

| Life Enrichment – Dearborn                                                                                                                                                                   |                                                                                                                                                                                                   |                                                                                                                                                                                                                 | February 2026                                                                                                                                                   |                                                                                                                                                                                                                                             |  |
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| Monday                                                                                                                                                                                       | Tuesday                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                       | Thursday                                                                                                                                                        | Friday                                                                                                                                                                                                                                      |                                                                                    |
| <b>2`</b><br>10:00 Katherine Johnson<br>10:30 <i>Spiritual Wellness</i><br>11:30 LEG Day<br>1:15 Calendar Review/855edu<br>Respecting One Another Men’s Group (OR/CR)<br>2:15 Hidden Figures | <b>3 Jewelry Lady</b><br>10:00 February Trivia<br>10:30 <i>Spiritual Wellness</i><br>11:30 LEG Day<br>1:15 Calendar Review/855edu<br><b>Word Restoration Ministries</b><br>2:15 Canvas Art        | <b>4</b> <i>Wear Red for Heart Healthy Month</i><br>10:00 Heart Health Facts<br>10:30 <i>Spiritual Wellness /AVON</i><br>11:30 Red Parade<br>1:15 <b>Strawberries</b> and Cool Whip<br>2:15 Red Movie & Popcorn | <b>5 AppleBee’s</b><br>10:00 February Trivia<br>10:30 <i>Spiritual Wellness</i><br>11:30 Leg Day<br>1:15 Higher or Lower<br>2:15 Canvas Art                     | <b>6</b><br>10:00 Super Bowl Trivia<br>10:30 <i>Spiritual Wellness</i><br>11:30 Leg Day<br>1:15 <b>Super Bowl Party</b> DJ Love<br>2:15 Higher or Lower  |                                                                                    |
| <b>9 C &amp; G Novelties</b><br>10:00 Langston Hughes<br>10:30 <i>Spiritual Wellness</i><br>11:30 Core Exercises<br>1:15 Calendar Planning/855edu<br>2:15 Velvet Art                         | <b>10 AppleBee’s</b><br>10:00 Tell Me a Joke<br>10:30 <i>Spiritual Wellness</i><br>11:30 Core Exercises<br>1:15 Calendar Planning/855edu<br><b>Word Restoration Ministries</b><br>2:15 IN2L Games | <b>11</b><br>10:00 Tell Me a Joke<br>10:30 <i>Spiritual Wellness</i><br>11:30 Core Exercises<br>1:15 Participant Rights EDU<br>2:15 Bingo                                                                       | <b>12 AVON</b><br>10:00 Valentines Day Trivia<br>10:30 <i>Spiritual Wellness</i><br>11:30 Core Exercises<br>1:15 Bingo<br>2:15 Family Feud                      | <b>13</b><br>10:00 Love Songs<br>10:30 <i>Spiritual Wellness</i><br>11:30 Core Exercises<br>1:15 <b>Valentine’s Day Social(M)</b><br>2:15 Conversation Starters                                                                             |                                                                                    |
| <b>16</b> President’s Day<br>10:00 Barack Obama<br>10:30 <i>Spiritual Wellness/ C &amp; G Novelties</i><br>11:30 Arm Day<br>1:15 DIY Sanitizer<br>2:15 Plinko                                | <b>17 Paczki Day</b><br>10:00 Mardi Gras Trivia<br>10:30 <i>Spiritual Wellness</i><br>11:30 Arm Day<br>1:15 <b>Mardi Gras Party(S)</b><br>2:15 Plinko                                             | <b>18 Ash Wednesday</b><br>10:00 Gospel Hour<br>10:30 <i>Spiritual Wellness</i><br>11:30 Arm Day<br>1:15 Bible Trivia<br>2:15 Spiritual Reflection                                                              | <b>19 Applebee’s</b><br>10:00 Gospel Hour<br>10:30 <i>Spiritual Wellness</i><br>11:30 Arm Day<br>1:15 DIY Sanitizer/ Participant Rights EDU<br>2:15 Giant Jenga | <b>20</b><br>10:00 Gospel hour<br>10:30 <i>Spiritual Wellness</i><br>11:30 Arm Day<br>1:15 Bingo<br>2:15 Giant Jenga                                                                                                                        |                                                                                    |
| <b>23</b><br>10:00 Serena Williams<br>10:30 <i>Spiritual Wellness</i><br>11:30 Cardio Drumming<br>1:15 Bingo<br>2:15 Tennis Trivia                                                           | <b>24</b><br>10:00 Jazz Sounds<br>10:30 <i>Spiritual Wellness</i><br>11:30 Cardio Drumming<br>1:15 <b>Word Restoration Ministries</b><br>2:15 Bingo                                               | <b>25 Applebee’s</b><br>10:00 Jazz Sounds<br>10:30 <i>Spiritual Wellness</i><br>11:30 Cardio Drumming<br>1:15 Casino Royal<br>2:15 Card Games                                                                   | <b>26</b><br>10:00 70’s Disco<br>10:30 <i>Spiritual Wellness</i><br>11:30 Cardio Drumming<br>1:15 <b>Monthly Birthday Party(S)</b><br>2:15 Card Shark           | <b>27</b><br>10:00 80’s Disco<br>10:30 <i>Spiritual Wellness</i><br>11:30 Cardio Drumming<br>1:15 <b>Monthly Birthday Party (M)</b><br>2:15 Card Shark                                                                                      |                                                                                    |
|                        |                                                                                                                                                                                                   | Life Enrichment Therapists Elanda Clarke 313-794-9702<br><b>Call Pace after Hours</b><br><b>855-445-4554</b>                                                                                                    |                                                                                                                                                                 |                                                                                                                                                        |                                                                                    |