

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|---|
| <div>  <h1>February 2026</h1> <h2>AMERICAN HEART MONTH</h2> <p><small>*Activities may be subject to change based on the needs of our residents*</small></p> </div> | | | | | | |
| National Get Up Day 1 10:00: Rise & Shine 10:30: Move to the Music 11:00: Daily Chronicle 2:30: Concert with Victoria (1D) 3:45: Wellness Cart - Library <small>Tu B'Shevat Begins</small> | Groundhog Day 2 9:45: Meet & Greet 10:00: Let's Move 10:30: Daily Chronicle 11:00: Shadow or No Shadow? 2:00: Bingo 3:00: Afternoon Refreshments 3:45: Wellness Cart - Art <small>Groundhog Day</small> | 9:45: Morning Mingle 3 10:00: Chair Yoga 10:30: Daily Chronicle 11:00: Brainteasers 2:00: Karaoke 3:00: Music Trivia 3:45: Wellness Cart – Trivia 6:00: Movie Club (2D) | Women in Sports Day 4 9:45: Rise and Shine 10:00: Easy Stretch Circle 10:30: Daily Chronicle 11:00: Famous Women in Sports 2:00: Jeopardy Trivia 3:00: Refreshments 3:45: Wellness Cart – Puzzles 6:00: Bingo Club (2D) | Optimist Day 5 9:45: Meet & Greet 10:00: Feel Good Stretch 10:30: Daily Chronicle 11:00: Optimism Fun Facts 2:00: Karaoke 3:00: Music Trivia 3:45: Wellness Cart – Music 6:00: Movie Club (2D) | WEAR RED DAY 6 9:45: Meet & Greet 10:00: Core and More 10:30: Daily Chronicle 11:00: Heart Health Trivia 2:00: Entertainment with Matt!★ 3:00: Refreshments 3:45: Wellness Cart – Resident's Choice 6:00: Bingo Club (2D) | Send a Card to a Friend Day 7 10:00: Morning Mingle 10:30: Sit & Stretch 11:00: Daily Chronicle 2:00: DIY Card Making 3:45: Wellness Cart – Word Search |
| 10:00: Morning Chat 8 10:30: Gentle Mobility Moves 11:00: Daily Chronicle 2:30: Concert with Victoria (1D) 3:45: Wellness Cart - Library | 9:45: Morning Kickoff 9 10:00: Stretch Circle 10:30: Daily Chronicle 11:00: Hangman 2:00: Bingo 3:00: Refreshments 3:45: Wellness Cart – Art | 9:45: Meet & Greet 10 10:00: Easy Stretch Circle 10:30: Daily Chronicle 11:00: Brainteasers 2:00: Karaoke 3:00: Music Trivia 3:45: Wellness Cart- Trivia 6:00: Movie Club (2D) | National Inventors Day 11 9:45: Morning Chat 10:00: Core & More 10:30: Daily Chronicle 11:00: Famous Inventions 2:00: Name That Tune 3:00: Ice Cream Social 3:45: Wellness Cart – Puzzles 6:00: Bingo Club (2D) | 9:45: Rise & Shine 12 10:00: Chair Yoga 10:30: Daily Chronicle 11:00: Word Within a Word 2:00: Karaoke 3:00: Music Trivia 3:45: Wellness Cart- Music 6:00: Movie Club (2D) | 9:45: Morning Chat 13 10:00: Core and More 10:30: Daily Chronicle 11:00: Brain Boost Trivia 2:00: Pre Valentine Coffee & Tea Social♥ 3:00: Refreshments 3:45: Wellness Cart – Resident's Choice 6:00: Bingo Club (2D) <small>Valentine's Day</small> | Valentine's Day 14 10:00: Rise & Shine 10:30: Happy Hips & Shoulders 11:00: Horoscopes 2:00: Valentine's Day Craft 3:45: Wellness Cart – Word Search |
| 10:00: Morning Mingle 15 10:30: Move to the Music 11:00: Daily Chronicle 2:30: Concert with Victoria (1D) 3:45: Wellness Cart – Library | President's Day 16 9:45: Morning Chat 10:00: Core and More 10:30: Daily Chronicle 11:00: President Trivia 2:00: Bingo with Prizes 3:00: Afternoon Refreshments 3:45: Wellness Cart - Art <small>Presidents' Day (U.S.)</small> | MARDI GRAS 17 9:45: Morning Mingle 10:00: Gentle Mobility Moves 10:30: Daily Chronicle 11:00: Mardi Gras Fun Facts 2:00: Karaoke: Mardi Gras 3:00: Refreshments 3:45: Wellness Cart – Trivia 6:00: Movie Club (2D) <small>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</small> | Ash Wednesday 18 9:45: Meet & Greet 10:00: Sit & Stretch 10:30: Daily Chronicle 11:00: Name That Tune 2:00: RESIDENT COUNCIL/MENU PLANNING (2D) 3:45: Wellness Cart – Puzzles 6:00: Bingo Club (2D) | 9:45: Morning Kickoff 19 10:00: Let's Move 10:30: Daily Chronicle 11:00: Did You Know? 2:00: Karaoke 3:00: Music Trivia 3:45: Wellness Cart – Music 6:00: Movie Club (2D) | National Muffin Day 20 9:45: Meet & Greet 10:00: Let's Move! 10:30: Daily Chronicle 11:00: Group Hangman 2:00: Jeopardy & Muffins! 3:45: Wellness Cart- Resident's Choice 6:00: Bingo Club (2D) | 10:00: Morning Mingle 21 10:30: Chair Yoga 11:00: Daily Chronicle 2:00: Music Trivia 3:45: Wellness Cart – Word Search |
| 10:00: Rise & Shine 22 10:30: Chair Stretch & Relax 11:00: Daily Chronicle 2:30: Concert with Victoria (1D) 3:45: Wellness Cart – Library | 9:45: Meet & Greet 23 10:00: Chair Yoga 10:30: Daily Chronicle 11:00: Hangman 2:00: Teatime & Tunes 3:00: CHURCH SERVICE 3:45: Wellness Cart – Art | 9:45: Morning Kickoff 24 10:00: Easy Stretch Circle 10:30: Daily Chronicle 11:00: Horoscopes 2:00: Entertainment with Kelly!★ 3:00: Refreshments 3:45: Wellness Cart – Trivia 6:00: Movie Club (2D) | 9:45: Morning Chat 25 10:00: Happy Hips & Shoulders 10:30: Daily Chronicle 11:00: Word Within a Word 2:00: Passport Series: Spain 3:00: Spain Food Tasting 3:45: Wellness Cart – Puzzles 6:00: Bingo Club (2D) | 9:45: Meet & Greet 26 10:00: Sit & Stretch 10:30: Daily Chronicle 11:00: Brainteasers 2:00: Karaoke 3:00: Music Trivia 3:45: Wellness Cart – Music 6:00: Movie Club (2D) | 9:45: Morning Mingle 27 10:00: Stretch It Out! 10:30: Daily Chronicle 11:00: Movies & Stars 2:00: Jeopardy Trivia 3:00: Afternoon Refreshments 3:45: Wellness Cart – Resident's Choice 6:00: Bingo Club (2D) | 9:45: Rise and Shine 28 10:30: Happy Hips & Shoulders 11:00: Horoscopes 2:00: Adult Coloring & Tunes 3:45: Wellness Cart – Word Search |