

FEBRUARY ACTIVITIES CALENDAR 2026

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
Winter Wellness Week		1	Groundhog Day		2			3	Facial Spa Services		4	Guest Speaker: Nutrition		5	Winter Olympics Opening		6			7
8:00	L	Church Services Shuttle	9:00	L	Walk-Fit-Club	9:00	L	Wellness Walk	9:00	L	Walk-Fit-Club	9:00	L	Wellness Walk	9:00	L	Walk-Fit-Club	9:00	Y	Open Yoga Studio
9:00	FC	Open Fitness Center	10:00	Y	Gentle Heart Yoga	10:00	Y	Tai Chi: Mind & Body Flow	10:00	Y	Yoga: Stretch & Balance	10:00	Y	Tai Chi: Mind & Body Flow	10:00	YS	Mindful Movements Meditation	10:00	Y	Saturday Sit-Fit with Ticka
10:00	L	Shopping Shuttle	10:30	SC	Monday Mahjong Club	10:30	T	Lifelong Learning: TED Talk	11:00	ST	Brain Boost B-I-N-G-O Challenge!	10:30	CL	Cafe' Connections with Sam	10:30	L	Winter Olympics Opening Ceremony	10:30	ST	Mahjong Saturday Club
11:00	ST	Paint By The Numbers Art	11:00	YS	Fall Prevention Safety Class	11:30	Y	Strength Training	11:30	Y	Fall Prevention Safety Class	10:30	Y	Lecture Series: Sodium Content of Foods	11:00	Y	Shopping Shuttle	10:30	L	Shopping Shuttle
2:00	T	Movie Matinee	11:30	T	Documentary: Incredible Human Body	2:00	ST	Chinese Painting Workshop	1:00	T	Matinee & Popcorn	11:30	ST	Strength Training	11:00	T	Documentary: Science of Aging	11:00	T	Matinee & Popcorn
3:00	ST	Piece-By-Piece: Puzzle Connect	2:00	ST	Sweetheart Floral Workshop	2:30	Y	Revitalize Cardio	2:30	FC	High Interval Training	2:00	Y	Introduction to Gym	11:30	L	Winter Olympics Fun Facts & Trivia	2:00	ST	Creative Art Studio w/Eversound
3:30	ST	Card Game Club	2:30	FC	Introduction to Gym	3:00	ST	Brain Boost Trivia Challenge	3:00	ST	Cozy Knit & Crochet Projects	2:30	CL	Activity/Film Forum With Ticka	2:00	ST	Scenic Walk Club	2:30	ST	Saturday B-I-N-G-O Fun!
4:30	CL	Sunday Sports Social	4:30	ST	Open Art & Create Studio	4:30	CL	Classic Tunes Sing-Along Karaoke	5:00	CL	Winter Wine-Down	4:30	CL	Live Music	2:30	CL	Captivating Memories W/Scrapbooking	4:30	CL	Comedy Hour
7:30	T	Golden Screen Night	7:30	T	Movie Night: Groundhog Day	7:30	T	Vintage Film Night: Western	5:30	CL	Live Pianist	4:30	T	Signature Film Night	3:00	T	Evening At The Movies: New Release	4:30	T	Popcorn & Pictures
									7:30	T	Showtime Social	7:30						7:30		
Super Bowl Party!		8			9			10	Guest Speaker: Wildlife		11			12	Bistro Banter With Sylvia		13	Lunar New Year/Valentine's		14
8:00	L	Church Services Shuttle	9:00	L	Walk-Fit-Club	9:00	L	Wellness Walk	9:00	L	Walk-Fit-Club	9:00	L	Wellness Walk	9:00	L	Walk-Fit-Club	9:00	Y	Open Yoga Studio
9:00	FC	Cheer & Chair Fitness with Ticka	10:00	Y	Gentle Heart Yoga	10:00	Y	Tai Chi: Mind & Body Flow	10:00	Y	Yoga: Stretch & Balance	10:00	Y	Tai Chi: Mind & Body Flow	10:00	YS	Mindful Movements Meditation	10:00	Y	Heart Health Chair Workout with Ticka
10:00	L	Shopping Shuttle	10:30	SC	Monday Mahjong Club	11:00	T	Lifelong Learning: TED Talk	11:00	ST	Lecture Series: Wildlife	10:30	CL	Cafe' Connections with Sam	11:00	L	Shopping Shuttle	10:30	ST	Golden Hearts Mahjong Club
