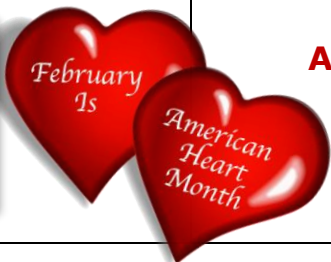


Life Enrichment – Westland				February 2026 
Monday	Tuesday	Wednesday	Thursday	Friday
2 Groundhog Day, Avon \$ 10:15 Monthly Gazette 10:45 Senior Stretches 11:00 Puzzles & Predictions 1:00 Spiritual Wellness 1:30 Calendar Review/Request	3 Joy of Chocolate \$ 10:15 BHM Spotlight 10:45 Move & Groove 11:00 Craft 1:00 Spiritual Wellness 1:30 Calendar Review/Request	4 Wear Red for Heart Healthy Month Paparazzi Jewelry \$ 10:15 TV & Tunes 10:45 Chair Exercise 11:00 Heart Craft 1:00 Bible Study 1:30 Nutrition Edu. w/ Emily	5 Culvers Outing \$ 10:15 Morning Music 10:45 Pom Pom Exercise 11:00 You Choose Leisure 1:00 Bible Study 1:30 Bingo	6 Jersey Day/ Team Colors! 10:15 Coffee & Converse 10:45 Football Fitness 11:00 Superbowl Bingo  1:00 Spiritual Wellness 1:30 Super Bowl Party w/DJ Mike
9 Chocolate Day! Lady V \$ 10:15 Coffee & Converse 10:45 Chair Yoga 11:00 Candy Land 1:00 Spiritual Wellness 1:30 Willy Wonka Movie	10 Meijer Outing \$, Avon \$ 10:15 Sip & Socialize 10:45 Senior Stretches 11:00 Art Hour 1:00 Spiritual Wellness 1:30 Bingo	11 Celebrate BHM! Divine Cre8tions \$ 10:15 BHM Spotlight 10:45 Move & Groove 11:00 Black History Picture Bingo 1:00 Bible Study 1:30 BHM Entertainment	12 Sweet Fruit \$ 10:15 TV & Tunes 10:45 Chair Exercise 11:00 AA Group/ Ind. Leisure 1:00 Bible Study 1:30 Boogie w/ Bobby	13 Wear Pink/Red! 10:15 Morning Music 10:45 Pom Pom Exercise 11:00 Valentine's Day Craft 1:00 Spiritual Wellness 1:30 Valentine's Day Social
16 President's Day 10:15 Morning Music 10:45 Pom Pom Exercise 11:00 Presidents Day Packet 1:00 Art Therapy 2:00 Independent Leisure	17 Mardi Gras, Start of Ramadan & Lunar New Year 10:15 Coffee & Converse 10:45 Chair Yoga 11:00 Mardi Gras Party w/ Bobby 1:00 Spiritual Wellness 1:30 Ramadan & Lunar New Year Edu.	18 Ash Wednesday, Mary Kay \$ 10:15 Sip & Socialize 10:45 Senior Stretches 11:00 Act. Survey/ Ind. Leisure 1:00 Bible Study 1:30 Bingo	19 HF Museum Men's Outing \$ 10:15 BHM Spotlight 10:45 Move & Groove 11:00 Act. Survey/ Canvas Painting 1:00 Bible Study 1:30 Movie	20 Sweet Fruit \$ 10:15 TV & Tunes 10:45 Chair Exercise 11:00 Art Hour 1:00 Spiritual Wellness 1:30 IN2L
23 10:15 TV & Tunes 10:45 Chair Exercise 11:00 AA Group/ Ind. Leisure 1:00 Spiritual Wellness 1:30 Shake it w/ Sheri	24 10:15 Morning Music 10:45 Pom Pom Exercise 11:00 Ppt. Rights/ 855 Edu. 1:00 Spiritual Wellness 1:30 Bingo	25 Divine Cre8tions \$ 10:15 Coffee & Converse 10:45 Chair Yoga 11:00 Ppt. Rights/ 855 Edu. 1:00 Bible Study 1:30 IN2L	26 10:15 Sip & Socialize 10:45 Senior Stretches 11:00 Jewelry Making 1:00 Bible Study 1:30 Monthly Birthday Party	27 10:15 BHM Spotlight 10:45 Move & Groove 11:00 Uno Hour 1:00 Spiritual Wellness 1:30 Bingo
		 Aisha's Salon: Thursday & Friday, Sign Up \$ *activities are subject to change*		

Life Enrichment Therapists: Julia Gaglio, CTRS (313) 500-2032
 PACE # 855-445-4554

