

February 2026

Mukilteo memory care

Birthday List:
 George 2/4
 Linda Y. 2/9
 Linda R. 2/13
 Barbara B. 2/16
 Sharyn 2/27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45 am - Seniors in Motion L2 10:45 am - One to One Visits 1:30 pm - Standing Chair Exercises L1 3:00 pm - Sunday Social & Trivia 4:30 pm - Brain Games & Puzzles After Dinner-Movie: "Where the Crawdad's Sing"	2 <u>Groundhog Day</u> 9:45 am - Seniors in Motion L2 10:45 am - Manicures 1:30 pm - "Groundhog Day" Movie 3:00 pm - Bingo L2 4:30 pm - Valentine's Party Decor After Dinner- Travel hour: Ireland	3 9:45 am - Seniors in Motion L2 10:45 am - Dexterity: Plane Folding 1:30 pm - Scenic Drive 3:00 pm - Watercolor Flowers 4:30 pm - Scattergories	4 9:45 am - Seniors in Motion L2 10:45 am - Coloring & Music 1:30 pm - Standing Chair Exercises L1 2:30 pm - Bible Study L2 3:00 pm - Reading Aloud L1 4:00 pm - Pictionary	5 10:30 am - Music with Bob Theis L1 1:30 pm - Olympic Game: Paper Foot Race 3:00 pm - Olympian Snack & Chat 4:00 pm - Matching Games After Dinner- Bingo L1	6 <u>Olympic's Opening Ceremony</u> 10:45 am - Seniors in Motion L2 11:45 am - Ball Toss L1 1:30 pm - Scrap-Booking Collage 2:30 pm - Nat. Geo. "Pole to Pole" 4:00 pm - Dominoes Crew After Dinner- Winter Olympics Opening Ceremony	7 10:45 am - Seniors in Motion L2 11:45 am - Reading from "Laughter is the Best Medicine" 1:30 pm - After Lunch Hall Walks 2:30 pm - "UNO" Card Game 4:00 pm - Finish the Sentence After Dinner- Dance Party
8 9:45 am - Seniors in Motion L2 10:45 am - One to One Visits 1:30 pm - Standing Chair Exercises L1 3:00 pm - Super Bowl Party Seahawks vs. Patriots After Dinner- Movie: "Turner & Hooch"	9 9:45 am - Seniors in Motion L2 10:45 am - Manicures 1:30 pm - Mukilteo Library Visit 3:00 pm - Bingo L2 4:30 pm - Mardi Gras Party Decor After Dinner- Travel hour: Jamaica	10 9:45 am - Seniors in Motion L2 10:45 am - Dexterity: Shape Cutting 1:30 pm - Music with Uncle Doug L2 3:00 pm - Resident council 4:30 pm - Scattergories	11 9:45 am - Seniors in Motion L2 10:45 am - Coloring & Music 1:30 pm - Standing Chair Exercises L1 2:30 pm - Bible Study L2 3:00 pm - Reading Aloud L1 4:00 pm - Pictionary	12 10:45 am - Seniors in Motion L2 1:30 pm - Olympic Game: Ring Toss Course 3:00 pm - Olympian Snack & Chat 4:00 pm - Matching Games After Dinner- Bingo L1	13 10:45 am - Seniors in Motion L2 11:45 am - Ball Toss L1 1:30 pm - Ripped paper Art 2:30 pm - Nat. Geo. "Pole to Pole" 4:00 pm - Yahtzee! Dice Game After Dinner- Name That Sound	14 Valentine's Day 10:45 am - Seniors in Motion L2 11:45 am - Reading from "Laughter is the Best Medicine" 2:00 pm - Valentine's Social 4:00 pm - Finish the Sentence After Dinner- Dance Party
15 9:45 am - Seniors in Motion L2 10:45 am - One to One Visits 1:30 pm - Standing Chair Exercises L1 3:00 pm - Sunday Social & Trivia 4:30 pm - Brain Games & Puzzles After Dinner-Movie: "Ghostbusters Frozen Empire"	16 9:45 am - Seniors in Motion L2 10:45 am - Manicures 1:00 pm - Therapy Pet Visit: Symcoe 3:00 pm - Bingo L2 4:30 pm - Mardi Gras Masks After Dinner- Travel hour: England	17 <u>Mardi Gras Day</u> 9:45 am - Seniors in Motion L2 10:45 am - Dexterity: Paper Chain 1:30 pm - Scenic Drive 3:00 pm - Watercolor Mountains 4:00 pm - Decorating for the Mardi Gras Dinner: Jambalaya, Super Greens, Cornbread-Muffin, King Cake & Punch	18 9:45 am - Seniors in Motion L2 10:45 am - Coloring & Music 1:30 pm - Standing Chair Exercises L1 2:30 pm - Bible study L2 3:00 pm - Reading Aloud L1 4:00 pm - Pictionary	19 <u>Olympic Games with the Director's</u> 10:00 am - Stephanie: Curling 11:00 am - Jessica: Balloon Hockey 1:30 pm - Music with the Cabaret L2 3:00 pm - Sarah: Shuttle-Board 4:00 pm - Jackolin: Hall Discus After Dinner- Bingo L1	20 10:45 am - Seniors in Motion L2 11:45 am - Ball Toss L1 1:30 pm - Tissue Paper Bouquets 2:30 pm - Nat. Geo. "Pole to Pole" 4:00 pm - Dominoes Crew After Dinner- Name That Sound	21 10:45 am - Seniors in Motion L2 11:45 am - Reading from "Laughter is the Best Medicine" 1:30 pm - After Lunch Hall Walks 2:30 pm - "WAR" Card Game 4:00 pm - Finish the Sentence After Dinner- Dance Party
22 <u>Olympic's Closing Ceremony</u> 9:45 am - Seniors in Motion L2 10:45 am - One to One Visits 1:00 pm - Olympic's Closing Ceremony 3:00 pm - Sunday Social & Trivia 4:30 pm - Brain Games & Puzzles After Dinner-Movie: "The Devil Wears Prada"	23 9:45 am - Seniors in Motion L2 10:45 am - Mukilteo Library Visit 1:00 pm - Therapy Pet Visit: Symcoe 3:00 pm - Bingo L2 4:30 pm - Speakeasy Party Decor After Dinner- Travel hour: Greece	24 10:30 am - Music with Jeff L1 1:30 pm - Scenic Drive 3:00 pm - Watercolor Sunsets 4:30 pm - Scattergories	25 9:45 am - Seniors in Motion L2 10:45 am - Coloring & Music 1:30 pm - Standing Chair Exercises L1 2:30 pm - Bible Study L2 3:00 pm - Reading Aloud L1 4:00 pm - Pictionary	26 10:30 am - Seniors in Motion L2 1:30 pm - Olympic Game: Bowling Teams 3:00 pm - Olympian Snack & Chat 4:00 pm - Matching Games After Dinner- Bingo L1	27 10:45 am - Seniors in Motion L2 11:45 am - Ball Toss L1 1:30 pm - Ripped paper Art 2:30 pm - Nat. Geo. "Pole to Pole" 4:00 pm - Yahtzee! Dice Game After Dinner- Name That Sound	28 10:45 am - Seniors in Motion L2 11:45 am - Reading from "Laughter is the Best Medicine" 2:30 pm - Birthday Social 4:00 pm - Finish the Sentence After Dinner- Dance Party