

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2026



<div>9:30 Exercise</div> <div>10:00 Spiritual Eldercare</div> <div>1:00 Noodle Ball</div> <div>2:00 Music With Cinda</div> <div>3:00 Before Dinner Stretch</div> <div>Tu B'Shevat Begins</div> <div>1</div>	<div>9:30 Exercise</div> <div>10:00 Scenic Drive</div> <div>1:00 Armchair Travels</div> <div>2:00 Coffee Cart</div> <div>3:30 Before Dinner Stretch</div> <div>Groundhog Day</div> <div>2</div>	<div>9:30 Exercise</div> <div>10:30 Noodle Ball</div> <div>1:00 Spiritual Hour</div> <div>2:00 Kitchen Fun</div> <div>          Dipped Oreos</div> <div>3:30 Sit and Be Fit</div> <div>3</div>	<div>9:30 Exercise</div> <div>10:00 Yarn Art</div> <div>12:30 Trivia</div> <div>2:00 Bingo</div> <div>3:30 Chair Yoga</div> <div>4</div>	<div>9:30 Exercise</div> <div>10:00 Creative Coloring</div> <div>1:00 Ring Toss</div> <div>2:30 Chair Zumba</div> <div>3:00 Singalong</div> <div>5</div>	<div>9:30 Exercise</div> <div>10:30 Radio Show</div> <div>1:00 Watercolor Painting</div> <div>2:00 Shirley Temple Social</div> <div>3:30 Sit and Be Fit</div> <div>6</div>	<div>9:30 Exercise</div> <div>10:00 Creative Coloring</div> <div>1:00 Trivia Time</div> <div>2:00 Ring Toss</div> <div>3:00 Name That Tune</div> <div>7</div>
<div>9:30 Exercise</div> <div>10:00 Spiritual Eldercare</div> <div>1:00 Noodle Ball</div> <div>2:00 Puzzle Corner</div> <div>3:00 Before Dinner Stretch</div> <div>8</div>	<div>9:30 Exercise</div> <div>10:00 Scenic Drive</div> <div>1:00 Armchair Travels</div> <div>2:00 Coffee Cart</div> <div>3:30 Before Dinner Stretch</div> <div>9</div>	<div>9:30 Exercise</div> <div>10:30 Noodle Ball</div> <div>1:00 Spiritual Hour</div> <div>2:00 Making Mini Pies</div> <div>3:30 Sit and Be Fit</div> <div>10</div>	<div>9:30 Exercise</div> <div>10:00 Valentine</div> <div>          Door Hangers</div> <div>12:30 Trivia</div> <div>2:00 Bingo</div> <div>3:30 Chair Yoga</div> <div>11</div>	<div>9:30 Exercise</div> <div>10:00 Creative Coloring</div> <div>1:00 Ring Toss</div> <div>2:30 Chair Zumba</div> <div>3:00 Singalong</div> <div>12</div>	<div>9:30 Exercise</div> <div>10:30 Radio Show</div> <div>1:00 Watercolor Painting</div> <div>2:00 Valentines Social &amp; Music With Simeon</div> <div>3:30 Sit and Be Fit</div> <div>13</div>	<div>9:30 Exercise</div> <div>10:00 Creative Coloring</div> <div>1:00 Trivia Time</div> <div>2:00 Ring Toss</div> <div>3:00 Name That Tune</div> <div>Valentine's Day</div> <div>14</div>
<div>9:30 Exercise</div> <div>10:00 Spiritual Eldercare</div> <div>1:00 Noodle Ball</div> <div>2:00 Puzzle Corner</div> <div>3:00 Before Dinner Stretch</div> <div>15</div>	<div>9:30 Exercise</div> <div>10:00 Scenic Drive</div> <div>1:00 Armchair Travels</div> <div>2:00 Coffee Cart</div> <div>3:30 Before Dinner Stretch</div> <div>Presidents' Day (U.S.)</div> <div>16</div>	<div>9:30 Exercise</div> <div>10:30 Noodle Ball</div> <div>1:00 Spiritual Hour</div> <div>2:00 Making Sugar Cookies</div> <div>3:30 Sit and Be Fit</div> <div>Ramadan Begins</div> <div>Mardi Gras</div> <div>Chinese New Year (Year of the Horse)</div> <div>17</div>	<div>9:30 Exercise</div> <div>10:00 Flower Wreaths</div> <div>12:30 Trivia</div> <div>2:00 Bingo</div> <div>3:30 Chair Yoga</div> <div>18</div>	<div>9:30 Exercise</div> <div>10:00 Creative Coloring</div> <div>1:00 Ring Toss</div> <div>2:30 Chair Zumba</div> <div>3:00 Singalong</div> <div>19</div>	<div>9:30 Exercise</div> <div>10:30 Radio Show</div> <div>1:00 Watercolor Painting</div> <div>2:00 Milkshake Social &amp; Music With Paul</div> <div>3:30 Sit and Be Fit</div> <div>20</div>	<div>9:30 Exercise</div> <div>10:00 Creative Coloring</div> <div>1:00 Trivia Time</div> <div>2:00 Ring Toss</div> <div>3:00 Name That Tune</div> <div>21</div>
<div>9:30 Exercise</div> <div>10:00 Spiritual Eldercare</div> <div>1:00 Noodle Ball</div> <div>2:00 Puzzle Corner</div> <div>3:00 Before Dinner Stretch</div> <div>22</div>	<div>9:30 Exercise</div> <div>10:00 Scenic Drive</div> <div>1:00 Armchair Travels</div> <div>2:00 Coffee Cart</div> <div>3:30 Before Dinner Stretch</div> <div>23</div>	<div>9:30 Exercise</div> <div>10:30 Noodle Ball</div> <div>1:00 Spiritual Hour</div> <div>2:00 Making Jello Salad</div> <div>3:30 Sit and Be Fit</div> <div>24</div>	<div>9:30 Exercise</div> <div>10:00 Q-Tip Dot Art</div> <div>12:30 Trivia</div> <div>2:00 Bingo</div> <div>3:30 Chair Yoga</div> <div>25</div>	<div>9:30 Exercise</div> <div>10:00 Creative Coloring</div> <div>1:00 Ring Toss</div> <div>2:30 Chair Zumba</div> <div>3:00 Singalong</div> <div>26</div>	<div>9:30 Exercise</div> <div>10:30 Radio Show</div> <div>1:00 Watercolor Painting</div> <div>2:00 Hot Cocoa Social</div> <div>3:30 Sit and Be Fit</div> <div>27</div>	<div>9:30 Exercise</div> <div>10:00 Creative Coloring</div> <div>1:00 Trivia Time</div> <div>2:00 Ring Toss</div> <div>3:00 Name That Tune</div> <div>28</div>