

# FEBRUARY

2026

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|--|--|---|--|---|
| <p>1</p> <p><b>Happy February!</b></p>  | <p>2</p> <p><b>10am(AC) Morning Stretches</b></p> <p><b>12pm(AC) TV &amp; Phone Workshop</b></p> <p><b>1pm(AC) Golden Wellness Health</b></p> <p><b>3pm(AC) Root Beer Floats</b></p> | <p>3</p> <p><b>10am(AC) Line Dancing</b></p> <p><b>12pm-3pm(AC) BARBER 2 U</b></p> <p><b>3pm(AC) Hot Cocoa Social</b></p>  <p><b>7pm(AC)</b></p>  <p><b>ANGER...Management!</b></p>  | <p>4</p> <p><b>10am(AC) Chair Yoga</b></p> <p><b>11:45(AC) Valentine's Day Wreath</b></p> <p><b>2:30(AC) Let's make S'mores</b></p>  <p><b>7pm(AC) NA/AA</b></p>   | <p>5</p> <p><b>10am(AC) Tea &amp; Social Hour</b></p> <p><b>11:00(L)</b></p>  <p><b>3pm(AC) RTA Renewal</b></p> <p><b>7pm(AC)</b></p>   | <p>6</p> <p><b>10am(AC) Morning Stretches</b></p> <p><b>11:45(L)</b></p>  <p><b>3pm(AC)</b></p>  <p><b>7pm(AC) NA/AA</b></p> | <p>7</p> <p><b>10am(AC) Classical Sounds</b></p> <p><b>12pm(AC) Vision Board</b></p> <p><b>2:30pm(AC) Giant Connect Four</b></p> <p><b>6pm(AC) Ol' Skool Grooves</b></p>  |
| <p>8</p>                              | <p>9</p> <p><b>10am(AC) Morning Workout</b></p> <p><b>12pm(AC) TV &amp; Phone Workshop</b></p> <p><b>1pm(AC) Golden Wellness Health</b></p> <p><b>2:30pm(AC) Social Hour</b></p>     | <p>10</p> <p><b>10am(AC) Morning Workout</b></p> <p><b>11:45(L)</b></p>  <p><b>2pm(DR) Resident Council MEETING</b></p>  <p><b>7pm(AC)</b></p>  <p><b>ANGER...Management!</b></p> | <p>11</p> <p><b>10am(AC) Morning Meditation</b></p> <p><b>11:45(L)</b></p>  <p><b>3pm(AC)</b></p>  <p><b>7pm(AC) NA/AA</b></p> | <p>12</p> <p><b>9am(L) Social Security</b></p>  <p><b>12pm(AC) UNO</b></p> <p><b>3pm(AC)</b></p>  <p><b>7pm(AC)</b></p>  | <p>13</p> <p><b>10am(AC) Classical Sounds</b></p> <p><b>12pm(AC) Diamond Art</b></p> <p><b>2pm(DR) Valentine's Day</b></p>  <p><b>7pm(AC) NA/AA</b></p>   | <p>14</p> <p><b>VALENTINE'S DAY</b></p>  <p><b>10am(AC) DIY Ceramics</b></p> <p><b>11:45(AC) Nail Spa</b></p> <p><b>2pm(DR) BINGO</b></p>  <p><b>6pm(AC) Game Night</b></p> |

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| <p>15</p> <p><b>Breakfast</b><br/>7am - 9am</p> <p><b>Lunch</b><br/>11am - 1pm</p> <p><b>Dinner</b><br/>4pm - 6pm</p>   | <p>16</p> <p><b>10am(AC) Tea &amp; Currents Events</b></p> <p><b>12pm(AC) TV &amp; Phone Workshop</b></p> <p><b>1pm(AC) Golden Wellness Health</b></p> <p><b>2:30pm(AC) Wheelchair Cleaning</b></p> | <p>17</p> <p><b>10am(W) Morning Workout</b></p> <p><b>11am(L)</b></p>  <p><b>3pm(AC) UNO</b></p> <p><b>7pm(AC)</b></p>    | <p>18</p> <p><b>10am(AC) Line Dancing</b></p> <p><b>11:45(AC) Giant Connect</b></p> <p><b>2pm(AC)</b></p>  <p><b>7pm(AC) NA/AA</b></p>  | <p>19</p> <p><b>10am(AC) Morning Stretches</b></p> <p><b>1:30(DR)</b></p>  <p><b>2pm(AC)</b></p>  <p><b>7pm(AC)</b></p>  | <p>20</p> <p><b>10am(AC) Classical Sounds</b></p> <p><b>1:30pm(DR)</b></p>  <p><b>2pm(DR)</b></p>                                   | <p>21</p> <p><b>10am(AC)</b></p>  <p><b>12pm(AC) Piant &amp; Sip</b></p> <p><b>2pm(AC)</b></p>  <p><b>6pm(AC) Ol' Skool Grooves</b></p> |
| <p>22</p> <p><b>AC - Activity Center</b></p> <p><b>C - Cyber lounge</b></p> <p><b>D - Dining room</b></p> <p><b>W - Gym Lower Level</b></p> <p><b>L - Lobby</b></p>  | <p>23</p> <p><b>10am(AC) Morning Meditation</b></p> <p><b>12pm(AC) Wheel Chair Cleaning</b></p> <p><b>1pm(AC) Golden Wellness Health</b></p> <p><b>3pm Root beer Floats &amp; Cards</b></p>         | <p>24</p> <p><b>10am(AC) Line Dancing</b></p> <p><b>12pm(AC) DIY Tumbler</b></p> <p><b>2pm(DR)</b></p> <p><b>Town Hall Meeting</b></p>  <p><b>7pm(AC)</b></p>  | <p>25</p> <p><b>10am(W) Morning Workout</b></p> <p><b>11:45(L)</b></p>  <p><b>3pm(AC)</b></p>  <p><b>7pm(AC) NA/AA</b></p> | <p>26</p> <p><b>10am(W) Morning Workout</b></p> <p><b>12pm(AC) Paint &amp; Sip</b></p> <p><b>2pm(AC)</b></p>  <p><b>Birthday Celebration</b></p> <p><b>7pm(AC)</b></p>                                    | <p>27</p> <p><b>10am(L) Communtiy Church Choir</b></p> <p><b>12pm(AC)</b></p>  <p><b>2:30(AC)</b></p>  <p><b>7pm(AC) NA/AA</b></p> | <p>28</p> <p><b>10am(AC) Classical Sounds</b></p> <p><b>11:45(AC) Tea &amp; Social Hour</b></p> <p><b>2pm(DR)</b></p>  <p><b>6pm(AC) Game Night</b></p>   |
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