



INSPIRED SENIOR LIVING

February 2026

The Village Langley



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 1</p> <p>10:30 GCF: Nature and Indoor Gardening with Natasha (OCC)</p> <p>1:00 Coffee and Friends with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>3:45 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>Ground Hog Day (VC) 2</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Sensory Experience with Natasha (CY)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories *Black History (AH)</p>	<p>Music with Meg, Music Therapist (One to Ones) (AH) 3</p> <p>10:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</p> <p>12:30 Coffee and Friends with Hannah (OCC)</p> <p>1:30 Helping Hands - Mail Delivery with Natasha (OCC)</p> <p>3:00 House Program with Hannah (AL)</p> <p>3:15 Sing Fit with Natasha (AR)</p> <p>4:00 Helping Hands at the Barn with Hannah (BN)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>10:15 Music with Meg, Music Therapist (AL) 4</p> <p>10:30 Drum Fit with Natalie (OCC)</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>12:30 Coffee and Friends with Hannah (OCC)</p> <p>2:15 Nurturing Therapy with Hannah (CE)</p> <p>3:15 Fireside Spa with Hannah (CY)</p> <p>6:00 Games Night: Bingo (OCC)</p>	<p>11:00 CanFit Pro: Yoga with Natalie (BN) 5</p> <p>12:30 Coffee & Friends with Hannah (OCC)</p> <p>1:30 Music with Meg, Music Therapist (CE)</p> <p>2:15 Music with Meg, Music Therapist (CY)</p> <p>2:30 House Program with Hannah (AL)</p> <p>3:30 Sensory Experience with Hannah (CY)</p> <p>6:00 Java Music Club with Hannah (AR)</p>	<p>10:00 Helping Hands: Baking (HO) 6</p> <p>10:30 CanFit Pro: Disco Fitness with Natalie (OCC)</p> <p>1:00 Outing: Walk the Block with Natalie (CO)</p> <p>1:00 Village Strolls with Hannah (CECY)</p> <p>2:00 Fit Minds: Coffee Club with Natalie (OCC)</p> <p>2:30 SingFit with Hannah (AR)</p> <p>3:00 Helping Hands - Mail Delivery with Natalie (OCC)</p> <p>8:00 Movie Night: Winter Oylmpic Opening Ceremony (AH)</p>	<p>10:30 Drumfit with Hannah (OCC) 7</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Coffee and Word Games with Nik (OCC)</p> <p>2:00 R.E Mountain Secondary School: Student Music Performance (OCC)</p> <p>3:00 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Creative Hands: Scrapbook Club with Nik (HO)</p>
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 8</p> <p>10:30 GCF: Nature and Indoor Gardening with Natasha (OCC)</p> <p>1:00 Coffee and Friends with Volunteers (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>3:30 SuperBowl Bingo (OCC)</p> <p>3:45 Helping Hands: Mail Delivery with Volunteers (VC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>10:00 Prayer Group (AL) 9</p> <p>10:00 Fitness with Natasha (Winter Oympic Active Game) (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>12:30 Fit Minds: Coffee and Friends with Natalie (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Sensory Experience with Natasha (CY)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories *Biographies on Olympic Athletes (AH)</p>	<p>Music with Meg, Music Therapist (One to Ones) (AH) 10</p> <p>10:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</p> <p>12:30 Coffee and Friends with Hannah (OCC)</p> <p>1:30 Helping Hands - Mail Delivery with Natasha (OCC)</p> <p>3:00 House Program with Natasha (AL)</p> <p>3:15 Sing Fit with Hannah (AR)</p> <p>4:00 Helping Hands at the Barn with Hannah (BN)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>10:15 Music with Meg, Music Therapist (AL) 11</p> <p>10:30 Drum Fit with Natalie (OCC)</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>12:30 Coffee and Friends with Hannah (OCC)</p> <p>2:15 Nurturing Therapy with Hannah (CE)</p> <p>3:15 Fireside Spa with Hannah (CY)</p> <p>4:30 Galatines Dinner *Restaurant Experience