

February 2026 - Terraces

MEMORY CARE REPOSITORY OF INDIVIDUALIZED ACTIVITIES

- Horticulture
- Happiness Project
- Audiobooks
- Board Games
- Walks
- Creative Expression
- Mental Aerobics Worksheet
- Reading/Story Telling
- Mindfulness
- Pet Therapy
- Music Therapy
- Computer 1:1 Support

MEMORY CARE FAMILY DAY HANDS ON EXOTIC ANIMALS SHOW

Monday, February 16th
2:00 p.m.
Memory Care
Community
Family to RSVP to
Recreation Team

DISCUSSION WITH RODNEY

Friday February 6, 20
2:00 p.m.
Assembly Room

Singalong with the Posner

Monday, February 23
2:00 p.m.
Assembly Room

Birthday Concert

Thursday February 19
2:00 p.m.
Entertainer: Dr. J
Assembly Room

Theme Day: Chinese New Year

CHINESE NEW YEAR
Tuesday, February 17
Photobooth- 11:00 a.m.
Assembly Room

Dancers- 2:00 p.m.
Assembly Room
Refreshments 3:00 p.m.
Main Floor Lobby

Thursday Afternoon Concerts

Feb. 5 –Rami & Gina
Feb. 12 –Mark Y.
Feb.19- Dr. J
Feb. 26- Havergal Choir

Lectures & Presentations

Staying Safe from Scams
and Fraud
Wednesday February 4
2:00 p.m.

Paul Dias presents Martin
Luther King
Wednesday, February 11
2:00 p.m.

Wheel-Trans Information
Session
Wednesday February 18
2:00 p.m.

Jazz Heroines with Lucas
Hung
Wednesday February 25
2:00 p.m.

Andre Ivory: Seeing
humanity
Friday February 6
11:00 a.m.



Baycrest Terraces
Residence and Community
Where life thrives

Memory Care, Possibilities by Baycrest

"Maximizing our residents' potential through their cognitive health journey."

Contact Information

Memory Care Nurses
416-349-1437

Clinical Director
Debs Conway Chung
437-343-1253

Program Lead Curator
Fern Fabrizi
437- 348-3927

Social Workers
416-785-2500
Yentie Ext. **5382**
Tanya Ext. **2990**

Recreation Team
Ashley Kubi
Amy Goldberg Trim



Possibilities by Baycrest Core Values:
Connections, Autonomy, Purpose, and Choice

Baycrest

Monthly Program Schedule: February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Creating Connection with Maven</u>	<u>Creating Connection with Maven</u>	<u>Creating Connection with Maven</u>	<u>Creating Connection with Maven</u>	<u>Creating Connection with Maven</u>	<u>Creating Connection with Maven</u>	<u>Creating Connection with Maven</u>
<u>Morning Walks</u> 9:45 -10:30 a.m.	<u>Walks to Greenhouse</u> 9:45 -10:30 a.m.	<u>Morning Walks</u> 9:45 -10:30 a.m.	<u>Walks to Greenhouse</u> 9:45 -10:30 a.m.	<u>Morning Walks</u> 9:45 -10:30 a.m.	<u>Walks Greenhouse</u> 9:45 -10:30 a.m.	<u>Morning Walks</u> 9:45 -10:30 a.m.
<u>Gentle Stretching</u> 10:45 -11:45 a.m.	<u>Seated Yoga</u> 10:45 -11:45 a.m.	<u>Resistance Bands Workout</u> 10:45 -11:45 a.m.	<u>Chair Dance</u> 10:45 -11:45 a.m.	<u>Seated Yoga</u> 10:45 -11:45 a.m.	<u>Resistance bands Workout</u> 10:45 -11:45 a.m.	<u>Chair Exercise</u> 10:45 -11:45 a.m.
<u>Individual Activity</u> 12:45 – 1:15 p.m.	<u>Individual Activity</u> 12:45 – 1:15 p.m.	<u>Individual Activity</u> 12:45 – 1:15 p.m.	<u>Individual Activity</u> 12:45 – 1:15 p.m.	<u>Individual Activity</u> 12:45 – 1:15 p.m.	<u>Individual Activity</u> 12:45 – 1:15 p.m.	<u>Individual Activity</u> 12:45 – 1:15 p.m.
<u>Current Events Discussion</u> 1:30 – 2:30 p.m.	<u>Music Therapy Group</u> 1:15- 2:00 p.m.	<u>Yiddish Group</u> 1:00 p.m. <u>Assembly Room</u>	<u>Community Dog Visit</u> 1:00 p.m.	<u>Concert</u> 2:00 p.m.	<u>Challah Baking</u> 2:00 p.m.	<u>Singalong</u> 2:00 p.m.
<u>Schmooze in the Community</u> 2:00 p.m.	<u>*Family Day, Feb. 16th*</u> <u>Hands on Exotics</u> 2:00 p.m.	<u>Baking</u> <u>Feb 10th–Pizza Day</u> 1:30 – 3:00 p.m.	<u>Creative Arts</u> 1:30 -2:30 p.m.	<u>Table Top Activity</u> 3:00 – 3:45 p.m.	<u>World Radio Day Music Program</u> 2:00 p.m.	<u>Table Top Activity</u> 2:45 – 3:30 p.m.
<u>Table Top Activity</u> 2:45 – 3:45 p.m.	<u>Green Thumb Gardener</u> 2:15 – 3:00 p.m.	<u>Black History Month Program</u> 2:00 p.m.	<u>Dinner Club</u> 4:30 p.m.	<u>Variety Hour</u> 6:00 p.m.	<u>Havdalah Shabbat</u> 5:30 p.m.	
<u>Music Appreciation</u> 5:30 p.m.	<u>Table Top Activity</u> 2:45 – 3:45 p.m.	<u>Table Top Activity</u> 2:45 – 3:45 p.m.	<u>Table Top Activity</u> 2:45 – 3:45 p.m.	<u>Bingo Night</u> 5:30 p.m.	<u>Celebrating Shabbat in the Community</u> 5:30 p.m.	
				(Programs are subject to change)		