

# February 2026 - Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black History Month Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request	1 10:00 SP Catholic Mass (TV) and Communion 11:15 IN Daily Chronicles 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [AL] 3:30 SO Timeless TV Reruns	2 10:00 IN Daily Chronicles 10:15 PH Seated Stretches 1:00 SP TRYathlon Competition 3:00 SO Candy Bingo	3 9:30 SO Morning Movie 11:00 VO Lunch Outing: Sparky's Cafe 2:45 IN Daily Chronicles 3:00 PH Walkin' and Rollin' Club 3:30 EM Funniest Pet Videos	4 10:00 IN Daily Chronicles 10:15 VO Resident Council Meeting 12:30 SO Pep Fest Celebration! 1:00 SP TRYathlon Competition 2:00 IN Lifelong Learning	5 10:00 EM Pet Visits 10:30 PH Sit & Be Fit 11:45 IN Daily Chronicles 12:50 OT Olympic Opening Ceremonies 1:00 SP Competition Results Show! 3:00 SO Olympic Torch Game	7 Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request
Superbowl Sunday! Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request	8 10:00 SP Catholic Mass (TV) and Communion 11:15 IN Daily Chronicles 11:30 PH Chair Aerobics 2:30 EM Music with Kristin 3:30 SO Superbowl Post-Game	9 10:00 IN Daily Chronicles 10:15 PH Seated Stretches 10:30 VO Valentine's Craft Start 1:00 SP TRYathlon Competition 2:30 VO Valentine's Craft Finish	10 10:00 EM Love Song Sing-A-Long 10:30 PH Chair Yoga with Allison 11:30 IN Daily Chronicles 3:00 SO Meet and Greet our New Nurse, Jenny! 4:00 IN Finish the Phrase: Famous Couples	11 9:00 SO Morning Game Shows 10:00 VO Bus Tour: Valentine's Delivery 1:00 SP TRYathlon Competition 3:00 IN Hospice 101 with AccentCare 4:15 PH Walkin' and Rollin' Club	12 10:00 EM Pet Visits with Sam or Gus! 10:30 PH Sit & Be Fit 11:45 IN Daily Chronicles 1:00 SP Competition Results Show! 2:30 SO Face Painting 3:00 SO Valentine's Day Party	14 Valentine's Day Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request
Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request	15 Washington's Birthday 10:00 SP Catholic Mass 11:15 IN Daily Chronicles 11:30 PH Chair Aerobics 2:30 EM Music with Kristin 3:00 SO Presidents Day A-Z	16 Mardi Gras 10:00 IN Daily Chronicles 10:15 PH Seated Stretches 10:30 EM Mardi Gras Game 1:00 SP TRYathlon Competition 3:00 SO MARDI Bingo	17 10:30 SO Hymn Sing-A-Long 11:00 SP Church & Communion with Pastor Cullen 3:00 IN Daily Chronicles 3:45 PH Cardio Drumming 6:30 EM Pet Visits with Jax & Claire	18 11:30 IN Daily Chronicles 11:45 PH Walkin' and Rollin' Club 1:00 SP TRYathlon Competition 3:00 EM February Trivia 4:00 SO The Price is Right (TV)	19 10:00 EM Pet Visits with Sam or Gus! 10:30 PH Sit & Be Fit 11:45 IN Daily Chronicles 1:00 SP Competition Results Show! 3:00 SO Chinese New Year Bingo	21 Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request
Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request	22 10:00 SP Catholic Mass (TV) and Communion 11:15 IN Daily Chronicles 11:30 PH Chair Aerobics 2:30 EM Music with Kristin 4:00 SO Jimmy's Gentleman's Club	23 10:00 IN Daily Chronicles 10:15 PH Seated Stretches 10:30 SP Church Service (TV) 1:00 SP TRYathlon Competition 3:00 SO Candy Bingo	24 10:00 EM Patriotic Sing-A-Long 10:30 PH Chair Yoga with Allison 11:30 IN Daily Chronicles 2:00 SO Reader's Theater: Be My Valentine 3:00 VO Armchair Travel: Paris	25 10:00 IN Daily Chronicles 10:15 PH Chair Dancing 10:30 SO Snowball Fight 1:00 SP TRYathlon Competition 2:45 VO Let's Bake: Mini Heart Pizzas	26 10:00 EM Pet Visits with Sam or Gus! 10:30 PH Sit & Be Fit 11:45 IN Daily Chronicles 1:00 SP Competition Results Show! 4:00 SP Mindfulness & Meditation	28 Exercise Videos, Movies, Puzzles, Coloring and Table Games Available Upon Request



**NorBella**  
CHAMPLIN

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

AL Assisted Living