

Sunday

Monday

Tuesday

Wednesday

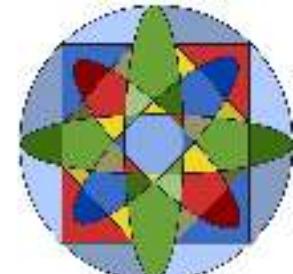
Thursday

Friday

Saturday

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	1  2 Groundhog Day	2 10:30 SDA CHURCH  9:15-Basketball Throw Exercise 10:00 Horse Derby 11:00-Feb Trivia/Gazette 2:00 Yoga With Betty 5:45 Evening Bingo	3 9:15-Noodle Soccer 10:00-Fun with Words 10:30-Bingo 2:00 RESIDENTS COUNCIL AND FOOD COMMITTEE ON 5 WEST	4 9:15-Table Volley ball 10:00-Name that Tune 11:00-Musical T.V 2:00 FRIENDSHIP TEA 	5 9:15-Pot and Drumming Dance 5:45 Puzzles  OLYMPICS START TODAY UNTIL FEB 22, 2026	6 8:30- SPECIAL BREAKFAST  6 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	7  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	8  9 2:00 YOUNG AT HEART	9 10:30 SDA CHURCH 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	10 10:30 SDA CHURCH 9:15-Table Volley ball 10:00-Name that Tune 11:00-Musical T.V 2:00 FRIENDSHIP TEA 	11 10:00-Name that Tune 11:00-Musical T.V 2:30 BLACK HISTORY WITH DAVIS 5:45 Reminiscing	12 10:00-Word Scrabble 11:00-Fill in the Blanks 1:30--Valentines Craft 2:00 The 4 String Ukulele Band	13 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	14 2:30 VALENTINES DAY WITH ROBERT CRUZ  5:45 Saturday Night Sing A long With Muffin Tasting Valentine's Day
15  February	15 FAMILY DAY	16 2:00 MARDI GRAS PARTY 	17 9:15- Noodle Soccer 10:30 SDA CHURCH 1:30 Word Scrabble 2:00 Strawberry Social 3:00 Hand Massages	18 9:15- Fishing Game 10:00-Chinese / Lantern's 11:00-Horoscopes 2:30 MONTHLY BIRTHDAY PARTY WITH KENT 5:45 Off to the Races	19  2:00 GIANT VOLLEYBALL GAME IN THE AUDITORIUM	20 8:30- SPECIAL BREAKFAST 5:45 Evening Bingo or Cards with 5 West	21 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.	22  10:30 SDA CHURCH	23 9:15-Noodle Soccer 10:00-Bowling 11:00. Comedy. Show 2:00 YOGA WITH BETTY 3:15 Hand Massages	24 9:15-Noodle Soccer 10:00-Bowling 11:00. Comedy. Show 2:00 YOGA WITH BETTY 3:15 Hand Massages	25 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	26 9:15- Table Tennis 10:00. Coloring to Music 11:00- Word Game 2:30 Anglican Church Service	27 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	28 

LIFE ENRICHMENT STAFF: FULL TIME RITA/ FLOAT SUSAN / CONVENIENCE STORE OPEN WEDNESDAY AND THURSDAY 1:00 TO 3:00 P.M. / SATURDAY MORNINGS PET VISITS / THURSDAY MORNINGS COMM...