

## February 2026 MC

Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|--|--|---|--|--|---|---|
| 10:30 - Church Service<br>11:00 - Seated Chair Exercise<br>2:00 - Isabella and Friends (Musical Performance) (By Fireplace<br>Evening: Heart to Heart Visits | <b>Hugs and Hearts Mobile Cart</b><br>10:30 - 11:30 Balloon Volleyball with Kamryn and Isabella<br>2:00- Hugs and Hearts Evening- Nail Care                              | 10:00 - Bocce Ball<br>10:30 - Games in Memory Care<br>11:00 -Pictionary Teams<br>1:30 - Brian Eldred<br>3:00 - UNO in MC<br>Evening: Wood Heart                                 | <b>Heart Healthy</b><br>10:30 - Heart Workout<br>11:00 - Heart Healthy with Hope<br>1:30- Poetry Reading in MC<br>3:00 - Wine Wednesday<br>Evening: Heart Healthy Snack                | <b>Meet the Chef</b><br>10:30 - Chair Yoga<br>11:00 - Men's Group with Robbie<br>2:00 - Meet Chef Ryan<br>6:00 - Resident Lead Games<br>Evening: Comfort and Care Bin                    | 10:30 - Trivia with Susan and Documentary<br>1:30 - CMU Dance Team (Workout)<br>3:00 - Movie Friday: On Golden Pond (1981)<br>Evening: Nail Care  | <b>Michigan Magic Series</b><br><b>Stop #1 Mackinaw Island</b><br>10:30 - Mackinaw Island Virtual Tour<br>11:00 - Bible Study<br>2:00 - Fireside Games<br>3:00 - DVD's with Dee<br>Evening: Movie Night |
| <b>SuperBowl Party</b><br>10:30 - Church Service<br>11:00 - Seated Chair Exercise<br>2:00 - Bocce Ball<br>6:00 - Super Bowl Party                            | <b>Trip to Cheers for Lunch</b><br>10:30 - Balance Clinic<br>11:00 - Bus Pick Up to Cheers<br>2:30 - Heart Door Hangers (Craft)<br>Evening: Table Top Tournament         | <b>Valentine's Party with Renaissance !</b><br>10:00 - Bocce Ball<br>1:15 - Valentines Party (Puppy kissing booth!) (D)<br>Evening: Art Evening                                 | 10:30 -Move and Groove with Meagan<br>2:00 - BINGO<br>3:00 - Wine Wednesday and Technology Talk<br>Evening: Balloon Parachute and Music  | <b>Sweethearts and Service Social</b><br>10:30 - Chair Power Hour (NEW)<br>11:00 - From the Heart Creations<br>2:00 - Sweethearts and Service Social with Heather<br>Evening: Game Night | <b>Cupids Cafe'</b><br>10:30 - Seated Yoga<br>11:00 - Category Game<br>12:00 - Cupid's Cafe' (Valentine Lunch)<br>1:30 - CMU Dance Team (Workout)<br>3:00 - Movie Friday<br>Evening: Crush Cups | <b>Stop #2 - Sleeping Bear Dune</b><br>10:30 - Sleeping Bear Dunes - Virtual Tour<br>11:00 - Susan's Brain Boost Trivia<br>Evening: Left, Center , Right  |
| 10:30 - Church Service<br>11:00 - Morning Yoga<br>2:00 - Jewlery Making with Susan<br>Evening: Mardi Gras T-shirt ART  | 10:30- Move to Music with Sandy<br>11:00 - MARDI GRAS Necklaces<br>1:30 - Robbie Bible Study<br>2:30 - Amanda (Treasured Memories Performance)<br>Evening: T-shirt Art 2 | <b>Mardi Gras</b><br>10:00 - Bocce Ball<br>11:00 - Pen Pal Connections<br>12:00 - Fat Tuesday Feast (AL Dining)<br>3:00 -Puzzle Club<br>Evening: Movie Nlght                    | <b>ASH WEDNESDAY</b><br>10:30- Move and Groove<br>11:00- Roll the Ball Rally<br>1:30 - Rendevous with Rebecca<br>3:00 - Wine Wednesday and Music with Mark D.<br>Evening: Tea & Poetry | <b>Dapper Den</b><br>10:30 - Chair Power Hour<br>11:00 - John G. Name that Tune<br>2:00 - Dapper Den<br>Evening: Large Jenga Game  | <b>BINGO at C.O.A.</b><br>10:300 - The Sound of Music (1965) PART 1<br>12:30 - Bus Pick Up for BINGO<br>1:30 - CMU Dance Team<br>3:00 - The Sound of Music PART 2<br>Evening: Game Night        | <b>#3 Tahquamenon Falls</b><br><b>21</b><br>10:30 - Tahquamenon Falls Tour<br>11:00 - Bible Study with Betty<br>2:00 - Bocce Ball<br>3:00 - DVD's from Dee!<br>Evening: Snack Craft                     |
| 10:30 - Church Service<br>11:00 - Morning Yoga<br>2:00 - Guess the Phrase<br>Evening: Heart to Heart Visits  | 10:30 - Music and Movement<br>11:00 - Games with CMU<br>2:30 - Strawberry ShortCake Cups with Lucy and Madalyn<br>Evening: Table Top Tournament                          | <b>Euchre with Autumn</b><br>10:00- Bocce Ball<br>11:00- Euchre With Autumn<br>11:00 - Music in Memory Care<br>2:00 - Barbara Miller Old Hymns Sing Along<br>Evening: Nerf Wars | <b>Indoor Snow Tubing</b><br>10:30- Peaceful Morning Stretches<br>11:00 - Indoor Snow Tubing with Ava and Avrey<br>2:00 - BINGO<br>3:00 - Wine Wednesday<br>Evening: Movie Nighth      | <b>Kevin Bendele</b><br>10:30 - Chair Power Hour<br>11:00 - Key Note Speaker on Community and Life<br>3:00 - Live music with Kevin Bendele (Wine will be served)<br>Evening: Nail Care   | 10:30 - Morning Stretches with Susan<br>11:00 - UNO in (MC)<br>1:30 - CMU Dance Team<br>3:00 - Movie Friday: An Affair to Remember (1957)<br>6:00- Resident Lead Games<br>Evening: Love Stories | <b>Dragon Martial ARTS</b><br><b>28</b><br>10:30 - Detroit Belle Isle<br>11:00 - Susan's Brain Boost Trivia<br>2:00 - Combat weapons weapons (Dragon Martial ARTS<br>Evening: Heart to Heart Visi       |
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## Calender Key:

MC - Memory Care

D - Dining Hall

C - Community Room

MCA - Memory Care

Atrium

FP - Front Patio

L - Lobby

Soc - By the Fireplace