

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

Sierra Del Sol The Lodge

<p>9:00 Virtual Sunday Non-Denominational Church Service 10:00 Snack & Hydration 11:00 Towel Sorting 11:45 Namaste- Aromatherapy 2:15 Linda Updike Sing Along in The Lodge 3:00 Let's Color!</p> <p>Tu B'Shevat Begins</p>	<p>1 9:30 Morning Stretch & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Making Valentine Day Cards 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Yoga w/ Myrlene from Steel Feathers 3:00 Popping Popcorn & A Movie: Cheaper by the Dozen</p> <p>Groundhog Day</p>	<p>2 9:30 Chair Chi 10:30 Music, Tea, Cocoa & Coffee 11:00 Current Events & Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 February Jeopardy 2:00 Snack & Hydration 3:00 Painting & Music 4:00 Travel Series w/ Rick Steves: Poland 6:00 Word Search in the Enclave</p>	<p>3 9:30 Rhythm & Move Drumming 10:00 Snack, Hydration & Music 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from Steel Feathers 1:15 Flower Arranging 2:00 Pet Therapy Visit w/ Lilith the Cat 3:00 Littlest Big Band 4:00 Enchanted Water Ways: Oceans 6:00 Coloring in the Activity Room</p>	<p>4 9:00 Morning Outdoor Walk 10:00 Snack & Hydration 10:30 Minute to Win It Olympic Games 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:00 Ice Cream Cones at Dairy Queen 4:00 Puzzles in the Activity Room 6:00 Thursday Night Movie: Princess Bride</p>	<p>5 9:30 Easy Cardio w/ Katie 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 12:00 2026 Milan Cortina Winter Olympics Open Ceremony 1:30 Sing Along w/ MaryAnne 3:00 Social: Fresh Fruit 4:00 Crossword Puzzles</p>	<p>6 9:30 Morning Stretch 10:00 Snack & Hydration 10:30 Sticker by Numbers 11:00 Namaste- Aromatherapy Hand Massage 1:30 UNO! 2:00 Afternoon Snack 3:00 Join Us for Family Bingo! 4:00 Concert: Barry Manilow: The Greatest Hits and Then Some 6:00 Word Search in the Enclave</p>
<p>9:00 Virtual Sunday Non-Denominational Church Service 10:00 Snack & Hydration 11:00 Tile Sorting 11:45 Namaste- Aromatherapy 2:00 Church Service w/ Faith Community Church 4:30 Super Bowl 5:00 Super Bowl Dinner</p>	<p>8 9:30 Morning Stretch & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Sing Along w/ Katie 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Yoga w/ Myrlene from Steel Feathers 3:00 Popping Popcorn & A Movie: Free Willy</p>	<p>9 9:30 Chair Chi 10:30 Music, Tea, Cocoa & Coffee 11:00 Current Events & Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 Creative Crafting Club 2:00 Snack & Hydration 3:00 Painting & Music 4:00 Travel Series w/ Rick Steves: Iceland 6:00 Word Search in the Enclave</p>	<p>10 9:30 Rhythm & Move Drumming 10:00 Snack, Hydration & Music 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from Steel Feathers 1:15 Flower Arranging 2:00 Pet Therapy Visit w/ Lilith the Cat 2:30 Sing Along w/ Linda Updike 4:00 Enchanted Water Ways: Coasts 6:00 Coloring in the Activity Room</p>	<p>11 9:00 Morning Outdoor Walk 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Baking Decorating Valentine Day Cookies 4:00 Puzzles in the Activity Room 6:00 Thursday Movie: White Fang</p>	<p>12 9:30 Easy Cardio w/ Katie 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 1:30 Noodleball 2:30 Resistance Training w/ Myrlene From Steel Feathers 3:00 Social: Ice Cream Sundae Bar 4:00 Crossword Puzzles</p>	<p>13 9:30 Morning Stretch 10:00 Snack & Hydration 10:30 Reminiscing First Loves 11:00 Namaste- Aromatherapy Hand Massage 1:30 Movin and Groovin w/ Love 2:00 Cream Filled Chocolate Day, Can You Guess The Chocolate? 3:00 Special Valentine's Performance by Adkins and Anderson 4:00 Concert: John Williams & Steven Spielberg's Star Wars</p>