11:00	ST	Super Bowl Trivia Game	11:00	YS	Fall Prevention Safety Class	11:30	Y	Strength Training	11:30	Y	Fall Prevention Safety Class	11:00	E	Excursion: de Saisset Museum	11:30	T	Documentary & Discussion	11:00	L	Shopping Shuttle
2:00	T	Touchdown & Traditions	11:30	T	Documentary & Discussion	2:00	ST	Heart Trivia Challenge	1:00	T	Matinee & Popcorn	11:30	Y	Strength Training	2:00	B	Bistro Banter With Sylvia	1:30	T	Lunar New Year & Valentine's
3:30	ST	Super Bowl Watch Party	2:30	ST	Introduction to Gym	2:30	Y	Revitalize Cardio	2:30	FC	High Interval Training	2:00	ST	Introduction to Gym	2:30	L	Scenic Walk Club	1:30	CL	Celebration
3:30	ST	Super Bowl Commerical Rating	3:00	FC	Ceramics Workshop	3:00	ST	Valentine's Card Making & Tea	3:00	ST	Cozy Knit & Crochet w/Eversound	3:30	T	Resident Council Meeting	3:00	ST	Valentine's Jewelry Making Workshop	1:30	CL	Traditional Lion Dance
3:30	CL	Super Bowl Watch Party	4:30	ST	Open Art & Create Studio	4:30	CL	Love Tunes Sing-Along Karaoke	5:00	CL	Winter Wine-Down	4:30	CL	Live Music & Chocolate Tasting	4:00	ST	Valentine's Day Card Making & Tea	1:30	CL	Chef-Prepared hors d'oeuvres
7:30	T	Golden Screen Night: Invincible	7:30	T	Movie Night	7:30	T	Vintage Film Night: Western	5:30	T	Live Pianist	7:30	T	Signature Film Night	7:30	T	Evening At The Movies: New Release	5:30	S	Sweetheart Dinner & Live Music
									7:30	T	Showtime Social									
Culture & Curiosity Week		15	President's Day		16	Mardi Gras		17	Facial Spa Services		18	Excursion		19	Movie: Song Sung Blue		20			21
8:00	L	Church Services Shuttle	9:00	L	Walk-Fit-Club	9:00	L	Wellness Walk	9:00	L	Walk-Fit-Club	9:00	L	Wellness Walk	9:00	L	Walk-Fit-Club	9:00	Y	Open Yoga Studio
9:00	Y	Open Fitness Center	10:00	Y	Gentle Heart Yoga	10:00	Y	Tai Chi: Mind & Body Flow	10:00	Y	Yoga: Stretch & Balance	10:00	Y	Tai Chi: Mind & Body Flow	10:00	Y	Mindful Movements Meditation	10:00	Y	Saturday Sit-Fit with Ticka
10:00	L	Shopping Shuttle	10:30	SC	Monday Mahjong Club	11:00	T	Lifelong Learning: TED Talk	11:00	T	Lecture Series	10:30	CL	Cafe' Connections with Sam	11:00	L	Shopping Shuttle	10:30	ST	Mahjong Saturday Club
11:00	SC	Paint By The Numbers Art	11:00	YS	Fall Prevention Safety Class	11:30	Y	Strength Training	11:30	Y	Fall Prevention Safety Class	10:30	E	Excursion: Cantor Arts Center	11:30	Y	Documentary & Discussion	11:00	L	Shopping Shuttle
2:00	T	Movie Matinee	11:30	T	Documentary & Discussion: Presidents	2:00	ST	Mask Decorating	11:30	Y	Matinee & Popcorn	11:00	Y	Strength Training	2:00	T	Special Movie: Song Sung Blue	2:00	T	Matinee & Popcorn
3:00	ST	Piece-By-Piece: Puzzle Connect	1:30	YS	Zumba Gold: Dance Fitness Format	2:30	Y	Revitalize Cardio	2:00	Y	High Interval Training	11:30	ST	Brain Fitness Challenge	2:30	L	Scenic Walk Club	2:30	ST	Creative Art Studio w/Eversound
3:30	ST	Card Game Club	2:00	ST	Floral Workshop	3:00	CL	Brain Boost Trivia Challenge	2:30	ST	Cozy Knit & Crochet Projects	2:00	ST	Introduction to Gym	3:00	ST	Captivating Memories W/Scrapbooking	2:30	ST	Saturday B-I-N-G-O Fun!
