

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026



AR-Activity Room
CR-Cedar Room
DR-Dining Room
TR-Therapy Room

* Activities are subject to change, please make sure to check daily boards*

<p>Heart Health Month Starts</p> 	<p>1 10:00 Rosary in Library 10:30 Stretch/Chair Yoga in TR 2:00 Cranium Crunches in AR 3:00 Groundhog Day Movie</p> 	<p>2 10:30 Stretch/Chair Yoga in TR 2:00 Lollipop Bouquet Craft in AR 3:00 31 Card Game in AR</p>	<p>3 10:30 Stretch/Chair Yoga in TR 2:00 Lutheran Services in DR 3:30 Hanson Karaoke in DR</p>	<p>4 10:30 Stretch/Chair Yoga in TR 2:00 Fun with Food-Making Olympic Rings in AR</p>	<p>5 9:00 Communion in DR 10:30 Stretch/Chair Yoga in TR 2:00 Manicures in AR 3:00 Nickel Bingo in AR *Olympics Start</p>	<p>6 10:00 Coffee Hour in CR</p>
<p>5:00 Superbowl Party in AR/Results from the Football Pick'em's Super Bowl starts at 5:30pm</p> 	<p>7 10:00 Rosary in Library 10:30 Stretch/Chair Yoga in TR 2:00 Cranium Crunches in AR 3:00 CB Bingo in AR</p>	<p>8 10:30 Stretch/Chair Yoga in TR 2:00 Curt & Linda in DR 3:00 Theme Trivia-Olympics in AR</p>	<p>9 10:30 Stretch/Chair Yoga in CR 2:00 Winter Olympics Workout Stations by birdcage</p> 	<p>10 10:30 Stretch/Chair Yoga in CR 2:00 Armchair Travel to India in AR</p>	<p>11 10:30 Stretch/Chair Yoga in TR 2:00 Tim the Music Man in DR 3:00 Valentine's Day Bingo in AR</p>	<p>12 10:00 Coffee Hour in CR</p>  <p>Valentine's Day</p>
<p>13 10:00 Rosary in Library 10:30 Stretch/Chair Yoga in TR 2:00 Cranium Crunches in AR 3:00 CB Bingo in AR</p> <p>Presidents' Day (U.S.)</p>	<p>14 10:30 Stretch/Chair Yoga in TR 2:30 Resident Council Meeting in CR 3:00 February Trivia in CR</p>	<p>15 10:30 Stretch/Chair Yoga in TR 2:00 Lutheran Services in DR 3:30 Clubs Game in AR</p>	<p>16 10:30 Stretch/Chair Yoga in CR 2:00 Shanghai Rummy in AR 3:00 31 Game in AR</p>	<p>17 9:00 Communion in DR 10:30 Stretch/Chair Yoga in TR 2:00 Card Game Clubs in AR 3:00 Nickel Bingo in AR</p>	<p>18 10:00 Coffee Hour in CR</p>	<p>19 10:00 Rosary in Library 10:30 Stretch/Chair Yoga in TR 2:00 Cranium Crunches in AR 3:00 CB Bingo in AR</p>
<p>*Olympics End</p>	<p>20 10:30 Stretch/Chair Yoga in TR 2:00 Lee's Music in DR 3:00 Rummikub Game in AR</p>	<p>21 10:30 Stretch/Chair Yoga in CR 2:00 Diamond Coaster Making in AR 3:00 Farkle in AR</p>	<p>22 10:30 Stretch/Chair Yoga in TR 2:00 Cedar Buck Auction/Happy Hour in AR/Heart Winners</p>	<p>23 10:30 Stretch/Chair Yoga in TR 2:00 Larry & Friends in DR 3:00 Nickel Bingo in AR</p>	<p>24 10:00 Coffee Hour in CR</p>	<p>25 10:00 Rosary in Library 10:30 Stretch/Chair Yoga in TR 2:00 Cranium Crunches in AR 3:00 CB Bingo in AR</p>

February Birthdays: Helen 2/1, Dorothy 2/14, Elaine-2/20, Larry 2/25, Kenny 2/28