

Life Enrichment –				February 2026
Monday	Tuesday	Wednesday	Thursday	Friday
2 Ground Hog Day / Hands of Grace Store 10:00 Coffee & chat 10:30 Spiritual Wellness 10:45 <i>Chair Exercise</i> 11:00 Groundhog movie 1:00 Independent Leisure Time	3 Paparazzi 10:00 Coffee & chat 10:30 Spiritual Wellness 10:45 <i>Chair Exercise</i> 11:00 Participant Rights 1:00 Leisure Time	4 Wear <i>Red</i> for Heart Healthy Month / Chinese Carry out 10:00 Coffee & chat 10:30 Spiritual Wellness 10:45 <i>Move & Groove</i> 11:00 Chinese Carry out 1:00 Independent Leisure Time	5 Chinese Carry out 10:00 Rep your Team 10:30 Spiritual Wellness 10:45 Participant Rights Edu. 11:00 Chinese Carry out 1:00 Name that Tune	6 Superbowl party 10:00 Rep your Team / AVON Lady 10:30 Spiritual Wellness 10:45 <i>Bingo</i> 11:00 Moving & Grooving 1:00 Superbowl Celebration
9 Movie Monday 10:00 Conversation & coffee 10:30 Exercise 10:45 <i>Leisure Time</i> 11:00 Painting w/ a Purpose 1:00 Movie	10 Culvers Trip 10:00 Coffee & chat 10:30 10:45 <i>Chair Exercise</i> 11:00 Craft time 1:00 Bingo	11 Culver's Trip 10:00 Sip & chat 10:30 Spiritual Wellness 10:45 <i>Chair Exercise</i> 11:00 Craft time 1:00 Leisure Time	12 Valentine's Day 10:00 Love music & conversation 10:30 Spiritual Wellness 10:45 Exercise 11:00 Picture Day/Craft 1:00 Valentine's Day Social	13 Valentine's Day 10:00 Love songs & conversation 10:30 Spiritual Wellness 10:45 Exercise 11:00 Picture Day/Craft 1:00 Valentine's Day Social
16 President's Day AVON Lady 10:00 Daily Chronicles 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Movie Point Break 1:00 President Bingo	17 Fat Tuesday 10:00 Coffee and chat 10:30 Participant Education Rights 10:45 Exercise 11:00 Back Down Lane 1:00 Movie Hour	18 Ash Wednesday 10:00 Coffee & conversation 10:30 Spiritual Wellness 10:45 <i>Leisure Time</i> 11:00 Hand massage 1:00 Bingo	19 10:00 Leisure Time 10:30 Spiritual Wellness 10:45 <i>Board Games</i> 11:00 Hand Massage 1:00 Bingo	20 Shirely Temple Day 10:00 Coffee & chat 10:30 Spiritual Wellness 10:45 <i>Shirley Temple Trivia</i> 11:00 Movie Time 1:00 Movie/Shirley temple
23 10:00 Coffee & chat 10:30 Spiritual Wellness 10:45 <i>Chair Services</i> 11:00 Card Games 1:00 Music & Leisure	24 10:00 Sip & chat 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Spelling Bee 1:00 Trivia Challenge	25 10:00 CNN & Coffee 10:30 Participant Rights Edu. 10:45 Board Games 11:00 Leisure Time 1:00 Bingo	26 EPT GLAMMY'S 10:00 Sip & chat 10:30 Black carpet Entry 10:45 Preshow 11:00 Glammy/DJ Ivan 1:00 Glammys	27 10:00 World News 10:30 Spiritual wellness 10:45 Exercise 11:00 Leisure Time 1:00 Bingo
		Marcus (Elderific Beauty Salon) Dates: Monday February 9th, 2026, Thursday February 19, 2025 Final day to sign up for Culver's outing: 2/2/2026		

*ACTIVITIES ARE
SUBJECT TO
CHANGE*

Life Enrichment Therapist: Keisha Howard (248)-520-3763
 Life Enrichment Assistants: Deborah Bentley, Melkia Huey, Martha Dickerson,
 Felicia Perkins

