

February 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Grab and Go Morning Chronicles 2:00pm - Word Puzzles 5:00pm Relaxation Hour and Aroma Therapy	2 10:00am:MCA Daily Chronicles Knowledge Journey 11:20am MCB Daily Chronicles Knowledge Journey 12:30pm Lunch 2:00pm - Spa Day 5:00pm - Soothing Music Hour and Aroma Therapy	3 10:15am Tea Time 11:30 Post Tea Time Chronicles 2:00pm - Outing! 5:00pm - Soothing Music Hour and Aroma Therapy	4 10:00am:MCA Daily Chronicles Learn About: Pop Culture 11:20am MCB Daily Chronicles Learn About: Pop Culture 12:30pm Lunch 2:00pm - Happy Hour 5:00pm - Soothing Music Hour and Aroma Therapy	5 10:00am:MCA Daily Chronicles Music Appreciation 11:20am MCB Daily Chronicles Music Appreciation 12:30pm Lunch 2:00pm - SingFit Music Program 3:00pm - one-on-ones 5:00pm - Wine and Wind Down	6 10:30am - Cardio Drumming 11:10am - I-Is 2:00pm - Friday Film 5:00pm - Soothing Music Hour and Aroma Therapy	7 10:30am - Chronicles and Knowledge Journey Playlist 2pm Saturday Cinema 2:30pm Mobile Cart 5:00pm Relaxation Hour and Aroma Therapy
8 Grab and Go Morning Chronicles 2:00pm - Word Puzzles 5:00pm Relaxation Hour and Aroma Therapy	9 10:00am:MCA Daily Chronicles Knowledge Journey 11:20am MCB Daily Chronicles Knowledge Journey 12:30pm Lunch 2:00pm - Ben Rosales Performance 5:00pm - Soothing Music Hour and Aroma Therapy	10 10:00am:MCA Daily Chronicles Word Games 11:20am MCB Daily Chronicles Word Games 12:30pm Lunch 2:00pm - Outing 5:00pm - Book Club	11 10:00am:MCA Daily Chronicles Learn About: Pop Culture 11:20am MCB Daily Chronicles Learn About: Pop Culture 12:30pm Lunch 2:00pm - Happy Hour 5:00pm - Soothing Music Hour and Aroma Therapy	12 10:00am:MCA Daily Chronicles Guess the Song 11:20am MCB Daily Chronicles Guess the Song 12:30pm Lunch 2:00pm - Happy Hour 5:00pm - Manicures 5:00pm - Symphony and Settle	13 10:30am - Cardio Drumming 11:10am - I-Is 2:00pm - Valentines Day Social 5:00pm - Soothing Music Hour and Aroma Therapy	14 Valentines Day 10:30am - Chronicles and Knowledge Journey Playlist 2:00 - Saturday Cinema 2:30 - Mobile Cart 5:00pm Relaxation Hour and Aroma Therapy
15 Grab and Go Morning Chronicles 2:00pm - Word Puzzles 5:00pm Relaxation Hour and Aroma Therapy	16 President's Day 10:00am:MCA Daily Chronicles Balloon Ball 11:20am MCB Daily Chronicles Balloon Ball 12:30pm Lunch 2:00pm - Bowling 5:00pm - Soothing Music Hour and Aroma Therapy	17 Lunar New Year 10:00am:The music Man Performance 11:00 post music Chronicles 12:30pm Lunch 2:00pm - Outing 5:00pm - Wine and Wind Down	18 10:00am:MCA Daily Chronicles Learn About: History 11:20am MCB Daily Chronicles Learn About: History 12:30pm Lunch 2:00pm - Happy Hour 5:00pm - Soothing Music Hour and Aroma Therapy	19 10:00am:MCA Daily Chronicles Sing-a-Long 11:20am MCB Daily Chronicles Sing-a-Long 12:00: resident council 12:30pm Lunch 2:00pm - SingFit Music Program 3:00pm - one-on-ones 5:00pm - Hand Massages	20 10:30am - Cardio Drumming 11:10am - I-Is 2:00pm - Foodie Friday 5:00pm - Soothing Music Hour and Aroma Therapy	21 10:30am - Chronicles and Knowledge Journey Playlist 2pm Saturday Cinema 2:30pm Mobile Cart 5:00pm Relaxation Hour and Aroma Therapy
22 10:30am - Grab and Go Chronicles 11:00 Online Church Service 2pm - Coloring Pages 5:00pm Relaxation Hour and Aroma Therapy	23 10:00am MCA Daily Chronicles Knowledge Journey 11:20am MCB Daily Chronicles Knowledge Journey 12:30pm Lunch 2:00pm - Manicures 5:00pm - Soothing Music Hour and Aroma Therapy	24 10:00am:MCA Daily Chronicles Name That Object 11:20am MCB Daily Chronicles Name That Object 12:30pm Lunch 2:00pm - Outing 5:00pm - Classical and Coco	25 10:00am:MCA Daily Chronicles Learn About: Science 11:20am MCB Daily Chronicles Learn About: Science 12:30pm Lunch 2:00pm - Happy Hour 5:00pm - Soothing Music Hour and Aroma Therapy	26 10:00am:MCA Daily Chronicles Who is that singing? 11:20am MCB Daily Chronicles Who is that singing? 12:30pm Lunch 2:00pm - SingFit Music Program 3:00pm - one-on-ones 5:00pm - Calming Teas	27 10:30am - Cardio Drumming 11:10am - I-Is 2:00pm - Cook with Arden 5:00pm - Soothing Music Hour and Aroma Therapy	28 10:30am - Chronicles and Knowledge Journey Playlist 2pm Saturday Cinema 2:30pm Mobile Cart 5:00pm Relaxation Hour and Aroma Therapy
						What happens during Knowledge Journey? We take stories from the daily chronicle that residents are interested in and learn more about it. Also during this time between stories we engage in a movement activity as well! (Such as yoga, stretches or Tai Chi)

Calender Key:
 CY- Courtyard
 B- Bistro
 C- Cafe

MC- Memory Care
 L - Library
 MR - Media Room
 AL - Assisted Living

AR - Activity Room in AL
 HS - Hair Salon
 Power Up w/ Power Back
 FP - Front Porch Portico

EL - Enhanced Living
 IL - Independend Living
 BP - Back Porch

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 Senior Living