

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

AMERICAN HEART MONTH

Activities may be subject to change based on the needs of our residents

National Get Up Day 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	Groundhog Day 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	9:45: Morning Mingle 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)	3: Women in Sports Day 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)	4: Optimist Day 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)	5: WEAR RED DAY 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)	6: Send a Card to a Friend Day 10:00: Morning Mingle 10:30: Sit & Stretch 11:00: Daily Chronicle 2:00: DIY Card Making 3:45: Wellness Cart - Word Search
Tu B'Shevat Begins 10:00: Morning Chat 10:30: Gentle Mobility Moves 11:00: Daily Chronicle 2:30: Concert with Victoria (1D) 3:45: Wellness Cart - Library	8: Groundhog Day 9:45: Morning Kickoff 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 10:00: 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)	10: National Inventors Day 9:45: Meet & Greet 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)	11: 9:45: Rise & Shine 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)	12: 9:45: Morning Chat 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)	13: Valentine's Day 10:00: Rise & Shine 10:30: Happy Hips & Shoulders 11:00: Horoscopes 2:00: Valentine's Day Craft 3:45: Wellness Cart - Word Search
15: 10:00: Morning Mingle 10:30: Move to the Music 11:00: Daily Chronicle 2:30: Concert with Victoria (1D) 3:45: Wellness Cart - Library	16: President's Day 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	17: MARDI GRAS 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)	18: Ash Wednesday 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)	19: 9:45: Morning Kickoff 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)	20: National Muffin Day 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)	21: 10:00: Morning Mingle 10:30: Chair Yoga 11:00: Daily Chronicle 2:00: Music Trivia 3:45: Wellness Cart - Word Search
22: 10:00: Rise & Shine 10:30: Chair Strecth & Relax 11:00: Daily Chronicle 2:30: Concert with Victoria (1D) 3:45: Wellness Cart - Library	23: 9:45: Meet & Greet 10:00: Chair Yoga 10:30: Daily Chronicle 11:00: Hangman 2:00: Teatime & Tunes 3:00: CHURCH SERVICE 3:45: Wellness Cart - Art	24: 9:45: Morning Kickoff 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)	25: 9:45: Morning Chat 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)	26: 9:45: Meet & Greet 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)	27: 9:45: Morning Mingle 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)	28: 9:45: Rise and Shine 10:30: Happy Hips & Shoulders 11:00: Horoscopes 2:00: Adult Coloring & Tunes 3:45: Wellness Cart - Word Search