

Discovery and Harmony Activity Calendar

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Pet Therapy 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> <u>D</u> 11:00 Alt: Create Joy w/ Frankie 11:40 Music & Movement 12:00 Lunch and Social Hour <u>D</u> 12:45 Bulls eye Bean Bag Toss <u>H</u> 12:45 Word Games & Trivia <u>Group 1, 8th Graders Visit</u>	3 Paula Jones Performs 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Paula Jones Performs</u> 11:00 Alt: Table Top Activities 11:40 Move & Groove Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 Norman Rockwell Talk w/ Jo <u>H</u> 12:45 Butterfly Heart Art w/ Shay	4 Word Game Wednesday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Word Games & February Trivia 11:00 Alt: Table Top Activities 11:40 Sit & Get Fit Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 Fill in the blank: Songs <u>H</u> 12:45 Heart Arts & Crafts	5 Variety Thursday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Decorate Your Own Mug</u> 11:00 Alt: Balloon Swat & Discussion 11:40 Music & Movement 12:00 Lunch and Social Hour <u>D</u> 12:45 Active Game Time <u>H</u> 12:45 Reminisce: Love Stories	6 Winter Olympics Start 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Art w/ Shay</u> 11:00 Alt: Olympic Games & Trivia 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 Phil On The Guitar <u>H</u> 12:45 Alt: Dominoes Table	
9 National Pizza Day 10:00 Coffee Klatch/ News & Discussion <u>11:00 Virtual Travel Trip: Italy</u> 11:00 Alt: Active Game Time 11:40 Chair Exercises 12:00 Lunch and Social Hour <u>D</u> 12:30 <u>Decorate Your Own Mug</u> <u>H</u> 12:30 <u>Ping Pong Games</u> <u>Group 2, 8th Graders Visit</u>	10 National Umbrella Day 10:00 Coffee Klatch 10:30 News & Discussion <u>11:00 Connor Performs: Piano</u> <u>11:00 Alt: Decorate Your Own Mug</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 Umbrella Active Game <u>H</u> 12:45 "Singing in the Rain" Clips	11 American Heart Month 10:00 Coffee Klatch 10:30 News & Discussion <u>D</u> 11:00 Love Songs & Memories <u>H</u> 11:00 Heart Word Game & Trivia 11:40 Sittersices 12:00 Lunch and Social Hour <u>D</u> 12:45 Watercolor Art w/ Paola <u>H</u> 12:45 Alt: Heart Toss Game	12 Berry Fresh Month 10:00 Coffee Klatch 10:30 News & Discussion <u>D</u> 11:00 <u>Baking w/ Jo</u> <u>H</u> 11:00 <u>Valentine Bingo Bash</u> 11:45 Sit and Get Fit Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 <u>Phil On The Guitar</u> <u>H</u> 12:45 <u>Valentine Painting Club w/ Jo</u>	13 World Radio Day 10:00 Coffee Klatch 10:30 News & Discussion <u>11:00 Radio Facts & Trivia</u> <u>11:00 Creative Crew w/ Lori</u> 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 <u>Pre Valentines Day Party!</u>	
	17 Mardi Gras 10:00 Coffee Klatch 10:30 News & Discussion <u>11:00 Garden Club Project</u> 11:45 Move & Groove Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 <u>Mardi Gras Celebration</u> <u>H</u> 12:45 Alt: Art w/ Valeria	18 Pet Therapy 10:00 Coffee Klatch 10:30 News & Discussion <u>11:00 Love on a Leash: Pet Therapy</u> <u>11:00 Craft Group w/ Paola</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 <u>Ukulele Strummers & Singers</u> <u>H</u> 12:45 Alt: Painting Club w/ Jo	19 Phil Performs 10:00 Coffee Klatch 10:30 News & Discussion <u>D</u> 11:00 <u>Core Class w/ Paola/ Word game</u> <u>H</u> 11:00 <u>Active Game Time</u> 11:45 Noodle Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 <u>Phil On The Guitar</u> <u>H</u> 12:45 Alt: Dominoes Table	20 Friday Funday 10:00 Coffee Klatch 10:30 News & Discussion <u>11:00 Musical Fun</u> <u>11:00 Alt: Patio Social</u> 11:40 Chair Zumba 12:00 Lunch and Social Hour <u>D</u> 12:45 <u>Picture Match Game</u> <u>H</u> 12:45 <u>Cone Ring Toss Game</u>	
23 National Banana Bread Day 10:00 Coffee Klatch 10:30 News & Discussion <u>D</u> 11:00 <u>Active Game Time</u> <u>H</u> 11:00 <u>Baking w/ Jo</u> 11:40 Music & Groove Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 <u>Phil On The Guitar</u> <u>H</u> 12:45 Alt: Table Top Activities	24 Mini Horses Visit 10:00 Coffee Klatch 10:30 News & Discussion <u>11:00 Romeo's Road Show</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 <u>Slot ball Game</u> <u>H</u> 12:45 <u>Match Game & Trivia</u>	25 Word Games & Dancing 10:00 Coffee Klatch 10:30 News & Discussion <u>D</u> 11:00 <u>Word Games & Trivia</u> <u>H</u> 11:00 <u>Sensory Activity</u> 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 <u>DJ Dance Party!</u> <u>H</u> 12:45 Alt: Table top Activities	26 Celebrate Chinese New Year 10:00 Coffee Klatch 10:30 News & Discussion <u>D</u> 11:00 <u>Cup Race Game</u> <u>H</u> 11:00 <u>Active Game Time</u> 11:45 Move and Groove Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 <u>Celebrate Chinese New Year</u> <u>H</u> 12:45 Alt: Table Top Activities	27 National Strawberry Day 10:00 Coffee Klatch 10:30 News & Discussion <u>11:00 Connor Performs: Piano</u> <u>11:00 Creative Crew w/ Lori</u> 11:40 Noodle & Band Exercises 12:00 Lunch and Social Hour <u>D</u> 12:45 <u>All about Elizabeth Taylor</u> <u>H</u> 12:45 <u>What's in the box?</u>	
Note: If an activity is only scheduled for Discovery group, you will see it noted with the letter D or H for Harmony . All other activities will be done in both groups. Your loved one is also welcome to join the other group if they prefer doing that activity instead of what their group is doing.					 2-5 Harry 2-13 Ann 2-26 Suzanne