program (OCC)</p> <p>6:30 Family Council *Virtual (OCC)</p>	<p>11:00 CanFit Pro: Yoga with Natalie (BN) 12</p> <p>12:30 Coffee & Friends with Hannah (OCC)</p> <p>1:30 The Village Choir "The Song Birds" Love Songs Performance (OCC)</p> <p>2:30 House Program with Natalie (AL)</p> <p>3:30 Sensory Experience with Hannah (CY)</p> <p>6:00 Java Music Club with Hannah (AL)</p>	<p>10:00 Helping Hands: Baking (AR) 13</p> <p>10:30 CanFit Pro: Disco Fitness with Natalie (OCC)</p> <p>1:00 Outing: Walk the Block with Natalie (CO)</p> <p>2:00 Fit Minds: Coffee Club with Natalie (OCC)</p> <p>2:30 SingFit with Hannah (AR)</p> <p>3:00 Helping Hands - Mail Delivery with Natalie (OCC)</p> <p>6:00 Movie Night (AH)</p>	<p>Valentine's Day (VC) 14</p> <p>10:30 Drumfit with Hannah (OCC)</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Coffee and Word Games with Nik (OCC)</p> <p>2:00 Valentine's Day Social - Love Songs with Brian Zalo (OCC)</p> <p>3:15 Helping Hands: Mail Delivery with Nik (VC)</p> <p>4:30 Valentine's Day Dinner (AH)</p> <p>6:00 Creative Hands: Scrapbook Club with Nik (HO)</p>
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 15</p> <p>10:30 GCF: Nature and Indoor Gardening with Natasha (OCC)</p> <p>1:00 Coffee and Friends with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>3:45 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Artful Enrichment - Expressive Arts with Nik (OCC)</p>	<p>Lunar New Year Eve (VC) 16</p> <p>10:00 Prayer Group (AL)</p> <p>10:00 Fitness with Natasha (Winter Oympic Active Game) (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>12:30 Fit Minds: Coffee and Friends with Natalie (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natasha (VC)</p> <p>3:00 Sensory Experience with Natasha (CY)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>4:30 Lunar New Year Eve Dinner (AH)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>Music with Meg, Music Therapist (One to Ones) (AH) 17</p> <p>Mardi Gras (OCC)</p> <p>Lunar New Year (Year of the Horse) (AH)</p> <p>10:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</p> <p>1:30 Mardi Gras Social Hannah and Natasha (VC)</p> <p>3:30 Sing Fit with Hannah (AR)</p> <p>3:30 Helping Hands - Mail Delivery with Natasha (OCC)</p> <p>4:15 Helping Hands at the Barn with Hannah (BN)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>10:15 Music with Meg, Music Therapist (AL) 18</p> <p>10:30 Drum Fit with Natalie (OCC)</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>12:00 Lunar New Year Lunch Outing: Dragon Garden Restauran (Chinese Food) (CO)</p> <p>3:15 Fireside Spa with Hannah (CY)</p> <p>3:15 Nurturing Therapy with Nik (CE)</p> <p>6:00 Games Night: Olympic Theme Bingo! (OCC)</p>	<p>11:00 CanFit Pro: Yoga with Natalie (BN) 19</p> <p>12:30 Coffee & Friends with Hannah (OCC)</p> <p>1:30 Music with Meg, Music Therapist (CE)</p> <p>2:15 Music with Meg, Music Therapist (CY)</p> <p>2:30 House Program with Hannah (AL)</p> <p>3:30 Sensory Experience with Hannah (CY)</p> <p>6:00 Java Music Club with Hannah (HA)</p>	<p>Staff Spirit Day: National Comfy Day *Dress in Comfy Clothes (VC) 20</p> <p>10:00 Helping Hands: Baking (AL)</p> <p>10:30 CanFit Pro: Disco Fitness with Natalie (OCC)</p> <p>1:00 Outing: Walk the Block with Natalie (CO)</p> <p>2:00 Fit Minds: Coffee Club with Natalie (OCC)</p> <p>2:30 SingFit with Hannah (AR)</p> <p>3:00 Helping Hands - Mail Delivery with Natalie (OCC)</p> <p>6:00 Movie Night (AH)</p>	<p>10:30 Drumfit with Hannah (OCC) 21</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Coffee and Word Games with Nik (OCC)</p> <p>2:00 Winter Olympic Active Game: Indoor Hockey Shots with Hannah (OCC)</p> <p>2:00 House Visit with Nik (CE)</p> <p>3:00 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Creative Hands: Scrapbook Club with Nik (HO)</p>



