

StoryPoint Birmingham		Febaury 2026					Activities are subject to change	
Memory Care		Life Enrichment Monthly Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 10:00 Streaming Mass (TL) 10:30 Circle Of Stretch (TL) 1:00 Balloon Ball (FS) 2:00 Hydration & Icebreakers 3:00 Story Time (DR)	Groundhog Day 2 10:00 Morning Stretch (TL) 11:00 Coffee & Tea Conversation (DR) 1:30 Dance Party (FS) 2:00 Hydration & Icebreakers 3:00 Table Games (DR)	3 10:00 Move & Groove (TL) 11:00 Sing Fit (FS) 1:30 Art Hour (DR) 2:00 Hydration & Icebreakers 3:00 Bowling (FS) 5:30 Movie Night (TL)	4 10:00 Fitness Fun (TL) 11:00 Music & Volleyball (FS) 1:00 Dog Visit - Gemma 1:30 Puzzles & Coloring 2:00 Hydration & Icebreakers 3:00 Trivia (DR)	5 10:00 Chair Yoga (TL) 11:00 Brain Games (FS) 1:30 Outing - Starbucks 2:00 Hydration & Icebreakers 3:00 Popcorn Bar Party (DR) 5:30 Book Club (IE)	6 10:00 Stretch & Smile (TL) 11:00 Ring Toss (FS) 1:30 Bingo (DR) 2:00 Hydration & Icebreakers 3:00 Sweet Heart Happy Hour (DR)	7 10:00 Sit & Fit (TL) 11:15 Book Club (IE) 1:00 Walking Club 2:00 Hydration & Icebreakers 3:00 Snack & Chat (DR)		
8 10:00 Streaming Mass (TL) 10:30 Circle Of Stretch (TL) 1:30 Balloon Ball (FS) 2:00 Hydration & Icebreakers 3:00 Story Time (DR) 5:30 Superbowl Dance Party	‘All About Love’ Day 9 10:00 Morning Stretch (TL) 11:00 Music & Meditation 1:30 Love Letter Station (FS) 2:00 Hydration & Icebreakers 3:00 Jenga (DR)	Friendship & Kindness 10 10:00 Move & Groove (TL) 11:00 Toss & Talk Ball (FS) 1:30 Outing - Tropical Smoothie 2:00 Hydration & Icebreakers 3:00 Floral Arrangements (DR) 5:30 Movie Night (TL)	Red Pink & White Day 11 10:00 Fitness Fun (TL) 11:00 Sensory Play (FS) 1:00 Pooch & Smooch - Abby 2:00 Hydration & Icebreakers 3:00 Pruzzles & Coloring (DR)	Sweet Treat Day 12 10:00 Chair Yoga (TL) 11:00 Social Hour (DR) 1:30 Live Entertainment w/ Lynn (DR) 2:00 Hydration & Icebreakers 3:00 Sweet Treat Social (FS) 5:30 Book Club (IE)	Glam Family Day 13 10:00 Stretch & Smile (TL) 11:00 Dance Party (FS) 1:00 Beats w/ Ben (DR) 2:30 Glam Photoshoot (DR) 3:00 Painting With A Twist Happy Hour (DR)	Valentine’s Day 14 10:00 Sit & Fit (TL) 11:15 Book Club (IE) 1:00 Walking Club 2:00 Live Entertainment w/ Henrik (DR) 3:00 Snack & Chat (DR)		
15 10:00 Streaming Mass (TL) 10:30 Circle Of Stretch (TL) 1:00 Balloon Ball (FS) 2:00 Hydration & Icebreakers 3:00 Story Time (DR)	President’s Day 16 10:00 Morning Stretch (TL) 11:00 Coffee & Tea Conversation (DR) 1:30 Dance Party (FS) 2:00 Hydration & Icebreakers 3:00 Table Games (DR)	17 10:00 Move & Groove (TL) 10:45 Live Entertainment (DR) 1:30 Art Hour (DR) 2:00 Hydration & Icebreakers 3:00 Community Tie Dye (DR) 5:30 Movie Night (TL)	18 10:00 Fitness Fun (TL) 11:00 Music & Volleyball (FS) 1:00 Dog Visit - Gemma 1:30 Puzzles & Coloring 2:00 Hydration & Icebreakers 3:00 Culinary Showcase (DR)	19 10:00 Chair Yoga (TL) 11:00 Brain Games (FS) 1:30 Outing - Cranbrook Museum (DR) 2:00 Hydration & Icebreakers 3:00 Popcorn Party (DR) 5:30 Book Club (IE)	20 10:00 Stretch & Smile (TL) 11:00 Ring Toss (FS) 1:00 Live Entertainment (DR) 2:00 Hydration & Icebreakers 3:00 Motown Happy Hour (DR)	21 10:00 Sit & Fit (TL) 11:15 Book Club (IE) 1:00 Walking Club 2:00 Hydration & Icebreakers 3:00 Snack & Chat (DR)		
22 10:00 Streaming Mass (TL) 10:30 Circle Of Stretch (TL) 12:30 Balloon Ball (FS) 2:00 Hydration & Icebreakers	23 10:00 Morning Stretch (TL) 11:00 Music & Meditation 1:30 Kick Volleyball (FS) 2:00 Hydration & Icebreakers 3:00 Jenga (DR)	24 10:00 Move & Groove (TL) 11:00 Social Hour (TL) 1:30 Water Paint Class 2:00 Hydration & Icebreakers 3:00 Ice Cream Social (DR) 5:30 Movie Night (TL)	25 10:00 Fitness Fun (TL) 11:00 Sensory Play (FS) 1:00 Dog Visit - Abby 1:30 Puzzles & Coloring (FS) 2:00 Hydration & Icebreakers 3:00 Baking Club (DR)	26 10:00 Chair Yoga (TL) 11:00 Outing - Coney Island 1:30 Karaoke Sing Along (TL) 2:00 Hydration & Icebreakers 3:00 Word Games (FS) 5:30 Book Club (IE)	27 10:00 Stretch & Smile (TL) 11:00 Aromatherapy (FS) 1:30 Name That Tune (TL) 2:00 Hydration & Icebreakers 3:00 Hot Coco & Cookies (DR)	28 10:00 Sit & Fit (TL) 11:15 Book Club (IE) 1:00 Walking Club 2:00 Hydration & Icebreakers 3:00 Snack & Chat (DR)		
Calender Key: DR - Dining Room FS - Four Seasons TL - Tv Lounge		CY – Courtyard IE - Interactive Environment		[Other]	[Other]	[Other]		