

February 2026

Briarfield Gardens

Lizzy Kemka|Active Living Manager
 elizabeth.kemka@cogirseniorliving.ca



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Activity Booklet Pick up (FD) 1 9:45 Java Music Club (AR) 10:15 Inter-Denominational Service (CH) 2:00 Axe Throwing (AR) 2:00 Catholic Rosary (CH) 3:00 Hymn Singing (AR) 7:00 Evening Colouring (AR)	10:00 Crokinole (BR) 2 10:15 Exercise Video* (AR) 2:00 Solo Cards (BR) 2:00 Cards with Alyssa (AR) 2:00 Hymn Stories (AR) 3:00 Nail Spa (AR) 7:00 Wildlife of the Wetlands* (AR) 7:00 Colouring with a Twist (AR)	10:00 Games with Alyssa (BR) 3 10:00 SMART Exercise Class (FC) 11:00 Puzzle Race (AR) 2:00 Solo Cards (BR) 2:00 HeartBeats Club (AR) 3:30 Knitting and Crochet Club (AR) 4:00 Billiards (BR) 7:00 Music with Peter M (ML)	10:00 Catholic Service with St. Aloysius Church (CH) 4 10:15 Fall Prevention Exercises (FC) 11:00 Making Carrot Cupcakes (AR) 2:00 Bridge (BR) 2:00 Cupcake Social (AR) 3:00 BINGO* (AR) 7:00 Solo Cards (BR)	10:00 Crokinole (BR) 5 10:00 SMART Exercise Class (FC) 10:45 Inspirational Chat (AR) 2:00 Solo Cards (BR) 2:15 Chair Zumba with Vicki (AR) 3:15 I should have known that Trivia (AR) 7:00 Board Games (AR)	10:15 Bible Study (AR) 6 11:00 Active Living Planning Meeting with Lizzy (AR) 12:00 Olympic Opening Ceremony* (ML) 2:00 Cards with Alyssa (AR) 2:00 Sing A Long (AR) 2:15 Euchre Club (BR) 3:00 Happy Hour (AR) 7:00 Movie Night: Eddie the Eagle (AR)	9:45 Exercise Video* (AR) 7 10:00 Crokinole (BR) 10:45 Woman's Olympic Hockey US vs Finland* (ML) 2:00 BINGO* (AR) 3:15 Woman's Olympic Hockey Canada vs Switzerland* (ML) 7:00 Youtube Concert Series (BR)
9:00 Activity Booklet Pick up (FD) 8 10:45 Woman's Olympic Hockey France vs Sweden* (ML) 2:00 Catholic Rosary (CH) 2:45 Olympic Figure Skating* (L) 3:00 Inter-Denominational Service (CH) 7:00 Evening Colouring (AR)	10:00 Crokinole (BR) 9 10:15 Fall Prevention Exercises (FC) 11:00 Hymn Stories (AR) 2:00 Cards with Alyssa (AR) 2:00 Solo Cards (BR) 2:00 Nail Spa (AR) 3:15 Olympic Trivia (AR) 7:00 Ice Dogs: The Only Companions Worth Having Documentary* (AR)	10:00 Games with Alyssa (BR) 10 10:00 SMART Exercise Class (FC) 10:15 Shopping Shuttle (L) 11:00 Hot Chocolate Taste Test (AR) 2:00 Solo Cards (BR) 2:00 Short Story Discussion Group (AR) 3:30 Knitting and Crochet Club (AR) 4:00 Billiards (BR) 7:00 Classic TV * (AR)	10:00 Catholic Service with St. Aloysius Church (CH) 11 10:00 Outing to Thrift on Kent (L) 10:15 Fall Prevention Exercises (FC) 11:00 Jeopardy (AR) 2:00 Bridge (BR) 2:00 Heart Garland Craft (AR) 3:00 BINGO* (AR) 7:00 Solo Cards (BR)	10:00 Crokinole (BR) 12 10:00 SMART Exercise Class (FC) 10:15 Indoor Walking at RIM Park (L) 11:00 Board Games with Emilee (AR) 2:00 Solo Cards (BR) 2:15 Chair Zumba with Vicki (AR) 3:15 Inspirational Chat (AR) 7:00 Music with Jeff Poulton (ML)	10:15 Friendly Feud (AR) 13 11:00 Love Canvas Craft (AR) 2:00 Cards with Alyssa (AR) 2:00 Sing A Long (AR) 2:00 Outing to Giant Tiger (L) 2:15 Euchre Club (BR) 3:00 Happy Hour (AR) 7:00 Movie Night: All Roads Lead to Rome (AR)	9:45 TEP 2 (FC) 14 10:00 Crokinole (BR) 10:45 Bean Bag Toss (AR) 2:00 BINGO* (AR) 3:30 Artist Table (AR) 7:00 Youtube Concert Series (BR)
9:00 Activity Booklet Pick up (FD) 15 9:45 Java Music Club (AR) 10:15 Inter-Denominational Service (CH) 2:00 Catholic Rosary (CH) 3:00 Ladder Ball (AR) 4:15 Trivia Time (AR) 7:00 Evening Colouring (AR)	10:00 Crokinole (BR) 16 10:15 Exercise Video* (AR) 11:00 Crazy Creatures* (AR) 1:30 Outing to Fairview Mall (L) 2:00 Cards with Alyssa (AR) 2:00 Solo Cards (BR) 2:30 Music with Michael Kelly (ML) 3:45 Hymn Stories (AR) 7:00 Wild Italy	9:30 Appointment Shuttle (L) 17 10:00 Games with Alyssa (BR) 10:00 SMART Exercise Class (FC) 11:00 What Shrove Tuesday is all About!* (AR) 2:00 Solo Cards (BR) 2:30 Birthday Party with Bill and Helen (ML) 3:30 Knitting and Crochet Club (AR) 4:00 Billiards (BR) 7:00 Destination New Orleans* (AR)	10:00 Catholic Service with St. Aloysius Church (CH) 18 10:15 Fall Prevention Exercises (FC) 11:00 Briarfield Olympic Games (AR) 2:00 Bridge (BR) 2:00 Nail Spa (AR) 3:00 BINGO* (AR) 5:00 Dinner at Moxie's (L) 7:00 Solo Cards (BR)	10:00 Crokinole (BR) 19 10:00 SMART Exercise Class (FC) 10:45 Inspirational Chat (AR) 2:00 Solo Cards (BR) 2:00 Earth Sciences Museum (L) 2:15 Chair Zumba with Vicki (AR) 3:00 Food for Thought Meeting (AR) 7:00 Board Games with Emilee (AR)	10:15 Bible Study (AR) 20 10:45 Giggle Lab:Music for Seniors (AR) 2:00 Cards with Alyssa (AR) 2:00 Resident Town Hall Meeting (AR) 2:15 Euchre Club (BR) 3:00 Happy Hour (AR) 7:00 Movie Night: Made in Italy (AR)	9:45 Exercise Video* (AR) 21 10:00 Crokinole (BR) 10:00 Backgammon Tournament (PL) 10:45 Olympic Men's Speed Skating* (L) 2:00 BINGO* (AR) 3:15 Country Drive (ML) 7:00 Youtube Concert Series (BR)



