

FEBRUARY 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Gentle Chair Workout on the 4th floor TR 10:00 Virtual Church Service B 10:30 Chit Chat & Coffee B 1:00 Tabletop Board Games with St. Francis Episcopal School Students B 1:00 Technical Assistance with Morgan Kim GR 1:30 Faithful Paws: Dog	2 9:30 Seated Ball Exercise 4th floor B 10:30 Chit Chat & Coffee B 11:00 Trivia TR 3:00 Belmont Mahjong TR 6:00 Movie Night Theater: The Ballad of Buster Scruggs	3 TH 11:00 Tai Chi with Blue Dragon Tai Chi TR 1:30 Bible Study with Deacon Denny of St. Michael's TR 2:00 Weekly Catholic Communion TR 3:00 Lifelong University TR 6:00 Movie Night Theater: The Ballad of Buster Scruggs	4 GR 9:30 Seated Dancing with Paloma from Danzactive! GR 11:00 Drum Circle with Adrian Suarez 2:00 Domino's Club GR 4:00 Wine and Cheese with Dave Miley TR 6:00 Movie Night Theater: Planet Earth Documentary S1:E5	5 TH 9:30 Whole Body Exercise B 10:30 Trader Joe Walk TH 1:00 Craft: No Sew Blankets for The Rose AS 2:30 Watercolor Painting 2:30pm-4:00pm 4:00 Group Puzzle: 4th floor TR 6:00 Movie Night Theater: Great British Bake Off	6 TH 9:30 Sit & Be Fit with Benjamin Villalon B 10:00 Flower Arranging Class GR 12:00 AL/COF Outing to West University 4:00 Group Puzzle: 4th floor TR 6:00 Movie Night Theater: You Are So Not Invited To My Bat Mitzvah	7 Weekend Activity Packet 9:30 Dancercise 4th floor B 10:30 Chit Chat & Coffee B 1:30 Tabletop Board Games with the Young Men's Service League & St. Thomas High School Students GR 4:00 Live Music with Jim Connors TR 6:00 Movie Night
8 9:30 Gentle Chair Workout on the 4th floor TR 10:00 Virtual Church Service B 1:00 Tabletop Board Games with St. Francis Episcopal School Students B 1:00 Technical Assistance with Morgan Kim GR 2:00 Resident Life Story Interviews	9 TH 9:30 Seated Ball Exercise 4th floor B 10:30 Chit Chat & Coffee 3:00 Belmont Mahjong 4:00 Group Puzzle 4th floor TR 6:00 Movie Night Theater: Work IT	10 TH 11:00 Tai Chi with Blue Dragon Tai Chi TR 1:30 Bible Study with Deacon Denny of St. Michael's TR 2:00 Weekly Catholic Communion TH 2:30 Discovery Series: Health & Wellness Presentation TR 6:00 Movie Night Theater: The Old Guard	11 GR 9:30 Seated Dancing with Paloma from Danzactive! TH 10:30 GALentine's Day Party with West University TH 1:00 Craft: No Sew Blankets for The Rose GR 4:00 Wine & Cheese with Performer Cindy St. Cyr TR 6:00 Movie Night Theater: Planet	12 TH 9:30 Whole Body Exercise IC 10:15 Assisted Living Outing TH 1:30 Rodeo Presentation with Stephen Carter GR 3:00 Rodeo Round Up Party with Live Music & Chili Cook Off TR 6:00 Movie Night Theater: Great British Bake Off S3:E4-6	13 9:30 Cardio Workout 4th floor B 10:30 Flower Arranging Class TR 1:00 Daytime Movie Experience: Forrest Gump 4:00 Group Puzzle: 4th floor TR 6:00 Movie Night Theater: The Week Of	14 Weekend Activity Packet B 1:30 Tabletop Board Games with the Young Men's Service League & St. Thomas High School Students GR 4:00 Live Music with Carlos Compean TR 6:00 Movie Night Theater: Resident's Choice
