

Week 1-2 | February 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Catholic Mass A 2:00 Worship Service with Rev. Mak Kneebone and Pianist Carol DeRuiter - Epiphany 4 - Communion A 6:00 Cookies and Conversation L 7:00 Movie: The Water Horse: Legend of the Deep A (N)	2 9:00 Stretch and Tone WA 9:30 Balance Class WA 9:30 *Stained Glass Class with Bill AS 10:00 Reminiscence Writing Class AR 10:00 West Main Shopping Loop O 1:00 Spiritual Life Committee Meeting AR 1:30 Parcheesi with Adrian GR 2:00 Brain Games AR 3:00 Great Courses Documentary: Crashes and Crises D 3:00 Scones and Green Juice with Ken AR 7:00 Bingo A	3 9:00 Stretch and Tone WA 9:30 Punch Out Parkinson's WA 10:00 2026 Gilmore International Piano Festival A Presentation 10:00 Gentle Yoga with Karen D 10:45 Shavasana D 1:00 Chair Yoga WA 1:30 Volleyball WA 2:00 National Carrot Cake Day AR 2:30 Hand Jive WA 3:00 Great Courses: The Middle East in the 20th Century D 6:30 Game Night GR / Euchre with Jim Hoppe D	4 9:00 Stretch and Tone WA 9:30 Balance Class WA 10:00 Big Shopping Loop O 10:00 Catholic Mass MR 10:30 Hospitality/ Ambassador Committee Meeting AR 1:15 Activities Committee Meeting AR 1:30 MahJongg with Gail GR 2:00 Heart Health with Monica A 4:00 Dinner Outing: Casa Real in Otsego O 6:00 Big Furry Friends EL 3 / 6:30 EL I	5 9:00 Stretch and Tone WA 9:30 Punch Out Parkinson's WA 10:00 Gentle Yoga with Karen D 10:45 Shavasana D 1:00 Blood Pressure Clinic with CorsoCare EL 1:00 Chair Yoga WA 1:30 Volleyball WA 2:30 Hand Jive WA 3:00 Current Event Discussion Group with Jim Smith AR 3:00 Name That Tune D 6:30 Game Night GR / Poker Night with Jim McGuire D	6 9:00 Stretch and Tone WA 9:30 Balance Class WA 9:30 Pickers O 10:00 Rosary MR 1:30 Sit and Stitch with Marion AR 1:30 Parcheesi with Adrian GR 3:30 - 4:00 Happy Hour L 5:00 - 5:30 Happy Hour L 7:00 Movie: Despicable Me 1 D (N)	7 10:00 Gentle Yoga with Karen D 10:45 Shavasana D 1:00 Nordic Walking Club with Carol Alfoldy FR 3:00 The Great Courses Travels with Darley: Martinique Adventures and Hong Kong Urban Adventures #1 & 2 A 7:00 Movie: Fury A (N)
8 10:00 Catholic Mass A 2:00 Worship Service with Rev. Pat Irvine and Pianist Tim Doorlag - Epiphany 5 A 5:30 Super Bowl Party A 6:00 Cookies and Conversation L 6:30 Super Bowl Game A	9 9:00 Stretch and Tone WA 9:30 Punch Out Parkinson's WA 10:00 Gentle Yoga with Karen D 10:30 National Cherry Pie Day AR 10:45 Shavasana D 1:00 Chair Yoga WA 1:30 Volleyball WA 2:30 Hand Jive A 3:00 Resident Council Meeting RC 3:00 Great Courses: The Middle East in the 20th Century D 6:30 Game Night GR / Euchre with Jim Hoppe D	10 9:00 Stretch and Tone WA 9:30 Balance Class WA 10:00 Big Shopping Loop O 10:00 Catholic Mass MR 10:00 Staying on Your Feet with Rachel: Fall Risk Screening 12:00 Lunch and Learn: Calligraphy Demonstration, History and More with Judy Kechel A 1:00 Gallery Opening AG 1:30 MahJongg with Gail GR 2:30 National Peppermint Patty Day AR 6:30 Diane and Lisa Concert A	11 9:00 Stretch and Tone WA 9:30 Balance Class WA 10:00 Big Shopping Loop O 10:00 Catholic Mass MR 10:00 Staying on Your Feet with Rachel: Fall Risk Screening 12:00 Lunch and Learn: Calligraphy Demonstration, History and More with Judy Kechel A 1:00 Gallery Opening AG 1:30 MahJongg with Gail GR 2:30 National Peppermint Patty Day AR 6:30 Diane and Lisa Concert A	12 9:00 Stretch and Tone WA 9:30 Punch Out Parkinson's WA 10:00 Gentle Yoga with Karen D 10:45 Shavasana D 1:00 Blood Pressure Clinic with CorsoCare EL 1:00 Chair Yoga WA 1:30 Volleyball WA 2:30 IT at a Glance with Kelvin GR 2:30 Hand Jive A 3:00 Name That Tune A 6:30 Game Night GR / Poker Night with Jim McGuire D	13 9:00 Breakfast Outing O 9:00 Stretch and Tone A 9:30 Balance Class A 10:00 Rosary MR 1:00 Card Making with Nancy AR 1:30 Parcheesi with Adrian GR 3:00 Volleyball Tournament: Spikers, WMU, KVCC WA 3:00 Happy Hour A 7:00 Movie: Despicable Me 2 A (N)	14 Valentines' Day 10:00 Gentle Yoga with Karen D 10:45 Shavasana D 1:00 Nordic Walking Club with Carol Alfoldy FR 3:00 Oliver Mar, Stulberg Bronze Medal Winner with Students of Grace Field A 7:00 Movie: Justin Willman: Magic Lover A (N)

