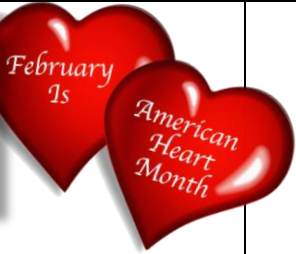


Life Enrichment – Pontiac			February 2026		
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Hands of Grace \$ 10:00 Groundhog Day 10:30 Walk and Stroll 10:45 BINGO 11:30 Salon Sign Up 1:00 Frederick Douglas Edu	3 Marcus Salon \$ 10:00 Morning Meditation 10:30 Calendar Planning 10:45 BINGO 11:30 Salon Sign Up 1:00 The Day the Music Died	4 National Sweater Day 10:00 Sports Trivia 10:30 Basketball 10:45 Olympic Torches 11:30 Travel to Italy 1:00 Rosa Parks	5 10:00 Morning Reflections 10:30 Who Am I 10:45 Super Bowl Party  11:30 Kidney Foundation 1:00 Participant Choice	6 Winter Olympics Start 10:00 Coffee Chats 10:30 Calendar Planning 10:45 Super Bowl Party  11:30 Card Club 1:00 Wordle	
9 AVON \$ 10:00 Icebreakers 10:30 Cardio Drumming 10:45 Valentine Lantern 11:30 Word in a Word 1:00 Open Recreation	10 Forman Mills \$ Wear Red for Heart Healthy Month 10:00 Gratitude 10:30 Balloon Volley 10:45 Valentine Lantern 11:30 Daily Bread 1:00 Card Club	11 10:00 Mindful Moments 10:30 Inventor's Match Race 10:45 BINGO 11:30 Valentine Cards 12:45 Griffin Sisters	12 10:00 Relaxation Breathing 10:30 Beat to the Music 10:45 Valentine's Day Social 11:30 Valentine Cards 1:00 Name That Tune	13 Golden Corral \$ 10:00 Reflections 10:30 Bucket ball 10:45 Valentine's Day Social 11:30 Karaoke 12:00 Deblon- Flutist	
16 <i>President's Day</i> Marcus Salon \$ 10:00 Guess the Word 10:30 Dart Throw 10:45 BINGO 11:30 Guess Who- Presidents 1:00 Music Trivia	17 <i>Fat Tuesday</i> 10:00 Fat Tuesday Facts 10:30 Participant Rights Edu. 10:45 Show and Share Pets 11:30 Karaoke 1:00 Dynamic Duo	18 <i>Ash Wednesday</i> AVON \$ 10:00 Gratitude 10:30 Hallway Bowling 10:45 Daily Bread 11:30 Card Club 1:00 Therapeutic Coloring	19 10:00 Reflections 10:30 Katherine Johnson Edu 10:45 BINGO 11:30 Hidden Figures Movie 1:00 Open Recreation	20 Dollar Tree \$ 10:00 Meditation 10:30 Jackie Robinson Edu 10:45 BINGO 11:30 Show and Share Pets 1:00 42 Movie	
23 10:00 Coffee Chats 10:30 Tai-Chi 10:45 Tile Craft 11:30 Card Club 1:00 Relaxed Coloring	24 10:00 Harriet Tubman Edu 10:30 Axe Throwing 10:45 Harriet Movie 11:30 Open Recreation 1:00 Jake & Sarah	25 Salvation Army \$ 10:00 Daniel Hale Williamson Edu 10:30 Participant Rights Edu. 10:45 Balloon Volley 11:30 Word Search Race 1:00 Independent Leisure	26 10:00 Icebreakers 10:30 Walk N Wheel 10:45 Karaoke 11:30 Daily Bread 1:00 Card Club	27 10:00 Music Trivia 10:30 Hallway Bowling 10:45 Karaoke 11:30 Daily Bread 1:00 Pictionary	
 		Life Enrichment Therapist: Tammy Stadler (248) 803-6511			