

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026

## West Building Calendar



WAR= West Activity Room  
 WDR= West Dining Room  
 WL= West Lobby  
 AUD= Auditorium  
 LIB= Library  
 MDR= Main Dining Room  
 PL= Pool  
 SDR= South Dining Room  
 SL= South Lounge

|  |   |   |  |   |   |   |
|--|---|---|--|---|---|---|
| 9:00 Shadow Mountain Church Livestream [SL]<br>9:00 Friends w/ God [WAR]<br>9:30 Catholic Mass [AUD]<br>10:30 Sittercise [AUD]<br><b>1:30 Board Games Social [AUD]</b><br>3:00 Unlucky Seven [AUD]<br>Tu B'Shevat Begins | <b>1</b> 9:30 Daily Chronicle [WAR]<br><b>10:00 Sittercise [WAR]</b><br>10:45 Blackjack [AUD]<br><b>1:30 La Jolla Scenic Tour [FD]</b><br>1:30  [WAR]<br>3:00 Nature Walk [WAR]<br>Groundhog Day  | 9:30 Current Events<br>10:00 Chair Exercise [WAR]<br>10:45 Phase 10 [AUD]<br>1:30 Pokeno [AUD]<br>3:00 Name That Tune [AUD]   | <b>3</b> 9:30 Current Events<br>10:00 Sit & Stretch [WAR]<br>10:45 Unlucky Seven [AUD]<br><b>1:30 Valentine's Day Heart Wreath [AUD]</b><br><b>3:00 Peggy's Porch Sing Along [MDR]</b><br>6:00  w/ Shannon!      | <b>4</b> 9:30 Current Events<br><b>10:00 Food Forum [AUD]</b><br>10:00 Balloon Volleyball [WAR]<br><b>10:45 UNO [AUD]</b><br>1:30 Bible Study [SL]<br><b>1:30 Blackjack [AUD]</b><br><b>3:00 Nail Spa [AUD]</b> | <b>5</b> 9:30 Current Events<br><b>9:30 Walmart Shopping [FD]</b><br>10:00 Exercise w/ Joyce [AUD]<br>10:45 Five Crowns [AUD]<br><b>1:30 Aldi Shopping [FD]</b><br>3:00 Happy Hour w. Rick [AUD]          | 9:30 Current Events<br>10:00 Morning Stroll<br><b>10:45 Resident Led Unlucky Seven [AUD]</b><br>1:30 Valentine's Day Jewelry Making [AUD]<br>3:00 Movie & Popcorn [AUD]<br>(Mrs. Doubtfire) |
| 9:00 Shadow Mountain Church Livestream [SL]<br>9:00 Friends w/ God [WAR]<br>9:30 Catholic Mass [AUD]<br>10:30 Sittercise [AUD]<br><b>1:30 Board Games Social [AUD]</b><br><b>3:30 Superbowl Tailgate [MDR]</b>           | <b>8</b> 9:30 Daily Chronicle [WAR]<br><b>10:00 Sittercise [WAR]</b><br>10:45 Blackjack [AUD]<br><b>1:30 Coronado Scenic Tour [FD]</b><br>1:30  [WAR]<br>3:00 Nature Walk [WAR]   | 9:30 Daily Chronicle [WAR]<br><b>10:00 Sit and Get Fit [WAR]</b><br>10:30 Unlucky Seven [WAR]<br><b>1:30 Valentine's Card Making [WAR]</b><br><b>3:00 Trivia Tuesday [WAR]</b><br>("Are You Smarter Than a 5 <sup>th</sup> Grader?")                              | 9:30 Daily Chronicle [WL]<br><b>10:00 Resident Council Meeting [WDR]</b><br>1:30 Mobility Wipe Down [PL]<br><b>3:00 Afternoon Sittercise [WAR]</b><br>6:00  w/ Olly!   | 9:30 Daily Chronicle [WAR]<br><b>10:00 Balloon Volleyball [WAR]</b><br>10:30 Reminiscing [WAR]<br>1:30  [WAR]<br><b>3:00 Happy Hour w/ Peggy's Porch Sing Along [WDR]</b>                                       | 9:30 Current Events<br><b>10:00 Exercise w/ Joyce [AUD]</b><br><b>11:30 Valentine's Day Celebration [ADR]</b><br><b>1:30 CVS Shopping [FD]</b><br>3:00 Happy Hour w. Steve [AUD]                          | 9:30 Current Events<br>10:00 Morning Stroll<br><b>10:45 Love Potion Craft [AUD]</b><br><b>1:30 Mind and Body Boost w/ Todd [AUD]</b><br>3:00 Movie & Popcorn [AUD]<br>(Valentine's Day)     |
