

# Activities Calendar - February 2026

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday																	
1 10:00– Worship Service (C)	<b>GROUNDHOG DAY</b> 2 9:00– Chair Exercise (AR) 10:30– Bible Study (C) 11:00– Groundhog Day Trivia 2:00– Movie: Groundhog Day with Groundhog Dirt Cups & Coffee (AR)	3 9:00– Chair Exercise (AR) 10:30– Lunch Bunch Trip to Rocky’s & shopping at Dollar General Store (you must sign up with Brian) 10:30–Noodle Ball (AR) 2:00– Bingo (AR) 3:00– Resident Council Meeting (AR)	4 9:00– Chair Exercise (AR) 10:15– Worship Service (C) 2:00– Making Mosaic Heart Canvas Paintings (AR) 3:00– Reminiscing on Years Past/ Story Circle *Bring a Photo of Your Spouse	5 9:00– Chair Exercise (AR) 10:30– Valetine’s Coloring & Hot Chocolate Social (AR) 2:00– Craft with Elizabeth (AR) 3:00– Valentine’s Day Minute to Win It Games (AR)	6 9:00– Chair Exercise (AR) 9:00– Resident Walmart Shopping Trip (you must sign up with Brian) 10:30– Bowling Game (AR) 2:00– Valentine’s Day Ice Cream Sundae Bar (AR) 3:00– Valentine’s Day Name 3 Game (AR)	7 2:00– Making Valentine’s Wreath with the Unicoi County High School HOSA program (AR)	8 10:00– Worship Service	9 9:00– Chair Exercise 10:30– Bible Study (C) 11:00– Valentine’s Day Trivia Game (AR) 2:00– Making Valentine’s Day Trail Mix & Kindness Game (AR) 3:00– Valentine’s Day Simon Says Game (AR)	10 9:00– Chair Exercise (AR) 10:30– Conversation Heart Get to Know Me Game (AR) 2:00– Time Travelers Reminiscing Game (AR) 3:00– Cardio Drumming to Love Songs (AR)	11 9:00– Chair Exercise (AR) 10:15– Worship Service 12:00– Valentine’s Day Special Lunch (DR) 2:00– Concert: Larry Pate (L) 3:00– Hangman: Valentine’s Edition (AR)	12 9:00– Chair Exercise (AR) 10:30– Noodle Ball (AR) 2:00– Chef Circle: Making Chocolate Covered Strawberries with Dietary Staff (DR) 3:00– Be My Valentine Charlie Brown (AR)	13 <b>WEAR RED OR PINK TODAY</b> 9:00– Chair Exercise (AR) 10:30– Valentine’s Day Hearts Scavenger Hunt (meet in activity room to get your bag to collect hearts) 2:00– Love Songs through the Decades Valentine’s Day Party (AR)	14 <b>VALENTINE’S DAY</b> 	15 10:00– Worship Service	16 <b>PRESIDENT’S DAY</b> 9:00– Chair Exercise (AR) 10:30– Bible Study (C) 11:00– Name that President Game (AR) 2:00– American History Trivia with Patriotic Treat (AR) 3:00– Concert: Willie Manning & Friends (C)	17 9:00– Chair Exercise (AR) 10:30– Don’t Drop the Ring Game (AR) 2:00– Unicoi County Public Library (CR) 2:30– Arm Chair Travel: Destination Italy (AR)	18 9:00– Chair Exercise (AR) 10:15– Worship Service (C) 2:00– Bingo Birthday Bash sponsored by Evergreen Freewill Baptist Church (AR) 3:00– The Velcro Catch & Toss Game (AR)	19 <b>STAFF MEETING AT 10AM</b> 9:00– Chair Exercise (AR) 10:30– Jigsaw Puzzles (GR) 2:00– Penny Game with Caris (AR) 3:00– Let’s Take a Trip Story Circle (AR)	20 9:00– Chair Exercise (AR) 10:30– Noodle Ball (AR) 2:00–Health Class & Fun with Madison from Unicoi County Health Department (AR) 3:00– Devotional & Choir Sing Along to Hymns (AR)	21 2:00– Making Valentine’s Wreath with the Unicoi County High School HOSA program (AR)	22 10:00– Worship Service (C)	23 9:00– Chair Exercise (AR) 10:30– Bible Study (C) 11:00– Making Card with Elizabeth (AR) 2:00– Afternoon at the Spa: Come enjoy face masks, hand & neck massages, warm tea, relaxing music & more (AR)	24 9:00– Chair Exercise (AR) 10:30– Stack the Cup Race Game (AR) 2:00– Concert: Glaymorgan Chapel Quartet in Wise, VA (AR) 6:00– Concert: The Mainer Family	25 9:00– Chair Exercise (AR) 10:15– Worship Service (C) 2:00– Movie: The Help with Chocolate Pie & Coffee *Set in the 1960’s. Three women come together to share the stories of Afri- can American maids in the South. Through friendship, courage & compassion, they show how kindness & standing up for one another helped change lives. (AR)	26 9:00– Chair Exercise (AR) 10:30– Playing UNO Game (AR) 2:00– Bingo with Sabrina from Home Instead (AR) 3:00– America’s Funniest Home Videos with Hot Chocolate (AR)	27 9:00– Resident Walmart Shopping Trip (you must sign up with Brian) 9:00– Chair Exercise (AR) 10:30– Noodle Ball (AR) 2:00– Show & Tell *Bring something with you to talk about as a group that’s important to you. 3:00– Kick & Score Bean Bag Game (AR)	28

Governor’s Bend reserves the right to change the schedule due to CDC protocol updates, unexpected events, lack of interest, time restraints, weather or need.

**Activity locations:** GR= Garden Room AR=Activity Room L=Lobby  
DR: Dining Room C=Chapel FP= Front Porch CR= Conference Room

