

February

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:00-Light & Lively (AR)	9:00-Light & Lively (AR) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR) 10:00-Fitness Class (LV) 2:00-Juice Bar (B) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR) 10:00-Balance Class (TR) 1:00-Hand Massage (B)	9:00-Light & Lively (AR) 10:00-Gym Visits (LV) 11:00-1on1 Visits 1:00-QiGong (TR) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR)	9:00-Light & Lively (AR)
8	9	10	11	12	13	14
9:00-Light & Lively (AR)	9:00-Light & Lively (AR) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR) 10:00-Fitness Class (LV) 2:00-Juice Bar (B) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR) 10:00-Balance Class (TR) 1:00- Heart Health Exercise (TR)	9:00-Light & Lively (AR) 10:00-Gym Visits (LV) 11:00-1on1 Visits 1:00-QiGong (TR) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR) 1:30-3:00- Karaoke w/Jana (TR)	9:00-Light & Lively (AR)
15	16	17	18	19	20	21
9:00-Light & Lively (AR)	9:00-Light & Lively (AR) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR) 10:00-Fitness Class (LV) 2:00-Juice Bar (B) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR) 10:00-Balance Class (TR) 1:00-Hand Massage (B)	9:00-Light & Lively (AR) 10:00-Fitness Class (LV) 11:00-1on1 Visits 1:00-QiGong (TR) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR)	9:00-Light & Lively (AR)
22	23	24	25	26	27	28
9:00-Light & Lively (AR)	9:00-Light & Lively (AR) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR) 10:00-Fitness Class (LV) 2:00-Juice Bar (B) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR)	9:00-Light & Lively (AR) 10:00-Fitness Class (LV) 11:00-1on1 Visits 1:00-QiGong (TR) 3:30-Music & Movement (LV)	9:00-Light & Lively (AR)	9:00-Light & Lively (AR)