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9:00 Activity Booklet Pick up (FD) 22 2:00 Catholic Rosary (CH) 3:00 Inter-Denominational Service (CH) 7:00 Evening Colouring (AR)	10:00 Crokinole (BR) 23 10:15 Exercise Video* (AR) 11:00 Giant Grizzlies* (AR) 2:00 Cards with Alyssa (AR) 2:00 Solo Cards (BR) 2:00 Hymn Stories (AR) 3:00 Nail Spa (AR) 7:00 Boys Night Out (ML)	10:00 Games with Alyssa (BR) 24 10:00 SMART Exercise Class (FC) 10:00 Seniors Socia Club at the WPL (L) 11:00 Olympic BINGO* (AR) 2:00 Solo Cards (BR) 2:00 Drom Drumming (AR) 3:30 Knitting and Crochet Club (AR) 4:00 Billiards (BR) 7:00 Movie Night: From Italy with Amore (AR)	10:00 Catholic Service with St. Aloysius Church (CH) 25 10:15 Fall Prevention Exercises (FC) 11:00 Meet your Neighbour Social (AR) 1:30 Shopping Shuttle (L) 2:00 Bridge (BR) 2:00 Italian Soda Social (AR) 3:00 BINGO* (AR) 7:00 Solo Cards (BR) 7:00 A.G.E: WMB Youth Group (AR)	10:00 Crokinole (BR) 26 10:00 SMART Exercise Class (FC) 10:45 Inspirational Chat with Emmanuel EMC (AR) 12:00 Lunch Bunch to Kam Yin Chinese Food (AR) 2:00 Solo Cards (BR) 2:15 Chair Zumba with Vicki (AR) 3:15 Johnny Cash Music Bingo* (AR) 7:00 Board Games with Emilee (AR)	10:15 Wonders of Italy* (AR) 27 10:15 Outing to Clay and Glass Gallery (AR) 11:00 Punch Card Party (AR) 2:00 Cards with Alyssa (AR) 2:00 Sing A Long (AR) 2:15 Euchre Club (BR) 3:00 Happy Hour (AR) 7:00 Entertainment with Bob McLean (ML)	9:45 TEP 2 (FC) 28 10:00 Crokinole (BR) 10:45 Complimentary Amature Hand Massage (AR) 2:00 BINGO* (AR) 3:30 Jeopardy with Embie (AR) 7:00 Youtube Concert Series (BR)

Locations Legend

- Activity Room (AR)
- Billiards Room (BR)
- Fitness Center (FC)
- Chapel (CH)
- Lobby (L)
- Main Lounge (ML)
- Front Desk (FD)
- Patio Level (PL)

