

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026

Parkwood Suites, Garden Homes, and DLMA



<b>1</b> 2:30 WPL Tech Sessions 2:30 Spirit Circle with Chaplain Ellen (CR)  <small>Tu B'Shevat Begins</small>	<b>2</b> 9:30 Current Events (lobby) 9:30 Qi Gong (FH) 10:30 Creative Painting (CR) <b>2:00 Resident Drop-In (DR)</b> <b>2:00 Retirement Tea for Hairdresser Ann (FH)</b> 2:00 Dominos (CR)  <small>Groundhog Day</small>	<b>3</b> 9:30 Bean Bag Toss (MPR) 9:30 Seated Dance with Lauren (FH) 10:30 Hymn Sing (MPR) <b>2:00 Retirement Tea for Hairdresser Ann (FH)</b> 2:00 Dominos (CR)	<b>4</b> 9:30 Strength & Conditioning (CR) 10:30 Memorial Service (FH) 1:15 Hot Wax Treatment (Gym) 1:15 Bocce Ball (CR Hallway)	<b>5</b> 9:30 Word Games (CR) <b>10:00 Music with Henry Winter (FH)</b> 2:00 Bowling (FH)	<b>6</b> 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) 1:30 Bean Bag Baseball (CR)	<b>7</b>
10:30 Sunday Service with Chaplain Lisa (FH)	<b>8</b> 9:30 Ring Toss (MPR) <b>12:00 Lunch Club: Pizza (MPR)</b> *Sign-up required 1:30 Beach Ball Toss (CR) 2:30 Spirit Circle with Chaplain Ellen (CR) 3:30 Current Events (CR)	<b>9</b> 9:30 Upper Body Strength (CR) 10:00 Kindred Banking 10:30 February Birthday Party (CR) 1:30 Bingo (CR) 3:00 Valentines Card Making (CR)	<b>10</b> 9:30 Wellness Group (lobby) <b>10:00 Music with Brent M (FH)</b> 10:20 RC Communion Visits 1:30 Hot Wax Treatment 2:30 Yahtzee (CR)	<b>11</b> <b>Wellness Center Open House 10am-3pm</b>	<b>12</b> 9:30 Valentines Reminisce (lobby) <b>12:00 Couples Cupid Lunch (FH)</b> *sign up required 2:00 Paint and Sip (CR) sign up required	<b>13</b> 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) 1:30 Balloon Volleyball (CR)
10:30 Sunday Service with Chaplain Lisa (FH)	<b>15</b> 9:30 Flexibility Fitness CR) 10:30 Word Games (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)	<b>16</b> 9:30 Qi Gong (FH) <b>1:30 Outing: Dollarama</b> *Sign-up required 2:00 UNO (CR)	<b>17</b> 9:30 Seated Dance with Lauren (FH) 10:30 Hymn Sing (MPR) <b>11:30 Outing: Montana's</b> *Sign-up required <b>2:00 Music with MillerMac (FH)</b> 6:15 Movie Night (CR)	<b>18</b> 9:30 Lower Body Strength (CR) 10:30 Worship with Janice (FH) 2:00 Dominoes (CR)	<b>19</b> 10:00 Men's Club (CR) 1:30 Hot Wax Treatment (Gym) 2:30 Poetry Reading (CR)	<b>20</b> 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) 1:30 Beach Ball Bash (CR)
10:30 Sunday Service with Chaplain Lisa (FH)	<b>22</b> 1:30 Manicures (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR)	<b>23</b> 9:30 Upper Body Strength (CR) 10:00 Kindred Banking <b>2:00 Music with Jeff Poolton (FH)</b> 5:00 Suites 6 <sup>th</sup> Floor Dinner (MPR)	<b>24</b> <b>8:30 Outing: Stacked Pancake</b> *Sign-up required 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR) 2:00 Yahtzee (MPR)	<b>25</b> 9:30 Lower Body Strength (CR) <b>3:45 &amp; 6:00 Janice Long's Music Studio Performance (FH)</b>	<b>26</b> <b>Fried Egg Friday</b> 2:00 Pizza Making Class (ER) sign up required 3:45 Piano Music with Angela (FH)	<b>27</b> 10:00 Exercise Circle with Brandon (CR) 10:00 Fitness Support with Caleb (Gym) 1:30 Ladder Ball (CR)