



Arleigh Burke Assisted Living

February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - GA - Sp <a href="#">11:00 AM Pianist Roberta</a> - DR - So 11:30 AM Virtual Catholic Service - GA - Sp 2:00 PM Sunday Movie Matinee - TH - So 3:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR -So 10:30 AM News & Reviews - LR - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:45 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Stretches - SB - Ph 11:00 AM Hymn Sing with Chaplain Scott - SB - Sp 1:30 PM Documentary Viewing - SB - So <a href="#">2:15 PM Creative Corner: Valentine’s Day Card Making Activity</a> - PS - So 3:00 PM Trivia Happy Hour - PS - So <a href="#">4:00 PM Guitarist Tender Polman</a> - DR- So	10:30 AM Whiteboard Word Game - PS - In 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Active Game: Bowling - LR - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So	10:00 AM News & Reviews - LR - So 11:30 AM All Resident Meeting - LR - No 1:00 PM Pianist Jerry Roman - DR - So 2:00 PM Whiteboard Games - SB - Ph 3:00 PM Visits from Zena - LR - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - LR - So 10:30 AM Catholic Communion with Father Melmer - MP - Sp 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - LR - Ph 2:00 PM Bingo - LI - In <a href="#">3:00 PM Happy Hour &amp; Winter Olympics Watch Party</a> - SB - So <a href="#">4:00 PM Accordionist Dave Lovins</a> - DR - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So
8	9	10	11	12	13	14 – Valentine’s Day
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - GA - Sp 11:30 AM Virtual Catholic Service - GA - Sp <a href="#">2:45 PM Tacy Foundation Music Program</a> - AL - So 3:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph <a href="#">1:30 PM Leisure Ride</a> - AL - So 2:00 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So 4:00PM Name That Tune - LR - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Stretches - SB - Ph 11:00 AM Hymn Sing with Chaplain Scott - SB - Sp <a href="#">11:30 AM Bistro Lunch Bunch</a> - B - So 1:30 PM Documentary Viewing - SB - So <a href="#">2:15 PM Creative Corner: Paper Blossom Making</a> - PS - So 3:00 PM Trivia Happy Hour - PS - So <a href="#">4:00 PM Pianist Jim West</a> - DR - So	10:00 AM Morning News & Reviews - LR - So 10:30 AM Whiteboard Word Game - PS - In 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Active Game: Bowling - LR - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So	10:00 AM News & Reviews - LR - So 2:00 PM Whiteboard Games - SB - Ph 3:00 PM Visits from Zena - LR - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - LR - So 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - LR - Ph 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Valentine’s Day Happy Hour - PS - So <div></div>
15	16 – Presidents’ Day	17 – Lunar New Year	18 – Ash Wednesday	19	20	21
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - GA - Sp 11:30 AM Virtual Catholic Service - GA - Sp 2:00 PM Sunday Movie Matinee - TH - So 3:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:30 AM Lunch Bunch - B - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:45 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So <a href="#">3:30 PM Resident Guest Speaker</a> - SB - So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Stretches - SB - Ph 11:00 AM Hymn Sing with Chaplain Scott - SB - Sp 1:30 PM Documentary Viewing - SB - So 2:15 PM Creative Corner - PS - So 3:00 PM Trivia Happy Hour - PS - So	10:30 AM Whiteboard Word Game - PS - In 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Active Game: Bowling - LR - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So	10:00 AM News & Reviews - LR - So 2:00 PM Whiteboard Games - SB - Ph 3:00 PM Visits from Zena - LR - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - LR - So 10:30 AM Catholic Communion with Fr. Melmer - MP - Sp 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - LR - Ph 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Music with Bob Clarks - PS - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph <a href="#">11:00 AM ACTS Ministry</a> - SB - Sp 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational Church Service - GA - Sp 11:30 AM Virtual Catholic Service - GA - Sp 2:00 PM Sunday Movie Matinee - TH - So 3:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:15 PM Hot Cocoa Social - LR - So 2:00 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So 4:00 PM Name That Tune - LR -So	10:00 AM News & Reviews - SB - So 10:30 AM Guided Seated Stretches - SB - Ph 11:00 AM Hymn Sing with Chaplain Scott - SB - Sp 1:30 PM Documentary Viewing - SB - So 2:15 PM Creative Corner - PS - So 3:00 PM Trivia Happy Hour - PS - So 4:00 PM Music with Vince Borelli - Dr - So	10:30 AM Whiteboard Word Game - PS - In 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Active Game: Bowling - LR - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So	10:00 AM News & Reviews - LR - So 11:00 AM Pianist Roberta - DR - So 2:00 PM Whiteboard Games - SB - Ph 3:00 PM Visits from Zena - LR - So 3:00 PM Wine & Cheese - PS - So 3:00 PM February Birthday Celebration - PS - So	10:00 AM News & Reviews - LR - So 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - LR - Ph 1:15 PM Emotional Support Group - MP - Em 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So
	Location Key	Dimensions of Wellness	Please Note			
	<b>DR</b> – Dining Room (1 <sup>st</sup> floor) <b>GA</b> – Galley (1 <sup>st</sup> floor) <b>LI</b> – AL Library (1 <sup>st</sup> floor) <b>ML</b> – Main Lobby (2 <sup>nd</sup> floor) <b>LR</b> – Living Room (1 <sup>st</sup> floor) <b>MP</b> – Multipurpose Room (2 <sup>nd</sup> floor) <b>PA</b> – Patio (1 <sup>st</sup> floor) <b>PS</b> – Port Side (2 <sup>nd</sup> floor, 400 side) <b>SB</b> – Starboard (2 <sup>nd</sup> floor, 300 side) <b>TH</b> – Theater (1 <sup>st</sup> floor) <b>B</b> – Kathy Martin Building Ballroom (3 <sup>rd</sup> floor) <b>CBB</b> – Community Building Boardroom (2 <sup>nd</sup> floor) <b>BI</b> – Bistro (2 <sup>nd</sup> floor)	<b>Emotional</b> – Em <b>Health</b> – He <b>Intellectual</b> – In <b>Nutritional</b> – Nu <b>Physical</b> – Ph <b>Purposeful</b> – Pu <b>Social</b> – So <b>Spiritual</b> – Sp	All life enrichment programs are subject to change based on the needs and desires of our residents. Outdoor programs and outings are weather dependent.	