




# Discovery and Harmony Activity Calendar

February 2026

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