

February 2026

Life Enrichment Monthly Calendar

See Daily Sheets for Details

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45a - Chair Stretches 10:30a - Sunday Church 10:45a- Crafter's Corner 1:45p- Create an invitation 3:15p- Matching Puzzles 6:15p - Wind Down Activities	2 Groundhog Day 9:45a- Groundhog Groove & Move 10:45a- Spot the Groundhog 2:00p- Weather Talk- Winter Vs Spring 3:30p- 6:15p - Wind Down Activities	3 Feed The Birds Day 9:45a - Early Bird Stretch 10:30a - Pastor Beagle 11:30a- Bingo 1:45p - Pine Cone Bird Feeders 3:15p - Pass the Ball 6:15p - Wind Down Activities	4 9:45a- Easy Tai Chi 10:30a - Snack Time 11:15a - Garden Club 2:00p - Exercise with Kaleigh 3:15p - What's in the Bag? 6:15p - Wind Down Activities	5 9:45a - Seated Cardio 10:15a - Rosary 10:45a - Finish the Phrase 1:30p - 1 st Floor Activity Cart 3:00p - Sock Sorting 4:00p - Scenic Drive 6:15p - Wind Down Activities	6 Olympic Opening Ceremonies 9:45a - Senior Olympic Spirit 10:30a- Opening Ceremony Watch & Talk 11:15a - Singalong with Susie Q 1:30p - Activity Cart 2 nd Floor - Olympic Torches 3:00p - Happy Hour 6:15p - Wind Down Activities	7 9:45a - Balance Exercises 11:00a - Therapy Dog Visit 1:45p - Find the Hearts 3:00p - Create a Card 6:15p - Wind Down Activities
8 Superbowl Sunday 9:45a - Football Throws 10:30a - Sunday Church 10:45a- Crafter's Corner 1:45p- Pass the Football 3:15p- Superbowl Snacks 6:15p - Wind Down Activities	9 9:45a- Easy Tai Chi 10:45a- Finish the Phrase 2:00p- Bracelet Making 3:30p- Board Games 6:15p - Wind Down Activities	10 9:45a - Chair Stretches 10:30a - Pastor Beagle 11:30a- Bingo 1:45p - Yarn Weaving 3:15p - Famous Faces of February 6:15p - Wind Down Activities	11 9:45a- Seated Cardio 10:30a - Snack Time 11:15a - Garden Club 2:00p - Exercise with Kaleigh 3:15p - Balloon Volleyball 6:15p - Wind Down Activities	12 9:45a - Balance Exercises 10:15a - Rosary 10:45a - List It: Candy Edition 1:30p - 1 st Floor Activity Cart 3:00p - Color without Borders 4:00p - Scenic Drive 6:15p - Wind Down Activities	13 9:45a - Cupid's Cardio 10:30a- Activity Cart 2 nd Floor - Valentine Cards 11:15a - Chocolate Brain Teasers 1:45p - Music Therapy with Stacy 3:00p - Valentine Happy Hour 6:15p - Wind Down Activities	14 Valentine's Day 9:45a - Sweetheart Stretch 10:30a - Love Song Singalong 12:00p- Valentine's Lunch 1:45p - Valentine's Color Sort 3:00p - Finish the Love Phrase 6:15p - Wind Down Activities
15 Nat'l Gumdrop Day 9:45a - Gumdrop Basket Toss 10:30a - Sunday Church 10:45a- Gumdrop Sorting 1:45p- Gumdrop Sculptures 3:15p- Balloon Volleyball 6:15p - Wind Down Activities	16 Olympic Week/ Presidents Day 9:45a- Go for the Gold Fitness 10:45a- Chair Bowling 2:00p- Name that President 3:30p- Medal Sorting 6:15p - Wind Down Activities	17 Chinese New Year 9:45a - Tai Chi 10:30a - Pastor Beagle 11:30a- Bingo 1:45p - Paper Lantern's 3:15p - Chinese Tea & Fortune Cookies 6:15p - Wind Down Activities	18 Ash Wednesday 9:45a- Silver Medal Movers 10:30a - Snack Time 11:15a - Garden Club 2:00p - Exercise with Kaleigh 3:15p - Olympic Rings Toss 6:15p - Wind Down Activities	19 9:45a - Olympic Fun & Fit 10:15a - Rosary 10:45a - Tool Inspection Station 1:30p - 1 st Floor Activity Cart 3:00p - Bean Bag Shot Put 4:00p - Scenic Drive 6:15p - Wind Down Activities	20 National Muffin Day 9:45a - Muffin Top Moves 10:30a- List It- Olympic Countries 11:00a - Therapy Dog Visit 1:00p - Frank Rossi 3:00p - Magna Tile Designs 6:15p - Wind Down Activities	21 9:45a - Chair Stretches 10:30a - List It- Olympic Countries 11:00a - Therapy Dog Visit 1:00p - Frank Rossi 3:00p - Magna Tile Designs 6:15p - Wind Down Activities
22 Olympic Closing Ceremonies 9:45a - Medal Moves 10:30a - Sunday Church 10:45a- Crafter's Corner 1:45p- Olympic Medal Ceremony 3:15p- Closing Ceremonies Watch & Talk 6:15p - Wind Down Activities	23 9:45a- Easy Tai Chi 10:45a- Match It Games 2:00p- Finish the Picture 3:30p- Coffee Filter Snowflakes 6:15p - Wind Down Activities	24 9:45a - Seated Cardio 10:30a - Pastor Beagle 11:30a- Bingo 2:00p- Johnny B Performs 3:15p - Finish the Phrase 6:15p - Wind Down Activities	25 9:45a- Chair Stretches 10:30a - Snack Time 11:15a - Garden Club 2:00p - Exercise with Kaleigh 3:15p - Magna Tile Designs 6:15p - Wind Down Activities	26 9:45a - Chair Yoga 10:15a - Rosary 10:45a - Flower Arranging 1:30p - 1 st Floor Activity Cart 3:00p - Find the Hearts 4:00p - Scenic Drive 6:15p - Wind Down Activities	27 Nat'l Polar Bear Day 9:45a - Arctic Dance 10:30a- Polar Bear Docs 11:15a - Singalong with Susie Q 1:30p - Activity Cart 2 nd Floor - Ice Painting 3:00p - Happy Hour - Snowy Pretzels 6:15p - Wind Down Activities	28 Nat'l Floral Design Day 9:45a - Flower Dance & Stretch 10:30a - Flower Arranging 1:45p - Create a Flower Crown 3:00p - Flower Match & Memory 6:15p - Wind Down Activities