






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <div> <h1>February 2026</h1> <h2>East Building Calendar</h2> <p>*Activities are subject to change without notice*</p> </div> <div> <p>AR2 = Activity Room (2<sup>nd</sup> Floor)  DR3 = Dining Room (3<sup>rd</sup> Floor)  FD = Front Desk  PT = Patio  AF = All Floor  ADR = All Dining Rooms</p> </div> </div>						
<b>1</b> 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] <small>Tu B'Shevat Begins</small>	<b>2</b> 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  [AR2] <small>Groundhog Day</small>	<b>3</b> 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Zumba! [AR2] 1:00 <u>Torrey Pines Scenic Drive</u> [FD] 3:00 Tech Tuesday [AR2]	<b>4</b> 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 <u>Food Forum</u> [DR3] 10:30 Bible Study [AR2] 1:30 A&C's Craft Corner- "Paper heart door wreath" [AR2] 3:00 Unlucky 7's [AR2]	<b>5</b> 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Puzzles & Trivia [AR2] 1:00 Movie & Popcorn [AR2] 1:00 <u>Wal-Mart Shopping Trip</u> [FD] 3:00 Jewelry Making [AR2]	<b>6</b> 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00  [AR2] 3:00 <u>Happy Hour w. Jim</u> [DR3]	<b>7</b> 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]
<b>8</b> 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] <b>3:30 Superbowl Tailgate</b> [DR3]	<b>9</b> 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  [AR2]	<b>10</b> 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Zumba! [AR2] 1:00  [AR2] 3:00 <u>Peggy's Porch Sing Along</u> [AR2]	<b>11</b> 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  [AR2]	<b>12</b> 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Puzzles & Trivia [AR2] 1:00 Movie & Popcorn [AR2] 1:00 <u>Good Will Shopping Trip</u> [FD] 3:00 Jewelry Making [AR2]	<b>13</b> 9:30 Current Events 11:30 <u>Valentine's Day Celebration</u> [ADR] 1:00  [AR2] 3:00 <u>Happy Hour</u> [DR3]	<b>14</b> 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] <small>Valentine's Day</small>
<b>15</b> 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]	<b>16</b> 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  [AR2] <small>Presidents' Day (U.S.)</small>	<b>17</b> 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Zumba! [AR2] 1:00 <u>Coronado Scenic Drive</u> [FD] 3:00 <u>Peggy's Porch Sing Along</u> [AR2] <small>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</small>	<b>18</b> 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  [AR2]	<b>19</b> <u>Birthday Celebration – China</u> 9:00 Morning Hydration 11:30 <u>Birthday Celebration</u> [ADR] 1:00 Movie & Popcorn [AR2] 1:00 <u>DD's Shopping Trip</u> [FD] 3:00 Jewelry Making [AR2]	<b>20</b> 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00  [AR2] 3:00 <u>Happy Hour w. Matthew</u> [DR3]	<b>21</b> 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]
<b>22</b> 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]	<b>23</b> 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  [AR2]	<b>24</b> 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 <u>Resident Council</u> [DR3] 1:00 Movie & Popcorn [AR2] <small>(Goodfellas)</small> 3:00 Tech Tuesday [AR2]	<b>25</b> 9:00 <u>Safari Park Outing</u> [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]	<b>26</b> 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Puzzles & Trivia [AR2] 1:00 Movie & Popcorn [AR2] 1:00 <u>Albertsons Shopping Trip</u> [FD] 3:00 Jewelry Making [AR2]	<b>27</b> 9:00 Morning Hydration 9:30 Current Events [AR2] 10:00 Chair Cardio [AR2] 10:30 Color Me Happy [AR2] 1:00  [AR2] 3:00 <u>Happy Hour w. Sylvia</u> [DR3]	<b>28</b> 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]