

February 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Activity Table 6:30pm Wind Down w/ Essential Oils	Groundhog Day 2 10:00am Life-Size Whack-a-Groundhog 1:30pm Bingo (CR) 3:30pm Manicures & Hand Massages	3 10:00am Daily Reading & Carnation Science Experiment 10:30am Leg Stretches 1:30pm Love Song Karaoke	4 10:00am Daily Reading 10:30am Chair Yoga 1:30pm Yarn on Canvas LifeSkills: Help Set the Table	5 10:00am Daily Reading 10:30am Balloon Toss 1:30pm Bingo (CR) 3:00pm Interest Assessment Cart	Wear Red Day! 6 10:00am Daily Reading 10:30am Why We Wear Red 1:30pm Harp Music with Sarah (CR)	7 10:00am One-on-Ones 1:30pm Post-Lunch Walk 4:45pm Dinner Comedy Hour
8 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Activity Table 6:00pm Soup-er Bowl Tailgate (CR)	9 10:00am Daily Reading 10:30am Chair Exercise 11:00am Bingo (CR) 3:30pm Manicures & Hand Massages	10 10:00am Daily Reading 10:30am Ladybug Craft 1:30pm One-on-Ones	11 10:00am Daily Reading 10:30am Chair Yoga 1:30pm Spin the Bottle LifeSkills: Help Set the Table	12 10:00am Chapel with Al & Nancy 1:30pm Bingo (CR) 3:00pm Interest Assessment Cart	13 10:00am Daily Reading 10:30am Weightlifting 2:00pm Valentine's Day Party with Heart Strings Studios (BW)	14 Valentine's Day 10:00am One-on-Ones 1:30pm YouTube Trivia 6:30pm Walk the Community
15 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Meet Your Neighbors 6:30pm Wind Down	16 Presidents' Day 10:00am Daily Reading 10:30am Bead Toss Bonanza 1:30pm Bingo (CR) 3:30pm Manicures & Hand Massages	17 Fat Tuesday 10:00am Daily Reading 10:30am Leg Stretches 2:15pm Mardi Gras Party (CR) 3:45pm One-on-Ones	18 Ash Wednesday 10:00am Daily Reading 10:30am Chair Yoga 1:30pm Cards for DNCA LifeSkills: Help Set the Table	19 10:00am Daily Reading 10:30am Balloon Toss 1:30pm Bingo (CR) 3:00pm Interest Assessment Cart	20 10:00am Daily Reading 10:30am Weightlifting 1:30pm Music 'n' Margaritas with Marty Noss	21 10:00am One-on-Ones 1:30pm Post-Lunch Walk 4:45pm Dinner Comedy Hour
22 10:00am St. Gerald's Communion TV - Ch. 12 1:30pm Activity Table 6:30pm Wind Down w/ Essential Oils	23 10:00am Daily Reading 10:30am Chair Exercise 11:00am Bingo (CR) 3:30pm Manicures & Hand Massages	24 10:00am Daily Reading 10:30am Chair Yoga 1:30pm Quilt Project 3:45pm Hidden Figures Slideshow	25 10:00am Craft a Fairy Tale 10:30am Chair Yoga 2:00pm Antiques Show with Denise K. (CR)	26 10:00am Chapel with Al & Nancy 1:30pm Bingo (CR) 3:00pm Interest Assessment Cart	27 10:00am Daily Reading 10:30am Weightlifting 2:00pm February Birthday Celebration (CR)	28 10:00am One-on-Ones 1:30pm YouTube Trivia 6:30pm Walk the Community
Happy Black History Month!						

Calendar Key:

CR - Community Room

RV - Room Visits