



## Calendar of Events

### FEBRUARY 2026

DATES	ACTIVITIES	
<b>Tuesday, February 3, 10, 17, 24</b>	<p>12:00 – 3:45</p> <p>12:00-4:00</p> <p>1:00-2:00</p> <p>2:10-3:10</p> <ul style="list-style-type: none"> <li>✓ Snack Bar Café/lounge</li> <li>✓ Pass the Ace</li> <li>✓ Scrabble/Euchre/Crib</li> <li>✓ Learn/join in - Knitting/Crocheting/Quilting</li> <li>✓ Chair Zumba class with Isabel</li> <li>✓ Stand up Zumba class with Isabel</li> </ul>	
<b>Wednesday, February 4, 11*, 18, 25</b>	<p>9:30 – 11:45</p> <p>10:00 – 11:00</p> <p>10:00 – 11:45</p> <ul style="list-style-type: none"> <li>✓ Snack Bar Cafe /lounge</li> <li>✓ Music jamming &amp; singing with AVΔ</li> <li>✓ Fitness class with Darlene</li> <li>✓ Beginners – The Art of Water Colour (full)</li> </ul>	
<b>Thursday, February 5, 12, 19, 26*</b>	<p>12:00 – 3:45</p> <p>12:00-4:00</p> <p>1:00-2:00</p> <p>2:15- 2:45 Repeat at 2:50 – 3:20</p> <ul style="list-style-type: none"> <li>✓ Snack Bar Cafe /lounge</li> <li>✓ Pass The Ace</li> <li>✓ Scrabble/Euchre/Crib</li> <li>✓ Learn/join in - Knitting/Crocheting/Quilting</li> <li>✓ Fitness class with Darlene</li> <li>✓ Drum Fit with Waterside's Rosie (max 10 participants per class)</li> </ul>	
<b>*Wednesday, February 11<sup>th</sup></b>	<b>11:10 - 11:50</b>	<b>✓ Chair Yoga with Jenni</b>
<b>*Thursday, February 26<sup>th</sup></b>	<b>2:15 – 3:15</b>	<b>✓ Aging in Place seminar</b>

*Activities, workshops and seminars are added to the calendar throughout the month. Become a member to stay informed.*

Annual memberships (resident: \$26.50, non-resident: \$42.75) are available at the CP Arena.

Call (613) 257-1690 for more information or email [thestationalc@gmail.com](mailto:thestationalc@gmail.com)



DATES	ACTIVITIES	COST (where applicable)
<b>Friday, February 6th</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ Craft – Soapstone with Jamie-Lynn</li> <li>✓ The Art of Water Colour (Intermediate)</li> <li>✓ Mahjong</li> </ul>	\$4
12:00-12:40	<ul style="list-style-type: none"> <li>✓ Line Dancing for Beginners</li> </ul>	
1:00-3:00	<ul style="list-style-type: none"> <li>✓ Euchre (prizes) and/or Mahjong</li> </ul>	\$2 for Euchre
1:30-2:15	<ul style="list-style-type: none"> <li>✓ Chair Exercises with Dr.Legate</li> </ul>	
<b>Friday, February 13th</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ Craft – Soapstone with Jamie-Lynn</li> <li>✓ The Art of Water Colour (Intermediate)</li> <li>✓ Mahjong</li> </ul>	\$4
11:30-12:30	<ul style="list-style-type: none"> <li>✓ The Lunch Bunch – Beef Stew</li> </ul>	\$5
12:00-12:40	<ul style="list-style-type: none"> <li>✓ Line Dancing for Everyone</li> </ul>	
1:00-3:00	<ul style="list-style-type: none"> <li>✓ Euchre (prizes) and/or Mahjong</li> </ul>	\$2 for Euchre
1:30-2:15	<ul style="list-style-type: none"> <li>✓ Chair Exercises with Dr.Legate</li> </ul>	
<b>Friday, February 20th</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ The Art of Water Colour (Intermediate)</li> <li>✓ Mahjong</li> </ul>	
11:30-12:30	<ul style="list-style-type: none"> <li>✓ Line Dancing for Everyone</li> </ul>	
1:00-3:00	<ul style="list-style-type: none"> <li>✓ Euchre (prizes) and BINGO</li> </ul>	\$2 for each
1:30-2:15	<ul style="list-style-type: none"> <li>✓ Chair Exercises with Dr.Legate</li> </ul>	
<b>Friday, February</b>		
10:00-12:00	<ul style="list-style-type: none"> <li>✓ The Art of Water Colour (Intermediate)</li> <li>✓ Mahjong</li> </ul>	
12:00-12:40	<ul style="list-style-type: none"> <li>✓ Line Dancing for everyone</li> </ul>	
1:00-3:00	<ul style="list-style-type: none"> <li>✓ Euchre (prizes) and/or Mahjong</li> </ul>	\$2 for Euchre
1:00-2:15	<ul style="list-style-type: none"> <li>✓ Chair Exercises with Dr. Legate</li> </ul>	

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