Calender Key:
A - Auditorium
AG - Art Gallery

AR - Activity Room
AS - Art Studio
C - CorsoCare Office

D - Den
DR - Dining Room
EA - East Atrium

FR - Fitness Room
GR - Game Room
L - Lobby

LC - Lower Courtyard
MA - Market Area
MR - Meditation Room

O - Outside/Outing
P - Parking Area
Continued on other side

Week 3-4 | February 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 10:00 Catholic Mass A 2:00 Worship Service with Rev. Carla Gillespie and Pianist Pat Irvine - Epiphany 6 A 6:00 Cookies and Conversation L 7:00 Movie: Society of the Snow A (N)	16 9:00 Stretch and Tone A 9:30 Balance Class A 9:30 *Stained Glass Class with Bill Urfer AS 10:00 Reminiscence Writing Class AR 10:00 W. Main Shopping Loop O 1:30 Parcheesi with Adrian Eisenlord GR 2:00 Brain Games AR 3:00 Great Courses Documentary: Crashes and Crises A 3:00 National Presidents' Day Celebration AR 7:00 Bingp A	17 9:00 Stretch and Tone WA 9:30 Punch Out Parkinson's WA 10:00 Gentle Yoga with Karen D 10:45 Shavasana D 1:00 Chair Yoga WA 1:30 Volleyball WA 2:00 February Birthday Party MA 2:30 Hand Jive A 3:00 Great Courses: The Middle East in the 20th Century A 6:30 Game Night GR / Euchre with Jim Hoppe D	18 9:00 Stretch and Tone A 9:30 Balance Class A 10:00 Big Shopping Loop O 10:00 Catholic Mass MR 10:30 Cooking with Molli AR 1:30 MahJongg with Gail GR 2:00 Brain Games AR 3:00 Ash Wednesday Service with Rev. Mike VandenBerg A 6:00 Big Furry Friends EL 3 / 6:30 EL I 7:00 A Little Evening Music with Larry Smith: "Love Tunes" A	19 9:00 Stretch and Tone WA 9:30 Punch Out Parkinson's WA 10:00 Quarterly Resident Meeting A 11:00 Gentle Yoga with Karen D 11:45 Shavasana D 1:00 Blood Pressure Clinic with CorsoCare EL 1:00 Chair Yoga WA 1:30 Volleyball WA 2:00 National Chocolate Souffle Day AR 2:30 Hand Jive WA 3:00 Current Events Discussion Group with Jim Smith AR 3:00 Name That Tune A 6:30 Game Night GR / Poker Night with Jim McGuire D	20 9:00 Stretch and Tone WA 9:30 Balance Class WA 10:00 Rosary MR 1:30 WMU PT Presentation: Mild Traumatic Brain Injury and Fall Prevention 1:30 Sit and Stitch with Marion AR 3:00 The Great Courses Travels with Darley: Illinois: Ottawa & Beyond and West Virginia Adventures #5 & 6 A 6:45 Miller Auditorium KSO Mahler's Third Symphony O 7:00 Movie: Despicable Me 3 A (N)	21 10:00 Gentle Yoga with Karen D 10:45 Shavasana D 1:00 Nordic Walking Club with Carol Alfoldy FR 1:00 - 4:00 Sit and Stitch with Marion AR 3:00 The Great Courses Travels with Darley: Illinois: Ottawa & Beyond and West Virginia Adventures #5 & 6 A 6:45 Miller Auditorium KSO Mahler's Third Symphony O 7:00 Movie: Hold the Dark A (N)
22 10:00 Catholic Mass A 1:15 Kalamazoo Civic Theatre: Dog Fight O 2:00 Worship Service with Rev. Alec Thies and Pianist Jerry Doorlag - Lent I 6:00 Cookies and Conversation L 7:00 Movie: Carmelo A (N)	23 9:00 Stretch and Tone A 9:30 Balance Class A 9:30 *Stained Glass Class with Bill Urfer AS 10:00 Reminiscence Writing Class AR 10:00 W. Main Shopping Loop O 1:30 Newline Committee Meeting AR 1:30 Parcheesi with Adrian Eisenlord GR 2:00 Brain Games D 3:00 Great Courses Documentary: Crashes and Crises A 3:00 National Banana Bread Day Celebration MA 6:30 Ukraine Presentation with Pastor Bret Laird A	24 9:00 Stretch and Tone WA 9:30 Punch Out Parkinson's WA 10:00 Gentle Yoga with Karen