

# February 2026 - Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black History Month SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area	1 10:00 SP Catholic Mass (TV) and Communion 11:15 PH Chair Aerobics 2:30 EM Music with Kristin	2 11:15 PH Seated Stretches 1:00 SP TRYathlon Competition 3:00 SO Candy Bingo	3 10:00 EM "Gabbing Gals" with Peggy 11:00 VO Lunch Outing: Sparky's Cafe 4:00 SO Happy Hour & Trivia	4 10:00 VO Food Committee Meeting 11:00 VO Resident Council Meeting 12:30 SO Pep Fest Celebration! 1:00 SP TRYathlon Competition 2:00 IN Lifelong Learning	5 Linda's Birthday! Olympics Opening Ceremony @ 1PM (Ch. 11) 10:30 EM Pet Visits with Gus & Ranger 11:15 PH Sit and Be Fit with Bethany 1:00 SP Competition Results Show!	6 SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area
Superbowl Sunday! SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area	8 10:00 SP Catholic Mass (TV) and Communion 11:15 PH Chair Aerobics 2:30 EM Music with Kristin [MC]	9 10:00 SP Protestant Church Service 11:15 PH Seated Stretches 1:00 SP TRYathlon Competition 3:30 SO Crafternoon: DIY Heart String Art	10 10:00 EM "Gabbing Gals" with Peggy 10:30 PH Chair Yoga with Allison 3:00 SO Meet and Greet our New Nurse, Jenny!	11 10:00 VO Bus Tour: Valentine's Delivery 1:00 SP TRYathlon Competition 3:00 IN Hospice 101 with AccentCare	12 John Rollin's Birthday! 10:30 EM Pet Visits 11:15 PH Sit and Be Fit with Bethany 1:00 SP Competition Results Show! 2:30 SO Face Painting 3:00 VO Valentine's Day Party	13 SO Valentine's Day Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area
SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area	15 Washington's Birthday 10:00 SP Catholic Mass 11:15 PH Chair Aerobics 2:30 EM Music with Kristin [MC] 3:30 IN Coffee with Megan	16 Mardi Gras 11:15 PH Seated Stretches 1:00 SP TRYathlon Competition 3:00 SO MARDI Bingo	17 10:00 EM "Gabbing Gals" with Peggy 11:00 SP Church & Communion with Pastor Cullen 3:45 PH Cardio Drumming 6:00 EM Pet Visits with Jax & Claire	18 11:15 PH Seated Tai Chi 1:00 SP TRYathlon Competition 4:00 EM Manicures	19 10:30 EM Pet Visits with Gus & Ranger 11:15 PH Sit and Be Fit with Bethany 1:00 SP Competition Results Show!	20 SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area
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**NorBella**  
CHAMPLIN

EM Emotional  
IN Intellectual  
PH Physical  
VO Vocational  
SO Social  
SP Spiritual

MC Memory Care