

## February 2026

Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|--|---|
| 10:15 Catholic Communion<br>10:30 Sit & Be Fit<br>2:00 Church with Russ<br>3:00 Rolling & Strolling<br>6:15 Hand Massages With Essential Oils                         | Groundhog Day 2<br>10:30 Balloon Volleyball<br>1:00 Did Phil See His Shadow?<br>3:00 Lets Play Uno Attack!<br>6:15 Movie: Groundhog Day | 11:00 Sit & Be Fit 3<br>12:30 Music and Manicures<br>4:00 Valentines Day Cards to Families Craft<br>6:00 Music Night With Carol              | 11:00 Sit & Be Fit 4<br>1:30 Live Entertainment With Neil Hewitt<br>3:00 Cooking Club: Bread & Jam<br>6:15 Nature Night With Care Staff  | 11:00 Cardio Drumming 5<br>1:30 BINGO<br>3:00 Oldies Juke Box Hour<br>6:30 Towel Folding                       | 11:00 Chair Yoga 6<br>12:30 Lid Matching<br>2:00 Super Bowl Happy Hour: Lemonade<br>6:15 Sock Sorting                          | 11:00 Sit & Be Fit 7<br>12:30 Button Craft<br>3:00 Puzzle Time With Friends<br>6:15 Movie: The Sound Of Music                     |
| 10:15 Catholic Communion 8<br>10:30 Sit & Be Fit<br>2:00 2nd Sunday Church<br>3:00 Chit Chatting & Story Telling<br>6:15 Hand Massages With Essential Oils            | 10:30 Balloon Volleyball 9<br>1:00 Name That Tune<br>3:00 Valentines Trivia<br>6:15 Movie: Forest Gump                                  | Kathy's Birthday 10<br>11:00 Sit & Be Fit<br>1:00 Chocolate Tasting<br>4:00 Valentines Day Cookie Decorating<br>6:00 Dementia Support Group  | 11:00 Sit & Be Fit 11<br>1:30 Cupid's Mobile Cart<br>4:00 Would You Rather: Travel Addition<br>6:15 Nature Night With Care Staff   | 11:00 Cardio Drumming 12<br>1:30 BINGO<br>2:30 Live Entertainment With Paul Headly<br>6:30 Towel Folding       | 11:00 Chair Yoga 13<br>12:30 Valentines Day Craft<br>2:00 Valentines Day Happy Hour: Cupid Punch Mocktail<br>6:15 Sock Sorting | Valentines Day 14<br>11:00 Sit & Be Fit<br>12:30 Bouquet Bar<br>3:00 Lets Play Uno Attack<br>6:15 Movie: Second Hand Lions        |
| 10:15 Catholic Communion 15<br>10:30 Sit & Be Fit<br>2:00 Church Worship with John<br>3:00 Rolling & Strolling<br>6:15 Hand Massages With Essential Oils              | Presidents Day 16<br>10:30 Balloon Volleyball<br>1:00 Which President Are You?<br>3:00 Lets Play Uno Attack<br>6:15 Movie: Shrek        | Mardi Gras 17<br>11:00 Sit & Be Fit<br>12:30 Mardi Gras Bead Making<br>4:00 Mardi Gras Happy Hour: Fish Bowls<br>6:00 Music Night With Carol | Ash Wednesday Molly's Birthday 18<br>11:00 Sit & Be Fit<br>Ash Wednesday Service??<br>1:30 Live Entertainment With Neil Hewitt<br>3:00 Cooking Club: Smores Popcorn<br>6:15 Nature Night With Care Staff | 11:00 Cardio Drumming 19<br>1:30 BINGO<br>3:00 Live Entertainment With David Watson<br>6:30 Towel Folding      | 11:00 Chair Yoga 20<br>12:30 Indoor Bowling<br>2:00 Happy Hour: Virgin Strawberry Daiquiris<br>6:15 Sock Sorting               | 11:00 Sit & Be Fit 21<br>12:30 Protein Smoothies and Conversation<br>3:00 Puzzle Time With Friends<br>6:15 Movie: The Parent Trap |
| 10:15 Catholic Communion 22<br>10:30 Sit & Be Fit<br>2:00 Church Worship with Pastor Dave<br>3:00 Chit Chat & Story Telling<br>6:15 Hand Massages With Essential Oils | 10:30 Balloon Volleyball 23<br>1:00 Lets Play Go Fish<br>3:00 Puzzle Time With Friends<br>6:15 Movie: A League of Their Own             | 11:00 Sit & Be Fit 24<br>12:30 Music and Manicures<br>4:00 Would You Rather<br>6:00 Music Night With Carol                                   | 11:00 Sit & Be Fit 25<br>12:30 Cooking Club: Chili<br>4:00 National Chocolate Covered Nuts Day<br>6:15 Nature Night With Care Staff  | 11:00 Cardio Drumming 26<br>1:30 BINGO<br>3:00 Duck Pin Bowling At The 60 Forward Center<br>6:30 Towel Folding | 11:00 Chair Yoga 27<br>12:30 Indoor Putt Putt<br>3:00 Happy Birthday / New Resident Happy Hour<br>6:15 Sock Sorting            | 11:00 Sit & Be Fit 28 (CH/TV)<br>12:30 Lets Learn Origami!<br>3:00 Lets Play: Uno Attack<br>6:15 Movie: We Bought A Zoo           |
|   |   |  |  |  |  |   |

## Calender Key:

AR – Activities Room  
CYH – CyHawk Room  
CH/TV – Chapel/TV Room

CY – Courtyard

IF-F – 1st Floor Fireplace  
2F-F – 2nd Floor Fireplace  
DR – Dining Room

PDR – Private Dining Room

PO - Patio  
LIB – Library  
CO – Community Outing

2F - 2nd Floor Area

\* - Sign Up for Activity!!

Please Note: Calendars are made far in advance and changes may be made throughout the course of the month. Check the daily notices posted & weekly calendars will also be distributed.