

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2026



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