

Life Enrichment –Southfield

February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2` SL (Claressa Shields) 10:15 Breakfast NJam Out 10:45 Month of Mondays 11:00 Ppts Rights Edu. 12:00 Big Ballon WorkOut 1:30 Black History Trivia	3 SL (Cater G.W) 10:15 Breakfast N Jam Out 10:45 Month of Tuesdays 11:00 <i>Jewelry Making</i> 12:00 <i>IN2I Games</i> 1:30 Black History Trivia	4 SL(Beyonce) / Lily Mae Kitchen OUTING 10:15 Music + Mingle 10:45 Month of Wednesday 11:00 Conversation Starters 12:00 <i>IN2I Games</i> 1:30 Bingo	5 SL (Eugene Goodman) Deblon & Jewelry 10:15 Music + Mingle 10:45 Month of Thursdays 11:00 <i>Wooden Heart Craft</i> 12:00 Memory Lane (Maps) 1:30 Bingo	6 (Charles Follis) Wear Team Colors 10:15 Table Convos 10:45 Seated exercise 11:00 S-B Party 12:00 Monthly of Fridays 1:30 Jam2 weekend
9 Joy Of Chocolate\$ 10:15 Coffee-N-Convo 10:45 855-Education 11:00 <i>Spa Day</i> 12:00 Self Love Stretching 1:30 Conversation Starters	10 Julie Bodson 10:15 Coffee-N-Convo 10:45 855-Education 11:00 <i>Spa Day</i> 12:00 Name That Tune 1:30 Jumbo Ballon WorkOut	11 Jenny.L \$ WALMART OUTING 10:15 Morning Table Convos 10:45 Breathing Exercise 11:00 <i>D.Duo</i> 12:00 Memory Lane (Maps) 1:30 Conversation Starters	12 Smooth Sax W/Michael 10:15 Morning Table Convos 10:45 Self Love Stretching 11:00 <i>Sip-N-Charcuterie</i> 12:00 Memory Lane (Maps) 1:30 Conversation Starters	13 Deblon/ Photo booth 10:15 Brkfst Tunes 10:45 Self Love Stretching 11:00 Valentines Gift Bags 12:00 Weekly Anmts 1:30 Gift Bag Exchange
16 President's Day 10:15 Music + Mingle 10:45 Morning Workout 11:00 Convo Starters 12:00 Name That Tune 1:30 Bingo	17 Start of M G / Bowling \$ 10:15 Music + Mingle 10:45 Participant Rights jep. 11:00 Marti PartyNParade 12:00 Big Clap Exercise 1:30 Bingo	18 Julie B. Ash Wed/ Sherri 10:15 Morning Table Convos 10:45 Morning Workout 11:00 <i>DIY -Soup Making</i> 12:00 <i>IN2I Games</i> 1:30 Party W/Sherri	19 Tai Chi 10:15 Morning Table Convos 10:45 Morning Workout 11:00 <i>DIY Parfait</i> 12:00 <i>IN2I Games</i> 1:30 Name That Tune	20 10:15 Breakfst N Jam Out 10:45 Deep Breathing 11:00 Valent/ CanvasPaint 12:00 Weekly Announcements 1:30 Karaoke
23 Vanessa Carr 10:15 Coffee-N-Convo 10:45 Morning Workout 11:00 Pace Buck Auction 12:00 Black History Trivia 1:30 <i>Stawb/Ban Bonanza</i>	24 Monthly Birthday Party 10:15 Coffee-N-Convo 10:45 Breathing Exercise 11:00 Pace Buck Auction 12:00 February Trivia 1:30 Karaoke	25 MotorCity Sen. Art Bakes & Beats ART SHOW 10:15 Morning Table Convos 10:45 Careful Cardio 11:00 Festival (AB&B) 12:00 Higher Lower 1:30 Jeopardy	26 Charels Green 10:15 Morning Table Convos 10:45 Careful Cardio 11:00 <i>IN2L Games</i> 12:00 Higher Lower 1:30 Jeopardy	27 10:15 Breakfast Tunes 10:45 Deep Breathing 11:00 Convo Starters 12:00 Weekly Announcements 1:30 Big Ballon WorkOut



Wear **Red** for Heart Healthy Month
 Spiritual Wellness : MONDAYS TUESDAYS FRIDAYS
 Bible Study: WEDNESDAY 11:15am (orange Room)

Life Enrichment Therapists Lily Hargrave-Thomas, CTRS: (313) 480-3332
 Trevon Green, ADC: (248) 532-8221

