




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>    <h1>February 2026</h1> <h2>East (Memory Care) Calendar</h2> <p>*Activities are subject to change without notice*</p>   <div> <p>AR2 = Activity Room (2nd Floor)</p> <p>DR3 = Dining Room (3rd Floor)</p> <p>FD = Front Desk</p> <p>AF = All Floor</p> </div> </div>						
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] <small>Tu B'Shevat Begins</small>	2 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy  <small>Groundhog Day</small>	3 9:00am Morning Workout 9:30am Current Events 10:00am Sip and Chat 10:30am Memory Game 1:30pm Trivia Tuesday 3:00pm Arts and Craft w/ Alex - Heart Tags	4 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration w/ Music 10:30am  1:30pm Balloon Volleyball 3:00pm Conversation Cards	5 9:30am Current Events 10:00am Morning Hydration 10:00am Torrey Pines Scenic Drive 1:30pm Color Me Happy 3:00pm Tv show/ Snacks	6 9:00am Morning Workout 9:30am Current Events 10:00am Snack Time w/ Cassy 10:30am Loteria! 1:30pm Uno! 3:00 Happy Hour w. Jim [DR3]	7 9:00am Morning Exercise 9:30am Current Events 10:00am Sip and Chat 10:30am Arts and Craft w/ Cassy  1:30pm 3:00pm Movie w/ Popcorn
8 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]	9 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy  <small>Groundhog Day</small>	10 9:00am Morning Workout 9:30am Current Events 10:00am Mission Beach Picnic 10:30am Memory Game 1:30pm Arts and Craft w/ Alex - Paper Flowers 3:00pm Valentine's Photo Shoot	11 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration w/ Music 10:30am Paint and Chat 1:30pm Balloon Volleyball 3:00pm Sing-along w/ Alex	12 9:30am Current Events 10:00am Morning Hydration 10:00am Mount Soledad Scenic Drive 1:30pm Color Me Happy 3:00pm Tv show/ Snacks	13 9:30 Current Events 11:30 Valentine's Day Celebration [ADR] 10:30am Loteria! 3:00 Happy Hour [DR3]	14 9:00am Morning Exercise 9:30am Current Events 10:00am Sip and Chat 10:30am Valentine's Craft  1:30pm 3:00pm Movie w/ Popcorn <small>Valentine's Day</small>
15 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]	16 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy  <small>Presidents' Day (U.S.)</small>	17 9:00am Morning Workout 9:30am Current Events 10:00am Sip and Chat 10:30am Memory Game 1:30pm Trivia Tuesday 3:00pm Movie w/ Popcorn - "UP" <small>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</small>	18 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration w/ Music 10:30am  1:30pm Balloon Volleyball 3:00pm Conversation Cards	19 Birthday Celebration – China 9:00 Morning Hydration 11:30 Birthday Celebration [ADR] 1:30pm Color Me Happy 3:00pm Tv show/ Snacks	20 9:00am Morning Workout 9:30am Current Events 10:00am Snack Time w/ Cassy 10:30am Loteria! 1:30pm Uno! 3:00 Happy Hour w. Matthew [DR3]	21 9:00am Morning Exercise 9:30am Current Events 10:00am Sip and Chat 10:30am Arts and Craft w/ Cassy  1:30pm 3:00pm Movie w/ Popcorn
22 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]	23 9:00am Morning Workout 9:30am Current Events 10:00am Morning Hydration 10:30am UNO! 1:30pm Color Me Happy 	24 9:00am Morning Workout 9:30am Current Events 10:00am Sip and Chat 10:30am Memory Game 1:30pm Trivia Tuesday 3:00pm Arts and Craft w/ Alex	25 9:00 Safari Park Outing [FD] 9:30am Current Events 10:00am Morning Hydration w/ Music 1:30pm Ballon Volleyball 3:00pm Sing-along	26 9:30am Current Events 10:00am Morning Hydration 10:00am La Jolla Scenic Drive 1:30pm Color Me Happy 3:00pm Tv show/ Snacks	27 9:00am Morning Workout 9:30am Current Events 10:00am Snack Time w/ Cassy 10:30am Loteria! 1:30pm Uno! 3:00 Happy Hour w. Sylvia [DR3]	28 9:00am Morning Exercise 9:30am Current Events 10:00am Sip and Chat 10:30am Arts and Craft w/ Cassy  1:30pm 3:00pm Movie w/ Popcorn