

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026

|  |  |   |   |  |  |   |
|--|--|---|---|--|--|---|
| <p>9:30am-Coffee and conversation.<br/>10:30am-Sunday football in the TV room.<br/>11:30am-Ball toss in the dining room.<br/>2:00pm-Artful relaxation in the dining room.</p> <p style="text-align: right;">1</p>                                    | <p>9:30am-Chair exercise. (AC)<br/>10:00am-Snack cart.<br/>10:30am-Therapy Dog visit.<br/>11:00am-Music therapy. (AC)<br/>2:00pm-Groundhog Day doughnut treats.<br/>3:00pm-Groundhog Day fun facts. (BC &amp; AC)</p> <p style="text-align: right;">2</p> <p style="text-align: center;">Groundhog Day</p> | <p>9:30am-Chair exercise. (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (AC &amp; BC)<br/>2:00pm-Snack cart.<br/>3:00pm-Aqua painting (RC)</p> <p style="text-align: right;">3</p>  | <p>9:30am-Chair exercise. (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (BC &amp; AC)<br/>2:00pm-Snack cart.<br/>3:00pm-Puzzles in the dining room.</p> <p style="text-align: right;">4</p>   | <p>9:30am-Chair exercise. (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (AC &amp; BC)<br/>2:00pm-Snack cart.<br/>3:00pm-Dart board game. (AC)</p> <p style="text-align: right;">5</p>  | <p>9:30am-Chair exercise. (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music Therapy. (BC &amp; AC)<br/>2:00pm-Frozen treat Friday!<br/>3:00pm-Trivia and fun facts. (AC)</p> <p style="text-align: right;">6</p>                            | <p>9:30am-Music and conversation.<br/>10:30am-Morning chair exercise.<br/>11:30am-Music and conversation. (In the dining room)<br/>2:00pm-Artful relaxation.</p> <p style="text-align: right;">7</p>  |
| <p>9:30am-Coffee and conversation.<br/>10:30am-Residents choice.<br/>11:30am-Spiritual music and conversation.<br/>2:00pm-Artful relaxation.</p> <p style="text-align: right;">8</p> <p style="text-align: center;"><b>Super Bowl Sunday!!!!</b></p> | <p>9:30am-Chair exercise. (AC)<br/>10:00am-Snack cart.<br/>10:30am-Therapy dog visit with Ava.<br/>11:00am-Music therapy (AC &amp; BC)<br/>2:00pm-Snack cart.<br/>3:00pm-Artful relaxation. in the dining rooms.</p> <p style="text-align: right;">9</p>   | <p>9:30am-Chair exercise and music. (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (AC &amp; BC)<br/>1:15pm-Resident Council. (AC)<br/>2:00pm-Snack cart.<br/>3:00pm-Left, Right, Center game. (AC)</p> <p style="text-align: right;">10</p>   | <p>9:30am-Chair exercise and music. (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (AC &amp; RC)<br/>2:00pm-Snack cart.<br/>3:00pm-Working on some Valentines!<br/><b>The Hairdresser will be here @ 1:30</b></p> <p style="text-align: right;">11</p> | <p>9:30am-Chair exercise and music. (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (AC &amp; BC)<br/>2:00pm-Snack cart.<br/>3:00pm-Filling Valentines bags.</p> <p style="text-align: right;">12</p>  | <p>9:30am-Chair exercise and music. (AC)<br/>10:00am-Snack cart.<br/>11:30am-Valentine's goody bags.<br/>2:00pm-Entertainer Mark Zetterberg will be here. (BC)<br/>3:00pm-Residents choice.</p> <p style="text-align: right;">13</p>     | <p style="text-align: center;"><b>Happy Valentine's Day!</b></p> <p>9:30am-Music and conversation.<br/>10:30am-Ball toss with your caregiver.<br/>11:30am-Residents choice<br/>2:00pm-Valentines Day artful relaxation.</p> <p style="text-align: right;">14</p> <p style="text-align: center;">Valentine's Day</p> |
