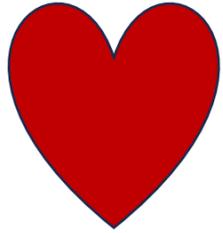


FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00-Resident Led Exercise ¹ 10:30-Coffee Social- B 1:00-Documentary- TH 2:00-Resident Led Games-A.R. 3:30-Activity Packet Pick Up-B</p>	<p>2 10:00-Meditation- AR 10:30- Manicure Monday- B 1:30-Midday Matinee-TH 2:00- Resident Led Bingo- A.R. 3:30-Heritage House Calls Groundhog Day</p>	<p>3 10:00-Strength Training-B 11:00- Pet Therapy- E.C. 1:15-Communion & Rosary-IL Dining Room 2:00- Flower Arranging- A.R. 4:00-Heritage House Calls</p>	<p>4 10:00-Morning Stretch-B 11:00- Card Making Class-B 1:00- Positive Stories by the Fireplace on 1st Fl 2:00- Bingo in the Bistro 3:00- Trivia- B</p>	<p>5 10:00- Exercise w/ Spiro 10:30- Coffee Social- B 1:00-All About Aretha Franklin 2:30-Music w/ Northern Comfort- B 4:00- Heritage House Calls</p>	<p>6 10:00-Stretch It Out- B 10:30- Good News Group- B 1:00-All About Mancala-A.R. 2:30-Happy Hour-B 4:00- Heritage House Calls</p>	<p>7 10:00-Strenth Training- B 10:30-“Ice Cream for Breakfast Day” Social-B 1:00-SingFit- E.C. 2:00- Bingo in the Bistro 4:00- Heritage House Calls</p>
<p>8 10:00- Exercise w/ Spiro 10:30- Coffee Social- B 1:00-Heritage Hikers 2:00-History of Boy Scouts- TH 3:30-Armchair Travel: IA- B 5:30- Superbowl- Theater on 2nd Floor</p>	<p>9 10:00-Morning Stretch- AR 10:30-Manicure Monday- B 1:00-Heritage Hikers 1:30-Midday Matinee- TH 2:00- Resident Led Bingo 3:30-Mexican Train Dominoes</p>	<p>10 10:00- Meditation- A.R. 10:30-Good News Group- B 1:00- Flower Arranging 2:00- Resident Council 3:30- Coloring Club- AR</p>	<p>11 10:00-Strength Training- B 10:30-Positive Stories & Coffee- Fireplace on 1st Fl 1:00-Name That Person- B 2:00- Bingo in the Bistro 3:30-Cocoa & Crosswords- A.R.</p>	<p>12 10:00-Stretch It Out- B 10:30-Coffee Social-B 1:00-Baking Club-A.R. 2:30- Music w/ Cameron Webb- B 4:00- Heritage House Calls</p>	<p>13 10:00-Exercise w/ Spiro-B 10:30-Hidden Figures-B 1:00- Resident Led Games 2:30- Happy Hour-B 4:00- Heritage House Calls</p>	<p>14 10:00- Resident Led Exercise-A.R. 10:30- Heritage Hikers 2:00- Valentine’s Day Party 3:30- Resident Led Games- A.R. Valentine’s Day</p>
<p>15 10:00-Stretch It Out-B 10:30-Coffee Social- B 1:00-Midday Matinee-TH 2:00-UNO- A.R. 3:30- Resident Led Games-AR</p>	<p>16 10:00-Resident Led Exercise- A.R. 10:30-Heritage Hikers 2:00- Resident Led Bingo 3:30- History of Mardi Gras- A.R. President’s Day</p>	<p>17 10:00- Mardi Gras Parade- E.C. wing 11:00- Pet Therapy 1:15- Communion & Rosary- IL Dining Room 2:00- Flower Arranging 4:00- Heritage House Calls</p>	<p>18 10:00-Meditation- A.R. 10:30- Positive Stories & Tea- by Fireplace on 1st Fl 1:00-Midweek Manicures-B 2:00- Bingo in the Bistro 3:30-Men’s Club- A.R.</p>	<p>19 10:00- Morning Stretch 10:30- Coffee Social- B 1:00- Resident Led Games 2:30- Music w/ Cajun Swing Band- B 4:00- Heritage House Calls</p>	<p>20 10:00-Strength Training 10:30- Muffin Social-B 1:00- UNO- A.R. 2:30- Happy Hour w/ Caregivers 3:30- Trivia- B</p>	<p>21 10:00-Exercise w/ Spiro- B 10:30- Devotions & Coffee-B 1:00-Heritage Hikers 2:00- Bingo in the Bistro 3:30- Mexican Train Dominoes- A.R.</p>
<p>22 10:00- Morning Stretch- B 10:30- Coffee Social-B 1:00- SingFit- E.C. 2:00-Armchair Travel: CA- B 3:30- Heritage House Calls</p>	<p>23 10:00- Meditation- AR 10:30- Manicure Monday- B 1:00-Banana Bread Baking- AR 2:00- Resident Led Bingo- AR 3:30-Banana Bread Social- B</p>	<p>24 10:00-Exercise w/ Spiro- B 10:30-Good News Group-B 1:00-Heritage Hikers 2:00- Flower Arranging- AR 4:00-Heritage House Calls</p>	<p>25 10:00-Stretch It Out 11:00- Bus to Olive Garden for Lunch- \$\$\$ 2:00-Bingo in the Bistro 3:30-Crosswords & Cocoa- B</p>	<p>26 10:00-Strength Training- B 10:30- Coffee Social-B 1:00-Heritage Hikers 2:30- Music w/ Casey & Greg-B 4:00- Heritage House Calls</p>	<p>27 10:00-Stretch It Out- B 10:30-Positive Stories & Tea- 1st Floor by Fireplace 1:00-UNO- A.R. 2:30- Happy Hour: February Birthday Party 4:00- Heritage House Calls</p>	<p>28 10:00-Morning Stretch- B 10:30- Devotions & Coffee 1:00-Heritage Hikers 2:00-Bingo in the Bistro 3:30-Yahtzee- A.R.</p>
		<p>Happy Birthday:</p> <p>1- Sheri L 14- Don S, Dona B. 5- Jean K 27- Joe M. 7- Maurie E 28- Debby S, Jean M. 11- Judith G., Ray J</p>				