4:30	SC	Sunday Sports Social	2:30	Y	Introduction to Gym	4:30	CL	Mardi Gras Music & Dance	3:00	CL	Winter Wine-Down	4:30	CL	Live Music	4:30	CL	Happy Hour Line Dance Lessons	4:30	CL	Comedy Hour
7:30	T	Golden Screen Night	4:30	ST	Open Art & Create Studio	7:30	T	New Orleans Film Night	4:30	T	Showtime Social	7:30	T	Signature Film Night	7:00	T	Special Movie: Song Sung Blue	7:30	T	Popcorn & Pictures
									7:30	T										
National Margarita Day		22			23			24	Facial Spa Services		25	Excursion & Birthday Bash		26	Chef's Forum		27			28
8:00	L	Church Services Shuttle	9:00	L	Walk-Fit-Club	9:00	L	Wellness Walk	9:00	L	Walk-Fit-Club	9:00	L	Wellness Walk	9:00	L	Walk-Fit-Club	9:00	Y	Open Yoga Studio
9:00	YS	Open Fitness Center	10:00	Y	Gentle Heart Yoga	10:00	Y	Tai Chi: Mind & Body Flow	10:00	Y	Yoga: Stretch & Balance	10:00	Y	Tai Chi: Mind & Body Flow	10:00	Y	Mindful Movements Meditation	10:00	Y	Saturday Sit-Fit with Ticka
10:00	L	Shopping Shuttle	10:30	SC	Monday Mahjong Club	11:00	T	Lifelong Learning: TED Talk	11:00	T	Brain Boost B-I-N-G-O Challenge!	10:30	CL	Cafe' Connections with Sam	11:00	L	Shopping Shuttle	10:30	ST	Mahjong Saturday Club
11:00	ST	Paint By The Numbers Art	11:00	YS	Fall Prevention Safety Class	11:30	ST	Strength Training	11:30	Y	Fall Prevention Safety Class	10:30	E	Excursion: Calif. Academy of Science	11:30	Y	Documentary & Discussion	11:00	L	Shopping Shuttle
2:00	T	Movie Matinee	11:30	T	Documentary & Discussion	2:00	ST	Brain Boost Trivia Challenge	11:30	ST	Matinee & Popcorn	11:00	Y	Strength Training	2:00	CL	Chef's Forum	2:00	T	Matinee & Popcorn
3:00	ST	Piece-By-Piece: Puzzle Connect	1:30	ST	Zumba Gold: Dance Fitness Format	2:30	Y	Revitalize Cardio	2:00	Y	High Interval Training	11:30	T	Brain Fitness Challenge	2:30	L	Scenic Walk Club	2:30	ST	Creative Art Studio w/Eversound
3:30	ST	Card Game Club	2:30	ST	Introduction to Gym	3:00	ST	Painting Workshop	2:30	ST	Cozy Knit & Crochet Projects	2:00	Y	Introduction to Gym	3:00	ST	Winter Jewelry Making Workshop	3:00	ST	Eversound: Name That Sound
4:30	SC	Sunday Sports Social & Margaritas	3:00	ST	Ceramics Workshop	4:30	CL	60s & 70s Tunes Sing-Along Karaoke	3:00	CL	Winter Wine-Down	4:30	CL	Monthly Birthday Bash & Live Music!	4:30	CL	Happy Hour Line Dance Lessons	4:30	CL	Comedy Hour
7:30	T	Golden Screen Night	4:30	T	Open Art & Create Studio	7:30	T	Vintage Film Night: Western	4:30	T	Showtime Social	7:30	T	Signature Film Night	7:30	T	Evening At The Movies: New Release	7:30	T	Popcorn & Pictures
									7:30	T										

SPECIAL EVENTS

Lunar New Year and Valentine's Day Celebration - 2/14 at 1:30pm in Clara's Lounge.

Please join us on the wonderful Excursions and the departure time will be at 11:00am in the lobby.

B	Bistro
CL	Clara's Lounge
LR	Living Room
FC	Fitness Center

L	Lobby
LB	Library
P	Pool

TR	Treatment Room
S	Salon
ST	Sky Terrace Studio
T	Theater

SC	Sky Terrace Club Room
Y	Yoga Studio
PL	Penthouse Lounge

Please sign-up with Concierge for:

Full Service Salon Every Sunday 9:30am - 4pm | Salon | Call 408-674-5543 to Book

Complimentary Massage Therapy Sessions and Facial Spa Service 1:30-4:30 alternating Wednesdays as noted.