| <p>9:30am-Coffee and conversation.<br/>10:30am-Spiritual music and meditation.<br/>11:30am-Animal videos in the TV rooms.<br/>2:00pm-Movies in the TV rooms.</p> <p style="text-align: right;">15</p>  | <p>9:30am-Chair exercise with music. (AC)<br/>10:00am-Snack cart.<br/>10:30am-Therapy dog visit with Ava.<br/>11:00am-Music therapy. (BC &amp; RC)<br/>2:00pm-Carol Hendrickson, entertainer will be here. (BC)<br/>3:00pm Snack cart.</p> <p style="text-align: right;">16</p>                            | <p>9:30am-Chair exercise. (AC)<br/>10:00am-Snack Cart.<br/>11:00am-Music therapy. (AC &amp; RC)<br/>12:00pm-Mardi Gras luncheon! Friends and Family.<br/>2:00pm-Snack cart.<br/>3:00pm-Mardi Gras parade in the TV room.</p> <p style="text-align: right;">17</p> <p style="text-align: center;">Mardi Gras</p> | <p>9:30am-Chair exercise and music (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (AC &amp; BC)<br/>2:00pm-Fresh made popcorn.<br/>3:00pm-Dart board game (AC)</p> <p style="text-align: right;">18</p>  | <p>9:30am-Chair exercise and music. (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (AC &amp; BC)<br/>2:00pm-Cheese and cracker snack.<br/>3:00pm-Aqua painting (AC)</p> <p style="text-align: right;">19</p>  | <p>9:30am-Chair exercise and music.<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (RC &amp; AC)<br/>2:00pm-Frozen treat Friday!<br/>3:00pm-Movies in the TV room.</p> <p style="text-align: right;">20</p>                          | <p>9:30am-Music and conversation.<br/>10:30am-Seated morning stretch.<br/>11:30am-Movies in the TV room.<br/>2:00pm-Balloon bop in the dining room.</p> <p style="text-align: right;">21</p>  |
| <p>9:30am-Coffee and conversation.<br/>10:30am-Spiritual music and meditation.<br/>11:30am-TV travel in the living room.<br/>2:00pm-Puzzles in the dining room.</p> <p style="text-align: right;">22</p>   | <p>9:30am-Chair exercise. (AC)<br/>10:00am-Snack cart.<br/>10:30am-Therapy dog visit.<br/>11:00am-Music Therapy. (AC BC)<br/>2:00pm-Fresh made popcorn.<br/>3:00pm-Movies in the TV room.</p> <p style="text-align: right;">23</p>   | <p>9:30am-Chair exercise (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music therapy (AC &amp; RC)<br/>2:00pm-Snack cart.<br/>3:00pm-Left, right, center game. (AC)</p> <p style="text-align: right;">24</p>   | <p>9:30am-Chair exercise. (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (BC &amp; AC)<br/>2:00pm-Snack cart.<br/>3:00pm-Toss across game (AC)<br/><b>The hairdresser will be here @ 1:30</b></p> <p style="text-align: right;">25</p>                 | <p>9:30am-Chair exercise (AC)<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (RC &amp; AC)<br/>2:00pm-Birthday celebration for all the February Birthdays, Cake for everyone.<br/>3:00pm-Funny videos in the TV room.</p> <p style="text-align: right;">26</p> | <p>9:30am-Chair exercise.<br/>10:00am-Snack cart.<br/>11:00am-Music therapy. (BC &amp; AC)<br/>2:00pm-Frozen treat Friday!<br/>3:00pm-Weather permitting, we will take a walk in the courtyard.</p> <p style="text-align: right;">27</p> | <p>9:30am-Music and conversation.<br/>10:30am-Under the sea water videos in the TV room.<br/>11:30am-Artful relaxation in the dining room.<br/>2:00pm-Ball toss in the dining room.</p> <p style="text-align: right;">28</p>  |