<p>9:00 Virtual Sunday Non-Denominational Church Service 10:00 Snack & Hydration 11:00 Towel Sorting 11:45 Namaste- Aromatherapy 1:30 Let's Color! 3:00 Lance Well on Guitar & Piano</p>	<p>15 9:30 Morning Stretch & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Creative Crafting Club 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Yoga w/ Myrlene from Steel Feathers 3:00 Popping Popcorn & A Movie: The Love Bug</p> <p>Presidents' Day (U.S.)</p>	<p>16 9:30 Chair Chi 10:30 Music, Tea, Cocoa & Coffee 11:00 Current Events & Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 Fun Facts Trivia 2:00 Snack & Hydration 3:00 Painting & Music 4:00 Travel Series w/ Rick Steves: London</p> <p>Ramadan Begins</p>	<p>17 9:30 Rhythm & Move Drumming 10:00 Snack, Hydration & Music 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from Steel Feathers 1:15 Flower Arranging 2:00 Pet Therapy Visit w/ Lilith the Cat 3:00 Wild Bill, the Singing Guitar Man 4:00 Enchanted Water Ways: Rivers 6:00 Coloring in the Activity Room</p>	<p>18 9:00 Morning Outdoor Walk 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Baking Strawberry Muffins 4:00 Puzzles in the Activity Room 6:00 Thursday Night Movie: Inspector Gadget</p>	<p>19 9:30 Easy Cardio w/ Katie 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 1:30 Bean Bag Knock Out 2:30 Resistance Training w/ Myrlene From Steel Feathers 3:00 Happy Hour w/ Banjo Doug 4:00 Crossword Puzzles</p>	<p>20 9:30 Morning Stretch 10:00 Snack & Hydration 10:30 Sticker By Numbers 11:00 Namaste- Aromatherapy Hand Massage 1:30 Uno! 2:00 Celebrating Hershey Chocolate & Fun Facts 3:00 Join Us for Family Bingo! 4:00 Concert: Barbra Streisand: One Voice 6:00 Word Search in the Enclave</p>
<p>9:00 Virtual Sunday Non-Denominational Church Service 10:00 Snack & Hydration 11:00 Tile Sorting 11:45 Namaste- Aromatherapy 2:00 Church Service w/ Faith Community Church 3:00 Let's Color!</p>	<p>22 9:30 Morning Stretch & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Sing Along w/ Katie 11:30 Namaste- Aromatherapy 2:00 Bingo 2:30 Yoga w/ Myrlene from Steel Feathers 3:00 Popping Popcorn & A Movie: George of the Jungle</p>	<p>23 9:30 Chair Chi 10:30 Music, Tea, Cocoa & Coffee 11:00 Current Events & Daily Chronicles 11:45 Namaste- Aromatherapy 2:00 Rise and Sign: "Love" 1:30 Creative Crafting Club 2:00 Snack & Hydration 3:00 Birthday Party 4:00 Travel Series w/ Rick Steves: The Best of Southern Spain 6:00 Word Search in the Enclave</p>	<p>24 9:30 Rhythm & Move Drumming 10:00 Snack, Hydration & Music 11:30 Yoga w/ Myrlene from Steel Feathers 1:15 Flower Arranging 2:00 Pet Therapy Visit w/ Lilith the Cat 3:00 Manny Herrera, Classic Crooner 4:00 Enchanted Water Ways: Lakes 6:00 Coloring in the Activity Room</p>	<p>25 9:00 Morning Outdoor Walk 9:00 Tucson Rodeo Parade w/ Coffee & Donuts 10:30 Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 3:00 Western Root Beer Floats 4:00 Puzzles in the Activity Room 6:00 Thursday Movie: The Parent Trap</p>	<p>26 9:30 Easy Cardio w/ Katie 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 1:30 Bean Bag Toss 2:30 Resistance Training w/ Myrlene From Steel Feathers 3:00 Social: Wine & Cheese 4:00 Crossword Puzzles</p>	<p>27 9:30 Morning Stretch 10:00 Snack & Hydration 10:30 Creative Coloring 11:00 Namaste- Aromatherapy Hand Massage 1:30 Shuffle & Play Card Games 2:00 Appreciate a Friend: Little Acts of Kindness 3:00 Join Us for Family Bingo! 4:00 Concert: Kenny, Dolly & Willie: Something Inside So Strong 6:00 Word Search in the Enclave</p>

Schedule is Subject to change. For the most updated information please see Activity Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710