

Life Enrichment – Sterling Heights

February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2 Groundhog Day/LC Creations 10:00 Morning Gratitude 10:30 Chair Yoga 10:45 Relaxing Coloring 11:30 Calendar Review 1:00 Heart Shaped Wreath	3 10:00 Daily Wordle 10:30 Morning Stretches 10:45 Book Club/Wreaths 11:30 Calendar Review 1:00 Cardio Drumming	4 <i>Wear Red for Heart Healthy Month</i> 10:00 Music & Mingle 10:30 Chair Aerobics 10:45 Wheel of Fortune 11:30 Bio: The Greensboro Four 1:00 Valentine Jewelry/ Euchre	5 Elderific Salon 10:00 This Day in History 10:30 Movement to Music 10:45 Wheel of Fortune 11:30 855 Education 1:00 Valentines Jewelry	6 Applebee's Outing/AVON 10:00 Coffee & Conversation 10:30 Walk 'n' Roll  10:45 Super Bowl Party 11:30 Music of Bob Marley 1:00 Dynamic Duo/Bingo
9 10:00 Daily Wordle 10:30 Morning Stretches 10:45 Basketball/Ladder Golf 11:30 Bio: Claudette Colvin 1:00 Cardio Drumming	10 10:00 Music & Mingle 10:30 Chair Aerobics 10:45 Movie & Popcorn 11:30 Movie & Popcorn 1:00 Movie & Popcorn	11 Meijer Outing/AVON 10:00 This Day in History 10:30 Movement to Music 10:45 Bingo 11:30 Activity Planning 1:00 Heart Shaped Pillows	12 10:00 Coffee & Conversation 10:30 Cornhole 10:45 Valentine's Day Social 11:30 Activity Planning 1:00 Dynamic Duo/Bingo	13 Elderific Salon/Pop-Up Shop 10:00 Morning Gratitude 10:30 Chair Yoga 10:45 Valentine's Day Social 11:00 Tai Chi 1:00 Jake & Sarah/Bingo
16 President's Day 10:00 Music & Mingle 10:30 Chair Aerobics 10:45 U.S. Presidents Trivia 11:30 Bio: Bayard Rustin 1:00 Ceramic Painting	17 Casino Outing/Fat Tuesday 10:00 Michael Jordan Birthday 10:30 Movement to Music 10:45 Mardi Gras Party 11:30 Participant Rights Educ. 1:00 Rod Stewart/Bingo	18 Ash Wednesday 10:00 Coffee & Conversation 10:30 Velcro Darts/Ladder Golf 10:45 Mardi Gras Party 11:30 855 Education 1:00 Paul Ritchie/Euchre	19 10:00 Morning Gratitude 10:30 Chair Yoga 10:45 Board Games/ Craft Club 11:30 Bio: Freedom Riders 1:00 Soap Making	20 10:00 Daily Wordle 10:30 Morning Stretches 10:45 Board Games 11:30 Participant Rights Educ. 1:00 Soap Making
23 Black History Museum 10:00 This Day in History 10:30 Movement to Music 10:45 Baking Club/Bingo 11:30 Bio: Diane Nash 1:00 Polar Bear Craft	24 10:00 Coffee & Conversation 10:30 Basketball 10:45 Tai Chi 11:30 March Outing Sign-Up 1:00 Polar Bear Craft	25 10:00 Morning Gratitude 10:30 Chair Yoga 10:45 Seafoam Art w/Kim 11:30 March Outing Sign-Up 1:00 Virtual Zoo Visit	26 Cracker Barrel Outing 10:00 Daily Wordle 10:30 Morning Stretches 10:45 Seafoam Art w/Kim 11:30 Nutrition Presentation 1:00 Elephant Toothpaste/Volcano	27 10:00 Music & Mingle 10:30 Chair Aerobics 10:45 Family Feud 11:30 Nutrition Presentation 1:00 Elephant Toothpaste/Volcano



Bible Study on Thursdays
Book Club: Tuesday, February 3rd
Craft Club: Thursday, February 19th
Baking Club: Monday, February 23rd
 Mardi Gras Masks 2/17 & 2/18, Coronel Dancers 2/18
 Valentines & Candygrams 2/12 & 2/13



Life Enrichment Therapists

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