



FEBRUARY



2026



MON	TUE	WED	THU	FRI
<p>2 9AM Connect Over Coffee 10AM Seated Activity & Mobility 11AM Sip n' Socialize 11:30AM Black History Bingo 1PM Bounce & Toss 2PM Sing along with Eric Paetkau</p>	<p>3 9AM Connect Over Coffee 10AM Seated Yoga 11AM Sip n' Socialize 11:30AM Peace Dove Garland 1PM Jigsaw Puzzle 2PM Bloom & Brush</p> 	<p>4 9AM Connect Over Coffee 10AM Active Aging Fitness 11AM Sip n' Socialize 11:30AM Bowling 1PM Brain teaser 2PM Form & Fragrance</p>	<p>5 9AM Connect Over Coffee 10AM Zumba Fiesta 11AM Sip n' Socialize 11:30AM Board game (SORRY/Monopoly) 1PM Sweet Haven Bakes 2PM Bloom & Brush/Bean bag toss</p>	<p>6 9AM Connect Over Coffee 10AM Move & Groove 11AM Sip n' Socialize 11:30AM Winter Olympics Trivia 1PM Jeopardy 2PM Movie night & Popcorn</p>
<p>9 9AM Connect Over Coffee 10AM Seated Activity & Mobility 11AM Sip n' Socialize 11:30AM Board game (SORRY/Monopoly) 1PM Bounce & Toss 2PM Sing along with Eric Paetkau</p> 	<p>10 9AM Connect Over Coffee 10AM Seated Yoga 11AM Sip n' Socialize 11:30AM Crafters Club 1PM Jigsaw puzzle 2PM Bloom & Brush</p> 	<p>11 9AM Connect Over Coffee 10AM Active Aging Fitness 11AM Sip n' Socialize 11:30AM Bowling 1PM Brain teaser 2PM Galaxy/Music Bingo</p>	<p>12 ABRAHAM LINCOLN'S B'DAY 9AM Connect Over Coffee 10AM Zumba Fiesta 11AM Sip n' Socialize 11:30AM Lincoln hat craft 1PM Lincoln Word Search/Scratch art Valentine card 2PM Bloom & Brush/Bean bag toss 2-3pm Mental health Awareness workshop by Canadian Mental health Association</p> 	<p>13 VALENTINE SPECIAL/RED/PINK DRESS CODE 9AM Connect Over Coffee 10AM Valentine Zumba party 11AM Sip n' Socialize 11:30AM Cupid's Knots 1PM Photo booth with heart props/compliment bingo Valentine Movie & Popcorn 2PM</p>
 <div style="border: 2px solid orange; padding: 5px; display: inline-block; margin: 10px;">Closed</div> <p>FAMILY DAY</p>	<p>17 LUNAR NEW YEAR /PANCAKE DAY 9AM Connect Over Coffee 10AM Seated Yoga 11AM Sip n' Socialize 11:30AM Light & Lantern Art 1PM Pancake Puzzle Time 2PM Instrumental Chinese music SERVICE CANADA DAY 10-2 PM</p> 	<p>18 9AM Connect Over Coffee 10AM Active Aging Fitness 11AM Sip n' Socialize 11:30AM Bowling 1PM Brain teaser 2PM Galaxy/Music Bingo</p>	<p>19 9AM Connect Over Coffee 10AM Zumba Fiesta 11AM Sip n' Socialize 11:30AM Board game (SORRY/Monopoly) 1PM Sweet Haven Bakes 2PM Bloom & Brush/Bean bag toss</p>	<p>20 9AM Connect Over Coffee 10AM Move & Groove 11AM Sip n' Socialize 11:30AM Card game (UNO) 1PM Jeopardy 2PM Movie night & Popcorn</p>
<p>23 INTERNATIONAL MOTHER LANGUAGE DAY (21) 9AM Connect Over Coffee 10AM Seated Activity & Mobility 11AM Sip n' Socialize 11:30AM Decorative name tag craft 1PM Bounce & Toss 2PM Black Cultural Music Session</p>	<p>24 9AM Connect Over Coffee 10AM Seated Yoga 11AM Sip n' Socialize 11:30AM Crafters Club 1PM Jigsaw puzzle 2PM Bloom & Brush</p> 	<p>25 9AM Connect Over Coffee 10AM Active Aging Fitness 11AM Sip n' Socialize 11:30AM Bowling 1PM Brain teaser 2PM Galaxy/Music Bingo</p>	<p>26 9AM Connect Over Coffee 10AM Zumba Fiesta 11AM Sip n' Socialize 11:30AM Board game (SORRY/Monopoly) 1PM Sweet Haven Bakes 2PM Bloom & Brush/Bean bag toss</p> 	<p>27 9AM Connect Over Coffee 10AM Move & Groove 11AM Sip n' Socialize 11:30AM Card game (UNO) 1PM Jeopardy 2PM Movie and popcorn "Cool Runnings"</p>

Did you know your loved one in Mississauga can be supported for their care needs through Partners Community Health? mississaugaseniorsnavigation.ca for more information email: navigation@partnerscommunityhealth.ca

**OVER
20**

**NEW
activities
this month**

Spend the Day With Us

**WHERE: 2180 Speakman Dr
Mississauga
(Erin Mills/QEW)**

**WHEN: Monday to Friday
9AM to 4PM**

**Our program space is fully
accessible.**

Our staff are certified PSWs.

Attendance is flexible.

Belonging@PCH Theme this Month: **Compassion**

“PCH celebrates compassion” which reflects a culture where people are treated with respect, dignity, and understanding, and where everyday actions are rooted in genuine concern for others’ well-being, not just clinical care.

SERVICE CANADA

**MONDAY, February 17, 10am to
2pm**

A more convenient and comfortable way to get Service Canada help for your loved one!
Do you qualify for caregiver benefits?

Do you need help with your CPP or OAP?

Service Canada is here to help!
We offer free parking and almost no waiting

ACTIVITY HIGHLIGHTS

Abraham Lincoln’s Birthday- Activities such as Lincoln hat craft, Lincoln word searches encourages creativity, fine motor skills, and positive self-expression among clients.

Valentine’s Day Special-Special activities such as the Valentine Zumba Party, friendship bracelet making, and photo booth with heart props focus on building social connection, joy, and emotional expression among clients.

Lunar New Year & Pancake Day- It includes lantern art, pancake puzzles, and Chinese instrumental music, support cultural awareness, sensory stimulation, and cognitive engagement.

International Mother Language Day-Clients celebrates international mother language day with a decorative name tag craft and a cultural music session.

**Call:905-369-2442 and ask for
the Seniors Hub (ext: 1124)**

OR EMAIL:

SeniorsHub@partnerscommunityhealth.ca