| 9:00 Shadow Mountain Church Livestream [SL]<br>9:00 Friends w/ God [WAR]<br>9:30 Catholic Mass [AUD]<br>10:30 Sittercise [AUD]<br><b>1:30 Board Games Social [AUD]</b><br>3:00 Unlucky Seven [AUD]                       | <b>15</b> 9:30 Daily Chronicle [WAR]<br><b>10:00 Sittercise [WAR]</b><br>10:45 Blackjack [AUD]<br><b>1:30 Cabrillo Nat'l Scenic Tour [FD]</b><br>1:30  [WAR]<br><b>3:00 Presidents' Day Documentary [WAR]</b><br>Presidents' Day (U.S.) | 9:30 Daily Chronicle [WAR]<br><b>10:00 Sit and Get Fit [WAR]</b><br>10:30 Unlucky Seven [WAR]<br><b>1:30 Trivia Tuesday [WAR]</b><br>("The Price is Right")<br>3:00 Nails by Olivia [WAR]<br>Ramadan Begins<br>Mardi Gras<br>Chinese New Year (Year of the Horse) | 9:30 Daily Chronicle [WAR]<br><b>10:00 Seated Fitness [WAR]</b><br><b>11:00 DZ Akins Outing [FD]</b><br>1:30 Afternoon Documentary<br>("The Story of China") [WAR]<br><b>3:00 UNO! [WAR]</b><br>6:00  w/ Olivia! | <b>18</b> Birthday Celebration – China<br>9:30 Daily Chronicle [WL]<br><b>11:30 Birthday Celebration [ADR]</b><br>2:00 Balloon Volleyball [WAR]<br>3:00  [WAR]  | 9:30 Current Events<br><b>9:30 Walmart Marketplace Shopping [FD]</b><br>10:00 Exercise w/ Joyce [AUD]<br>10:45 Five Crowns [AUD]<br><b>1:30 Dollar Tree Shopping [FD]</b><br>3:00 Happy-Social Hour [AUD] | 9:30 Current Events<br>10:00 Morning Stroll<br>10:45 Blackjack [AUD]<br><b>1:30 Board Games Social [AUD]</b><br>3:00 Name that Tune [AUD]   |
| 9:00 Shadow Mountain Church Livestream [SL]<br>9:00 Friends w/ God [WAR]<br>9:30 Catholic Mass [AUD]<br><b>10:30 Celebration of Lives [AUD]</b><br>2:00 Afternoon Sittercise [AUD]<br>3:00 Unlucky Seven [AUD]           | <b>22</b> 9:30 Daily Chronicle [WAR]<br><b>10:00 Sittercise [WAR]</b><br>10:45 Blackjack [AUD]<br><b>1:30 Shelter Island Scenic Tour [FD]</b><br>1:30  [WAR]<br>3:00 Nature Walk [WAR]  | 9:30 Daily Chronicle [WAR]<br><b>10:00 Sit and Get Fit [WAR]</b><br>10:30 Unlucky Seven [WAR]<br>1:30  w/<br>Shannon [SDR]<br><b>3:00 GG Auction [AUD]</b><br>3:00 Nature Walk [WAR]  | 9:30 Current Events<br>10:00 Sittercise [AUD]<br>10:45 Phase 10 [AUD]<br>1:30 Scrabble [AUD]<br><b>3:00 Peggy's Porch Sing Along [SDR]</b>   | 9:30 Daily Chronicle [WAR]<br><b>10:00 Balloon Volleyball [WAR]</b><br>10:30 Reminiscing [WAR]<br>1:30  [WAR]<br><b>3:00 Happy Hour w/ Peggy's Porch Sing Along [WDR]</b>                                       | 9:30 Current Events<br><b>9:30 Walmart Shopping [FD]</b><br>10:00 Exercise w/ Joyce [AUD]<br>10:45 Five Crowns [AUD]<br><b>1:30 Target Shopping [FD]</b><br>3:00 Happy Hour w. Matthew [AUD]              | 9:30 Current Events<br>10:00 Morning Stroll<br>10:45 Left/Right/Center [AUD]<br><b>1:30 Mind and Body Boost w/ Todd [AUD]</b><br>3:00 Jewelry Making [AUD]                                  |