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The Village Langley



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Walk 4 Life: Village Stroll with Natasha *weather permitting (VC) 22</p> <p>10:30 GCF: Nature and Indoor Gardening with Natasha (OCC)</p> <p>11:00 Winter Olympic Closing Ceremony *Viewing on Television (OCC)</p> <p>1:00 Coffee and Friends with Nik (OCC)</p> <p>2:00 Drumfit with Nik (OCC)</p> <p>3:45 Helping Hands: Mail Delivery with Nik (VC)</p>	<p>10:00 Prayer Group (AL) 23</p> <p>10:00 Fitness with Natasha (CE)</p> <p>10:15 Helping Hands at the Barn with Natalie (BN)</p> <p>11:00 Can Fit Pro: Yoga with Natalie (OCC)</p> <p>11:30 Lunch Group with Natasha (AL)</p> <p>12:30 Fit Minds: Coffee and Friends with Natalie (OCC)</p> <p>1:30 Helping Hands - Grocery Delivery with Natalie (VC)</p> <p>1:45 Sensory Experience with Natalie (CY)</p> <p>3:00 Meet Me at the MOMA - Art Appreciation (HO)</p> <p>4:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>6:00 Evening Short Stories (AH)</p>	<p>Music with Meg, Music Therapist (One to Ones) (AH) 24</p> <p>National Tortilla Chip Day (OCC)</p> <p>10:15 Helping Hands at the Barn with Natalie (OCC)</p> <p>10:30 Fun & Fitness with Natasha (OCC)</p> <p>10:45 The Village Choir with Meg (Music Therapist) (CE)</p> <p>1:30 Happy Hour: Chips and Salsa Day (OCC)</p> <p>3:30 Sing Fit with Hannah (AR)</p> <p>3:30 Helping Hands - Mail Delivery with Natasha (OCC)</p> <p>4:00 Helping Hands at the Barn with Natalie (BN)</p> <p>6:00 Artful Enrichment - Paint and Sip with Hannah (OCC)</p>	<p>Pink Shirt Day (VC) 25</p> <p>10:15 Music with Meg, Music Therapist (AL)</p> <p>10:30 Drum Fit with Natalie (OCC)</p> <p>11:00 Music with Meg, Music Therapist (AR)</p> <p>12:30 Coffee and Friends with Hannah (OCC)</p> <p>2:15 Nurturing Therapy with Hannah (CE)</p> <p>3:15 Fireside Spa with Hannah (CY)</p> <p>6:00 Pub Night with Live Music - Brian Zalo (VC)</p>	<p>11:00 CanFit Pro: Yoga with Natalie (BN) 26</p> <p>12:30 Coffee & Friends with Hannah (OCC)</p> <p>1:30 Music with Meg, Music Therapist (CE)</p> <p>2:15 Music with Meg, Music Therapist (CY)</p> <p>2:30 House Program with Hannah (AL)</p> <p>3:30 Sensory Experience with Hannah (CY)</p> <p>6:00 Java Music Club with Hannah (HO)</p>	<p>10:00 Helping Hands: Baking (HA) 27</p> <p>10:30 CanFit Pro: Disco Fitness with Natalie (OCC)</p> <p>1:00 Outing: Walk the Block with Natalie (CO)</p> <p>2:00 Fit Minds: Coffee Club with Natalie (OCC)</p> <p>2:00 Townhall Meeting (Community Center) (OCC)</p> <p>2:30 SingFit with Hannah (AR)</p> <p>3:00 Helping Hands - Mail Delivery with Natalie (OCC)</p> <p>6:00 Movie Night (AH)</p>	<p>10:30 Drumfit with Hannah (OCC) 28</p> <p>11:30 Lunch Date with Hannah (CECY)</p> <p>12:30 Coffee and Word Games with Nik (OCC)</p> <p>2:00 Active Game: Bowling with Nik (OCC)</p> <p>2:00 House Visit with Hannah (CE)</p> <p>3:00 Helping Hands: Mail Delivery with Nik (VC)</p> <p>6:00 Creative Hands: Scrapbook Club with Nik (HO)</p>

Life Enrichment Programs Requiring Sign Up & Special Events

Saturday, February 7th at 2pm (Community Center)- Music Performance by RE Mountain Secondary Students

Wednesday, February 11th at 4:30pm (Bistro) - Galatines Dinner *Restaurant Experience program. ****RSVP by Sunday, February 8th via email: lem.tvl@verveseniorliving.com**

Thursday, February 12th at 1:30pm (Community Center) - The Village Choir 'The Songbirds' Performance *Love Songs

Saturday, February 14th at 2pm (Community Center) - Valentine's Day Happy Hour with Brian Zalo

Wednesday, February 18th at 12noon - Lunch Outing: Dragon Garden Restaurant *Chinese cuisine
Sign Up Required by emailing lem.tvl@verveseniorliving.com

Wednesday, February 25th at 6pm (Community Center) - Pub Night with Brian Zalo

Locations Legend

- Oakwood
- Community Centre (OCC)
- Village Community (VC)
- Alder (AL)
- Cedar (CE)
- Cypress (CY)
- All Households (AH)
- Arbutus (AR)
- Barn (BN)
- Holly (HO)
- Community Outing (CO)
- Cedar/Cypress (CECY)
- Hawthorne (HA)

Calendar Legend

- SingFIT
- Outing
- Special Program
- Fit Minds
- Meet Me at the MOMA
- Go 4 Life Walking
- Java Music Club
- Living, Loving, Local
- Signature Program
- Can Fit Pro
- Drumfit

