU
 KALEMONATH
 LEAP YEARS
 PISCES
 SECOND MONTH
 SOLMONATH
 TWENTY EIGHT DAYS
 VIOLET

AQUARIUS
 FEBRUARIA
 FEBRUUM
 HORNUNG
 LEAP DAY
 MUD MONTH
 PURIFICATION
 SHORTEST MONTH
 SUMMER
 TWENTY NINE DAYS
 WINTER

CALENDARS
 FEBRUARIUS
 GREGORIAN
 JULIAN



Ten Principles

1. Loneliness, helplessness, and boredom are painful and destructive to our health and well-being.
2. A caring, inclusive and vibrant community enables all of us, regardless of age or ability, to experience well-being.
3. We thrive when we have easy access to the companionship we desire. This is the antidote to loneliness.
4. We thrive when we have purpose and the opportunity to give, as well as receive. This is the antidote to helplessness.
5. We thrive when we have variety, spontaneity, and unexpected happenings in our lives. This is the antidote to boredom.
6. Meaningless activity corrodes the human spirit. Meaning is unique to each of us and is essential to health and well-being.
7. We are more than our medical diagnoses. Medical treatment should support and empower us to experience a life worth living.
8. Decision-making must involve those most impacted by the decision. Empowerment activates choice, autonomy, and influence.
9. Building a collaborative and resilient culture is a never-ending process. We need to keep learning, developing and adapting.
10. Wise leadership is the key to meaningful and lasting change. For it, there can be no substitute.