

4 WEST

February 2026



9:00--1 to 1-visits with February Calendars 10:00-Hour of Power T.V. 10:15--Table Volley Ball 11:00--W/C Yoga 1:30---Bingo  Tu B'Shevat Begins	10:30 SDA CHURCH  Groundhog Day	9:15-Basketball Throw Exercise 10:00 Horse Derby 11:00--Feb Trivia/Gazette 2:00 Yoga With Betty 5:45 Evening Bingo	915-Noodle Soccer 10:00-Fun with Words 10:30--Bingo  2:00 RESIDENTS COUNCIL AND FOOD COMMITEE ON 5 WEST	2:30 POT AND DRUMMING DANCE 5:45 Puzzles 	8:30- SPECIAL BREAKFAST  OLYMPICS START TODAY UNTIL FEB 22, 2026	9:15--Fishing Game 10:00--Table Volley Ball 11:00--Fun With Words 11:30--W/C Travel 1:30- Arts and Crafts- Olympics Flags
9:15-Noodle Soccer 10:00--Hour of Power T.V. 10:15--Horse Derby 1:30- Piccolo Pronzo/ Sensory Taste/Trivia 3:15	10:30 SDA CHURCH  2:00 YOUNG AT HEART	9:15-Exercise Group /Ball Toss 10:00- Paint by Number 11:00-Reminiscing/Stories 1:30--Baking/Sensory Taste Trivia 5:45 Evening Bingo	915-Table Volley ball 10:00--Name that Tune 11:00--Musical T.V 2:00 FRIENDSHIP TEA 	2:30 BLACK HISTOIRY WITH DAVIS 5:45 Reminiscing	9:15- Fishing. Game And Axe Throwing 10:00--Word Scrabble 11:00-Fill in the Blanks 1:30--Valentines Craft 2:00 The 4 String Ukulele Band	2:30 VALENTINES DAY WITH ROBERT CRUZ  5:45 Saturday Night Sing A long With Muffin Tasting  Valentine's Day
	FAMILY DAY 9:15- Noodle Soccer 10:30 SDA CHURCH 1:30 Word Scrabble 2:00 Strawberry Social 3:00 Hand Massages	2:00 MARDI GRAS PARTY 	915- Fishing Game 10:00--Chinese / Lantern's 11:00--Horoscopes 2:30 MONTHLY BIRTHDAY PARTY WITH KENT  5:45 Off to the Races	 2:00 GIANT VOLLEYBALL GAME IN THE AUDITORIUM	8:30- SPECIAL BREAKFAST	9:15--Exercise Group 10:00-- Horse Derby 11:00 W/C. Travel 1:30-- Movie and Popcorn with 4east
9:15--Basket ball Throw/ Exercise Group 10:00--Hour of Power T.V. 10:30--Color to Music 11:00--Word Games 1:30---Large Ball Toss/ 4E Res.	10:30 SDA CHURCH 	9:15--Noodle Soccer 10:00--Bowling 11:00. Comedy. Show 2:00 YOGA WITH BETTY 3:15 Hand Massages	9:15--Gentle Stretch/ Basketball Throw 10:00--Fishing Game 11:00--Horse. Derby 1:30-Hot Chocolate Drinks 2:30 Word Scramble 5:45 Movie Night in the Auditorium	9:15-- Table Tennis 10:00. Coloring to Music 11:00- Word Game 2:30 Anglican Church Service	9:15-Table Volleyball 10:00 - Bean Bag Toss 10:30--Sing-along 1:30--Food program Nachos Chips 5:45 Evening Bing with 5 West	