

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>3:00PM Violin Recital (EC)</b> <b>1</b> 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	<b>Groundhog Day</b> <b>2</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (3rd FL Card Rm)	<b>8:00 Walking Group (L)</b> <b>3</b> 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Healthcare Forum (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:45 Spring Harbor Vocal Ensemble (AR)	<b>8:30 Strength and Conditioning (G)</b> <b>4</b> 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 10:30 SH Operations & Grounds Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	<b>8:00 Walking Group (L)</b> <b>5</b> 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 2:00 Food Forum (EC) 7:00 Mahjongg (3rd FL Card Rm)	<b>8:30 Strength and Conditioning (G)</b> <b>6</b> 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 10:30 Resident Connections Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	<b>1:00 Five Crowns Card Game (ACR)</b> <b>7</b> <b>2:00 Movie of the Week (T)</b> <b>7:15 Movie of the Week (T)</b>
<b>10:00 Little Church at the End of the Hall (ACR)</b> <b>8</b> <b>2:00 Movie of the Week (T)</b> <b>7:15 Movie of the Week (T)</b>	<b>10:45AM Grief Support Group (L)</b> <b>9</b> <b>2:00PM Feature of the Month</b> <b>2:00PM Cardmaking for HC Residents (ACR)</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (3rd FL Card Rm)	<b>4:00PM Classical Guitar Recital (EC)</b> <b>10</b> <b>6:45PM Riverdance 20th Anniversary (L)</b> 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:45 Spring Harbor Vocal Ensemble (AR)	<b>8:30 Strength and Conditioning (G)</b> <b>11</b> 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	<b>1:30PM Valentine Food Craft (ACR)</b> <b>12</b> 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 2:00 Mobility & Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)	<b>4:00PM Valentines Social Hour (EC)</b> <b>13</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	<b>Valentine's Day</b> <b>14</b> <b>6:45PM CSO: John Williams &amp; Spielberg(L)</b> <b>1:00 Five Crowns Card Game (ACR)</b> <b>2:00 Movie of the Week (T)</b> <b>7:15 Movie of the Week (T)</b>
<b>3:15PM Violin Studio Gala Concert (L)</b> <b>15</b> 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	<b>President's Day</b> <b>16</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (3rd FL Card Rm)	<b>10:30AM Townhall (EC)</b> <b>17</b> <b>7-9PM Mardi Gras Party (EC)</b> 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:45 Spring Harbor Vocal Ensemble (AR)	<b>3:30PM CSU Special Lecture (EC)</b> <b>18</b> 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	<b>2:00PM Resident Birthday Party (ACR)</b> <b>19</b> <b>2:00PM Carson McCullers Tour (L)</b> 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)	<b>11:30AM Lunch Trip to Outback (L)</b> <b>20</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	<b>6:45PM Kaleidoscope (L)</b> <b>21</b> <b>1:00 Five Crowns Card Game (ACR)</b> <b>2:00 Movie of the Week (T)</b> <b>7:15 Movie of the Week (T)</b>
<b>3:30PM Samuel Vargas Violin Recital (L)</b> <b>22</b> 10:00 Little Church at the End of the Hall (ACR) <b>11:00 Grand Buffet (DR)</b> 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	<b>8:30 Strength and Conditioning (G)</b> <b>23</b> 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (3rd FL Card Rm)	<b>5:00PM Bonefish Dinner Trip (L)</b> <b>24</b> 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 11:00 Mobility & Balance (AR) 11:00 Episcopal Communion (MR3) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:45 Spring Harbor Vocal Ensemble (AR)	<b>2:30PM Staff VS Resident Volleyball (EC)</b> <b>25</b> 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	<b>6:45PM Hallock Lecture Series (L)</b> <b>26</b> 8:00 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)	<b>4-7PM Black History Theme Dinner (DH)</b> <b>27</b> <b>9:30 AM Green Island Grocery Trip (L)</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	<b>6:45PM The Miracles Ft. Syd Justin (L)</b> <b>28</b> <b>1:00 Five Crowns Card Game (ACR)</b> <b>2:00 Movie of the Week (T)</b> <b>7:15 Movie of the Week (T)</b>
<b>LOCATION KEY</b> AR - Aerobics Room ACR - Arts and Crafts Room DR - Dining Room EC - Event Center	G - Gym L - Lobby MR3 - Meeting Room 3rd Floor P - Pool T - Theater					

# February 2026

Independent Living