D 10:45 Shavasana D 1:00 Chair Yoga WA 1:30 Volleyball WA 2:30 Popcorn Party with Bill and Rollie MA 2:30 Hand Jive A 3:00 Great Courses: The Middle East in the 20th Century A 6:30 Game Night GR / Euchre with Jim Hoppe D	25 9:00 Stretch and Tone A 9:30 Balance Class A 10:00 Big Shopping Loop O 10:00 Catholic Mass MR 12:00 - 3:30 pm Lunch and Casino Outing: Gun Lake Casino O 1:30 MahJongg with Gail GR 2:00 Brain Games AR 6:30 Double Play Flute and Tuba Duo A	26 9:00 Stretch and Tone WA 9:30 Punch Out Parkinson's WA 10:00 Gentle Yoga with Karen D 10:45 Shavasana D 1:00 Blood Pressure Clinic with CorsoCare EL 1:00 Chair Yoga WA 1:30 Volleyball WA 2:30 Hand Jive WA 3:00 Name That Tune AR 3:00 - 3:30 Cardio Drumming and Chair Tap with Judie McKercher A 6:30 Game Night GR / Poker Night with Jim McGuire D	27 9:00 Stretch and Tone A 9:30 Balance Class A 10:00 Rosary MR 10:30 National Chili Day AR 1:00 Volunteer at Loaves and Fishes O 1:00 Card Making with Nancy AR 1:30 Parcheesi with Adrian GR 3:00 Happy Hour A 7:00 Movie: Hold the Dark A (N)	28 10:00 Gentle Yoga with Karen D 10:45 Shavasana D 1:00 Nordic Walking Club with Carol Alfoldy FR 1:45 WMU Men's Basketball Game vs Miami O 3:00 The Great Courses Travels with Darley: France's Western Front, Part I & Part 2 (#7 & 8) A 7:00 Movie: 14 Peaks: Nothing is Impossible A (N)
Super Bowl Sunday, February 8 in the Auditorium - 5:30 pm BYOB and a snack. The games kicks off at 6:30 pm. Pastor Bret Laird from Calvary Bible Church and a Ukrainian Pastor friend who has been deeply involved in war and refugee ministries will present on Monday, February 23 rd at 6:30 pm.	*Stained Glass Class with Bill Urfer in the Art Studio is by appointment. Please contact Bill. <u>Monday Documentary 3:00 pm Auditorium</u> Crashes and Crises: Lessons from a History of Financial Disasters Learn the lessons of history's greatest financial scams and disasters. An award-winning economist shows that forewarned is forearmed.	<u>Tuesday Documentary 3:00 pm Auditorium</u> The Middle East in the 20th Century Gain insight into the history of one of the most complicated yet consequential regions in our world today.	"For the Love of Your Heart" Join Monica and special guest, Theresa Wilbur RN, for a fun and informative talk on heart health! We'll cover what heart health includes, easy ways to support a healthy heart, and key differences between men's and women's heart health. Learn practical tips and helpful insights to keep your heart strong and thriving at any age.	"Get the beat with your hands and your feet". Class is the fourth Thursday of every month at 3:00, in the auditorium beginning on February 26. Cardio drumming will take place the first 20 minutes followed with 10 minutes of chair tap dancing.	Loaves and Fishes volunteer date is one week later this month. Mark your calendars for Friday, February 27th. <u>March 25th Book Club</u> We're reading The Storied Life of AJ Fikry by Gabriel Zevin. Sign up at the Front Desk to attend.	On Saturday, February 14, join Stulberg Bronze Medalist, Oliver Mar and the students of Grace Field for an afternoon performance followed by refreshments.

Calender Key:
 RC - Resident Conference Room

UC - Upper Courtyard
 WA - West Atrium
 WS - Woodshop

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 Senior Living