

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

East Building Calendar

Activities are subject to change without notice



AR2 = Activity Room (2nd Floor)
 DR3 = Dining Room (3rd Floor)
 FD = Front Desk
 PT = Patio
 AF = All Floor
 ADR = All Dining Rooms

1 9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2] Tu B'Shevat Begins	9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Cardio [AR2] 10:30 Cory's Cozy Color Time [AR2] 1:30 Nail Spa [AR2] 3:00 BINGO! [AR2] Groundhog Day	2 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Zumba! [AR2] 1:00 Torrey Pines Scenic Drive [FD] 3:00 Tech Tuesday [AR2]	3 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Food Forum [DR3] 10:30 Bible Study [AR2] 1:30 A&C's Craft Corner- "Paper heart door wreath" [AR2] 3:00 Unlucky 7's [AR2]	4 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Puzzles & Trivia [AR2] 1:00 Movie & Popcorn [AR2] 1:00 Wal-Mart Shopping Trip [FD] 3:00 Jewelry Making [AR2]	5 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00 BINGO! [AR2] 3:00 Happy Hour w. Jim [DR3]	6 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Exercise [AR2] 1:00 Karaoke with Alex [AR2] 3:00 Movie & Popcorn [AR2]
7 9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2] 3:30 Superbowl Tailgate [DR3]	8 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Cardio [AR2] 10:30 Cory's Cozy Color Time [AR2] 1:30 Nail Spa [AR2] 3:00 BINGO! [AR2]	9 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Zumba! [AR2] 1:00 BINGO! [AR2] 3:00 Peggy's Porch Sing Along [AR2]	10 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Leg Exercise [AR2] 10:30 Bible Study [AR2] 1:30 A&C's Craft Corner- "Valentines Day Wall Decoration" [AR2] 3:00 BINGO! [AR2]	11 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Puzzles & Trivia [AR2] 1:00 Movie & Popcorn [AR2] 1:00 Good Will Shopping Trip [FD] 3:00 Jewelry Making [AR2]	12 9:00 Morning Hydration 9:30 Current Events [AR2] 11:30 Valentine's Day Celebration [ADR] 1:00 BINGO! [AR2] 3:00 Happy Hour [DR3]	13 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Exercise [AR2] 1:00 Karaoke with Alex [AR2] 3:00 Movie & Popcorn [AR2] Valentine's Day
14 9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2]	15 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Cardio [AR2] 10:30 Cory's Cozy Color Time [AR2] 1:30 Nail Spa [AR2] 3:00 BINGO! [AR2] Presidents' Day (U.S.)	16 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Zumba! [AR2] 1:00 Coronado Scenic Drive [FD] 3:00 Peggy's Porch Sing Along [AR2] <small>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</small>	17 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Leg Exercise [AR2] 10:30 Bible Study [AR2] 1:30 A&C's Craft Corner- "Paper Flower" [AR2] 3:00 BINGO! [AR2]	18 Birthday Celebration - China 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Leg Exercise [AR2] 10:30 Bible Study [AR2] 1:30 A&C's Craft Corner- "Paper Flower" [AR2] 3:00 BINGO! [AR2]	19 Birthday Celebration - China 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00 BINGO! [AR2] 3:00 Happy Hour w. Matthew [DR3]	20 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Exercise [AR2] 1:00 Karaoke with Alex [AR2] 3:00 Movie & Popcorn [AR2]
21 9:00 Shadow Mt. Livestream [AR2] 9:30 Morning Hydration 10:30 Catholic Mass [AR2] 1:30 Conversation Cards with Cory [AR2] 3:00 Puzzles & Trivia [AR2]	22 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Seated Cardio [AR2] 10:30 Cory's Cozy Color Time [AR2] 1:30 Nail Spa [AR2] 3:00 BINGO! [AR2]	23 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Resident Council [DR3] 1:00 Movie & Popcorn [AR2] <small>(Goodfellas)</small> 3:00 Tech Tuesday [AR2]	24 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Resident Council [DR3] 1:00 Movie & Popcorn [AR2] <small>(Goodfellas)</small> 3:00 Tech Tuesday [AR2]	25 9:00 Safari Park Outing [FD] 9:30 Current Events [AR2] 10:00 Seated Leg Exercise [AR2] 10:30 Bible Study [AR2] 1:00 Movie & Popcorn [AR2] 3:00 Puzzles & Trivia [AR2]	26 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Puzzles & Trivia [AR2] 1:00 Movie & Popcorn [AR2] 1:00 Albertsons Shopping Trip [FD] 3:00 Jewelry Making [AR2]	27 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00 BINGO! [AR2] 3:00 Happy Hour w. Sylvia [DR3]