

February 2026

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 🍰	3	4	5	6	7
10:00 Coffee Talk with Duffy (IR) 11:00 Exercise with Duffy (FF) 1:00 TV Series: Reba (MH) 2:00 Board Games (IR) 3:30 Bingo With Duffy (TS)	10:00 Music with Marti (FL) 10:15 Trivia with Duffy (MH) 11:00 Exercise with Duffy (FF) 1:00 Afternoon Movie: (MH) 2:00 Rummikub (IR) 3:30 Happy Hour (FL)	10:00 Reflections with Duffy (MH) 11:00 Exercise with Duffy (FF) 1:30 Book Club with Regan 1:30 Afternoon Exercise with Duffy (FF) 3:30 Bingo W/ Duffy	10:00 Reflections with Duffy (MH) 11:00 Exercise with Duffy (FF) 1:00 Group Outing: ROSS (FL) 1:00 Afternoon Movie: (MH) 2:00 Afternoon Exercise with Regan (FF)	10:00 Coffee Talk with Eli (IR) 11:00 In Chair Zumba with Duffy (FF) 2:00 Rummikub (IR) 3:00 Piano Thursdays (FL) 3:30 Painting with Duffy (TS)	10:00 Music with Kiemel (FL) 11:00 Yoga with Caryn (FL) 1:00 Afternoon Movie: (MH) 2:30 Bingo with Regan (TS) 3:30 Karaoke Fridays (FL) 6:00 Evening Movie	10:00 Yoga with Eli 10:45 Sing with Melissa (FL) 1:30 Kindness Club (IR) 2:00 Scrabble (IR) 3:00 Live Music Saturdays 4:00 Trivia Time
8	9	10	11	12	13	14
10:00 Coffee Talk with Duffy (IR) 11:00 Exercise with Duffy (FF) 1:00 TV Series: Reba (MH) 2:00 Board Games (IR) 3:30 Bingo With Duffy (TS)	10:00 Exercise with Duffy (FF) 10:00 Music with Marti (FL) 10:15 Trivia with Duffy (MH) 1:00 Afternoon Movie: (MH) 2:00 Rummikub (IR) 3:30 Happy Hour (FL)	10:00 Reflections with Duffy (MH) 10:00 Exercise with Duffy (FF) 11:00 Resident Council (IR) 1:30 Book Club with Regan 1:30 Afternoon Exercise with Duffy (FF) 3:30 Bingo W/ Duffy	10:00 Reflections with Duffy (MH) 11:00 Exercise with Duffy (FF) 1:00 Afternoon Movie: (MH) 2:00 Afternoon Exercise with Regan (FF)	10:00 Coffee Talk with Eli (IR) 11:00 In Chair Zumba with Duffy (FF) 1:00 Group Outing: Denver Botanic Gardens (FL) 2:00 Rummikub (IR) 3:00 Piano Thursdays (FL)	10:00 Music with Kiemel (FL) 11:00 Yoga with Eli (FL) 1:00 Afternoon Movie: (MH) 2:30 Bingo with Regan (TS) 3:00 SPEED_ Pal-Entine's Day! (FL) 3:30 Karaoke Fridays (FL) 6:00 Evening Movie	10:00 Yoga with Eli 10:45 Sing with Melissa (FL) 1:30 Kindness Club (IR) 2:00 Scrabble (IR) 3:00 Live Music Saturdays 4:00 Trivia Time (FL)
15	16	17	18	19	20	21 🍰
10:00 Coffee Talk with Duffy (IR) 11:00 Exercise with Duffy (FF) 1:00 TV Series: Reba (MH) 2:00 Board Games (IR) 3:30 Bingo With Duffy (TS)	10:00 Music with Marti (FL) 10:15 Trivia with Duffy (MH) 11:00 Exercise with Duffy (FF) 1:00 Afternoon Movie: (MH) 2:00 Rummikub (IR) 3:30 Happy Hour (FL)	10:00 Reflections with Duffy (MH) 11:00 Exercise with Duffy (FF) 1:30 Book Club with Regan 1:30 Afternoon Exercise with Duffy (FF) 3:30 Bingo W/ Duffy	10:00 Reflections with Duffy (MH) 11:00 Exercise with Duffy (FF) 1:00 Group Outing: Butterfly pavilion (FL) 1:00 Afternoon Movie: (MH) 2:00 Afternoon Exercise with Regan (FF)	10:00 Coffee Talk with Eli (IR) 11:00 In Chair Zumba with Duffy (FF) 2:00 Rummikub (IR) 3:00 Piano Thursdays (FL) 3:30 Painting with Duffy	10:00 Music with Kiemel (FL) 11:00 Yoga with Caryn (FL) 1:00 Afternoon Movie: (MH) 2:30 Bingo with Regan (TS) 3:30 Karaoke Fridays (FL) 6:00 Evening Movie	10:00 Yoga with Eli 10:45 Sing with Melissa (FL) 1:30 Kindness Club (IR) 2:00 Scrabble (IR) 3:00 Live Music Saturdays 4:00 Trivia Time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
10:00 Coffee Talk with Duffy (IR) 11:00 Exercise with Duffy (FF) 1:00 TV Series: Reba (MH) 2:00 Board Games (IR) 3:30 Bingo With Duffy (TS)	10:00 Blue Goose Farm (FL) 11:00 Exercise with Duffy (FF) 1:00 Afternoon Movie: (MH) 2:00 Rummikub (IR) 3:30 Happy Hour (FL)	10:00 Reflections with Duffy (MH) 11:00 Exercise with Duffy (FF) 1:30 Book Club with Regan 1:30 Afternoon Exercise with Duffy (FF) 3:30 Bingo W/ Duffy	10:00 Reflections with Duffy (MH) 11:00 Exercise with Duffy (FF) 1:00 Afternoon Movie: (MH) 2:00 Afternoon Exercise with Regan (FF)	10:00 Coffee Talk with Eli (IR) 11:00 In Chair Zumba with Duffy (FF) 1:00 Group Outing: Forney museum of transportation (FL) 2:00 Rummikub (IR) 3:00 Piano Thursdays (FL)	10:00 Music with Kiemel (FL) 11:00 Yoga with Eli (FL) 1:00 Afternoon Movie: (MH) 2:30 Bingo with Regan (TS) 3:30 Karaoke Fridays (FL) 6:00 Evening Movie	10:00 Yoga with Eli 10:45 Sing with Melissa (FL) 1:30 Kindness Club (IR) 2:00 Scrabble (IR) 3:00 Live Music Saturdays 3:00 Lunar New Year Celebration! (FL) 4:00 Trivia Time (FL)
Happy Birthday 🎂						
Feb 02 Catherine Pickett	Feb 21 Wayne Schindler					

IR = Ivy room, FF = Flourish Fitness, MH = Mayfair Hall, TS = The art studio, FL = Front Lobby