15 Weekend Activity Packet 9:30 Gentle Chair Workout on the 4th floor TR 10:00 Virtual Church Service B 10:30 Chit Chat & Coffee B 1:00 Tabletop Board Games with St. Francis Episcopal School Students B 1:00 Technical Assistance with	16 Washington's Birthday TH 9:30 Sit & Be Fit with AgeStrong Fitness B 11:00 Trivia SP 2:00 Chinese Mahjong with Teri on the 5th floor SP 3:00 Belmont Mahjong on the 5th floor TR 6:00 Movie Night Theater: Piece by Piece	17 TH 9:30 Care Crew: No Sew Blankets for The Rose 11:00 Tai Chi with Blue Dragon Tai Chi 4th Floor 12:00 Mardi Gras Lunch TR 1:30 Bible Study with Deacon Denny of St. Michael's TR 2:00 Weekly Catholic Communion GR 4:00 Mardi Gras Happy Hour & Live Music	18 GR 9:30 Seated Dancing with Paloma from Danzactive! GR 11:00 Drum Circle with Adrian Suarez TR 1:00 Lifelong University: The Origins of Coffeehouses and Global Coffee Culture - Farshid Emami, Ph.D. B 3:00 Chef Chats with Chef Dwayne	19 TH 9:30 Whole Body Exercise IC 10:15 Assisted Living Outing TH 12:00 Brain Health Presentation AS 1:30 Art Class: Painting Cards for the Troops 4:00 Group Puzzle: 4th floor 4:00 New Resident Orientation TR 6:00 Movie Night	20 9:30 Cardio Workout 4th floor B 10:30 Flower Arranging Class TR 1:30 Belmont Airways Traveling to Italy TH 2:15 Belmont Airways: Snacks and Drinks TR 6:00 Movie Night Theater: We're The Millers	21 Weekend Activity Packet GR 9:30 Singing Performance B 10:00 Game Time with Second Baptist B 1:30 Tabletop Board Games with the Young Men's Service League & St. Thomas High School Students GR 4:00 Live Music with Maurice

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22 9:30 Gentle Chair Workout on the 4th floor TR 10:00 Virtual Church Service B 1:00 Astros vs Cardinals Watch Party with YSML group B 1:00 Tabletop Board Games with St. Francis Episcopal School Students B 1:00 Technical	23 TH 9:30 Sit & Be Fit with AgeStrong Fitness B 10:30 Chit Chat & Coffee B 2:00 Chinese Mahjong with Teri SP 3:00 Belmont Mahjong on the 5th floor TR 6:00 Movie Night Theater: Miss Americana	24 11:00 Tai Chi with Blue Dragon Tai Chi-4th floor 12:00 Men of Belmont TR 1:30 Bible Study with Deacon Denny of St. Michael's TR 2:00 Weekly Catholic Communion TH 3:00 Resident Council TR 6:00 Movie Night Theater: Ad Vitam	25 GR 9:30 Seated Dancing with Paloma from Danzactive! GR 10:00 Faithful Paws: Therapy Dog Visits 12:00 Chinese New Year Lunch TR 1:30 Lifelong University: Live Zoom Session: Coffee and Conversation - Farshid Emami,	26 TH 9:30 Whole Body Exercise TC 10:15 Assisted Living Outing WF 12:00 February Birthday Luncheon AS 2:30 Craft: No Sew Blankets for The Rose 4:00 Group Puzzle: 4th floor TR 6:00 Movie Night Theater: A Fortunate Man	27 9:30 Cardio Workout 4th floor B 10:30 Flower Arranging Class 1:30 Book Club Discussion WF 2:00 Cocktail Sample & Demonstration with Miguel 4:00 Group Puzzle: 4th floor TR 6:00 Movie Night Theater: The Do-Over	28 Weekend Activity Packet 9:30 Dancercise 4th floor B 10:30 Chit Chat & Coffee B 1:30 Tabletop Board Games with the Young Men's Service League & St. Thomas High School Students GR 4:00 Live Music with Adrian Suarez TR 6:00 Movie Night