

## February 2026 AL

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:30 - Church Service 11:00 - Seated Chair Exercise 2:00 - Comm Room Reserved 2:00 - Isabella and Friends (Musical Performance) by Fire Place	<b>Hugs and Hearts Mobile Cart</b> 10:30 - 11:30 Balloon Volleyball with Kamryn and Isabella 2:00- Hugs and Hearts Mobile Cart	10:00 - Bocce Ball 10:30 - Music in Memory Care 11:00 - Pictionary Teams 1:30 - Brian Eldred: Gospel Music 3:00 - UNO in MC	<b>Heart Healthy</b> 10:30 - Heart Throb Workout 11:00 - Heart Healthy with Hope 1:30- Poetry Reading in MC 3:00 - Wine Wednesday	<b>Meet the Chef</b> 10:30 - Chair Yoga 11:00 - Men's Group with Robbie 2:00 - Meet Chef Ryan 6:00 - Resident Lead Games	<b>6</b> 10:30 - Trivia with Susan and Documentary 1:30 - CMU Dance Team (Workout) 3:00 - Movie Friday: On Golden Pond (1981)	<b>Michigan Magic Series 7 Stop #1 Mackinaw Island</b> 10:30 - Mackinaw Island Virtual Tour 11:00 - Bible Study with Betty 2:00 - Fireside Games 3:00 - DVD's with Dee	
<b>SuperBowl Party</b> 10:30 - Church Service 11:00 - Seated Chair Exercise 2:00 - Bocce Ball 6:00 - Super Bowl Party	<b>Trip to Cheers for Lunch</b> 10:30 - Balance Clinic 10:30- Heart Warming Headlines Mobile Cart 11:00 - Bus Pick Up to Cheers 2:30 - Heart Door Hangers (Craft)	<b>Valentine's Party with Renaissance !</b> 10:00 - Bocce Ball 1:15 - Valentines Party (Puppy kissing booth!) (D)	<b>11</b> 10:30 -Move and Groove with Meagan 2:00 - BINGO 3:00 - Wine Wednesday and Technology Talk	<b>Sweethearts and Service Social</b> 10:30 - Chair Power Hour (NEW) 11:00 - From the Heart Creations 2:00 - Sweethearts and Service Social with Heather 6:00 - Resident Lead Games	<b>12</b> 10:30 - Seated Yoga 11:00 - Category Game 12:00 - Cupid's Cafe' (Valentine Lunch) 1:30 - CMU Dance Team (Workout) 3:00 - Movie Friday: Casablanca (1942)	<b>13</b> <b>Cupids Cafe'</b> 10:30 - Seated Yoga 11:00 - Category Game 12:00 - Cupid's Cafe' (Valentine Lunch) 1:30 - CMU Dance Team (Workout) 3:00 - Movie Friday: Casablanca (1942)	<b>Stop #2 - Sleeping Bear Dune</b> 10:30 - Sleeping Bear Dunes - Virtual Tour 12:00 - Comm. Room Reserved 11:00 - Susan's Brain Boost Trivia by fire place
10:30 - Church Service 11:00 - Morning Yoga 2:00 - Jewlery Making with Susan	<b>15</b> 10:30- Move to Music with Kamryn & Isabella 11:00 - Mardi Gras Necklaces 1:30 - Robbie Bible Study 2:30 - Amanda (Treasured Memories Performance)	<b>16</b> <b>Mardi Gras</b> 10:00 - Bocce Ball 11:00 - Pen Pal Connections 12:00 - Fat Tuesday Feast (AL Dining) 3:00 - Puzzle Club	<b>17</b> <b>ASH WEDNESDAY</b> 10:30- Move and Groove 11:00- Roll the Ball Rally 1:30 - Rendezvous with Rebecca 3:00 - Wine Wednesday and Music with Mark D.	<b>18</b> <b>Dapper Den</b> 10:30 - Chair Power Hour 11:00 - John G. Name that Tune 2:00 - Dapper Den	<b>19</b> <b>BINGO at C.O.A.</b> 10:300 - The Sound of Music (1965) PART 1 12:30 - Bus Pick Up for BINGO 1:30 - CMU Dance Team (workout) 3:00 - The Sound of Music PART 2	<b>20</b> <b>#3 Tahquamenon Falls</b> 10:30 - Tahquamenon Falls Tour 11:00 - Bible Study with Betty 2:00 - Bocce Ball 3:00 - DVD's from Dee!	
10:30 - Church Service 11:00 - Morning Yoga 2:00 - Guess the Phrase	<b>22</b> 10:30 - Music and Movement 11:00 - Games with CMU 2:30 - Strawberry ShortCake Cups with Lucy and Madalyn	<b>23</b> <b>Euchre with Autumn</b> 10:00- Bocce Ball 11:00- Euchre With Autumn 11:00 - Music in Memory Care 2:00 - Barbara Miller Old Hymns Sing Along	<b>24</b> <b>Indoor Snow Tubing</b> 10:30- Peaceful Morning Stretches 11:00 - Indoor Snow Tubing with Ava and Avrey 2:00 - BINGO 3:00 - Wine Wednesday	<b>25</b> <b>Kevin Bendele</b> 10:30 - Chair Power Hour 11:00 - Key Note Speaker on Community and Life 3:00 - Live music with Kevin Bendele (Wine will be served)	<b>26</b> 10:30 - Morning Stretches with Susan 11:00 - UNO in (MC) 1:30 - CMU Dance Team (Workout) 3:00 - Movie Friday: An Affair to Remember (1957) 6:00- Resident Lead Games	<b>27</b> <b>Dragon Martial ARTS</b> 10:30 - Detroit Belle Isle 11:00 - Susan's Brain Boost Trivia 2:00 - Combat weapons weapons (Dragon Martial ARTS)	

## Calender Key:

MC - Memory Care

D - Dining Hall

C - Community Room

MCA - Memory Care

Atrium

FP - Front Patio

L - Lobby

Soc - By the Fireplace