

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

****Activities take place in Blanton Lounge unless otherwise noted****



Heritage Manor West Unit 4

1 10:30 Conversation Starters 11:00 Morning Stretch 2:30 Worship Service (AUD) Tu B'Shevat Begins	2 10:15 Scattegories on whiteboard 11:00 Sit & Be Fit Stretch 2:15 Bingo (WGR) Groundhog Day	3 10:15 Crafter's Corner: Ceramic Heart Boxes 2:30 Communion (AUD) 	4 10:15 What year was it? 11:00 Body Mindfulness <u>2:15 Classic Cuisine: Chocolate lollipop molds (H)</u>	5 HAPPY BIRTHDAY NANCY 10:15 Higher or Lower game 11:00 Rise & Shine Stretch 2:15 Random Trivia 3:00 Guitar with John, the volunteer	6 10:30 People of Faith 11:00 Rosary 2:30 Piano Performance with Mike Nosal (BL) 	7 10:30 Who/What Am I? 11:00 Stretch & Flex 2:30 Bingo (WGR) 
8 Super Bowl Sunday 10:30 Super Bowl Sunday Football Trivia & Football Fun Facts 11:00 Light Stretch 2:30 Worship Service (AUD) 	9 10:15 Supermarket Sweep 11:00 Dumbbell Fitness 2:15 Bingo (WGR)	10 10:15 Crafter's Corner: Lacing Heart String ornaments 2:30 Worship Service (AUD)	11 <u>10:15 Classic Cuisine: Hershey Kiss cookies (H)</u> 2:30 Resident Council: Activity & Menu Planning Meeting (BL) 3:15 IN2L Games	12 10:15 Valentine Words Within on Whiteboard 11:00 Noodle Fitness 2:30 Valentine's Tea Party (WGR) 	13 10:30 People of Faith 11:00 Rosary 2:30 February Birthday Celebration with Randy Accardi (AUD) 	14 <i>10:30 Heart bakery cookies & coffee/tea/hot cocoa</i> 2:30 Valentine's Day chocolate prize Bingo (WGR)  Valentine's Day
15 10:30 You be the Judge game 11:00 Flex & Stretch 2:30 Worship Service (AUD)	16 10:30 Presidential Trivia 11:00 Disco Dancing 2:15 Bingo (WGR)  Presidents' Day (U.S.)	17 10:15 Crafter's Corner: Paper Heart Suncatchers 2:30 Worship Service (AUD) Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	18 10:15 Random Trivia 11:00 Morning Stretch 2:30 Catholic Communion with Deacon Andy 3:00 Rosary 	19 <i>10:15 Dollar Tree Trip outing</i> 10:15 Wheel of Fortune game 11:00 Drumming circle <u>2:15 Classic Cuisine: Red Velvet Cupcakes (H)</u>	20 10:30 People of Faith 11:00 Rosary 2:30 Chinese New Year Social (WGR) (Year of the Horse!) 	21 10:30 Penny Ante 11:00 Light Stretch & Flex 2:30 Bingo (WGR)
22 <i>10:30 Mini Danish & coffee/tea/hot cocoa</i> 11:00 Morning Stretch 2:30 Worship Service (AUD) 	23 10:15 Noodle Ball 11:00 Noodle Fitness 2:15 Bingo (WGR)	24 10:15 Crafter's Corner: Canvas Heart painting 2:30 Worship Service (AUD)	25 10:15 Kickball Circle 11:00 Reading Reflections with Rev. Dawn 2:30 Beauty Spa afternoon 	26 10:15 Name that 50s, 60s tune 11:00 Pom-pom fitness <i>11:45 Flaming Grill Buffett Trip outing</i> 2:30 Catholic Mass (AUD)	27 HAPPY BIRTHDAY IRIS! 10:30 People of Faith 11:00 Rosary <u>2:15 Classic Cuisine: Savory Biscuit bites (H)</u>	28 10:30 Name 3 Game 11:00 Stretch & Flex 2:30 Bingo (WGR) 