

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026



GlenBrook Assisted Living

<p>1</p> <p>9:30 Scripture & Song w/ Dave Leach</p> <p>10:30 Fitness Class</p> <p>1:30 Movie Matinee</p> <p>4:00 Happy Hour</p> <p><small>Tu B'Shevat Begins</small></p>	<p>2</p> <p>10:00 Fitness Class</p> <p>10:35 Morning Manicures</p> <p>1:30 Seasonal Crafts</p> <p>3:00 Reading w/ Laura</p> <p>6:00 Box Office Hit</p> <p><small>Groundhog Day</small></p>	<p>3</p> <p>9:45 Catholic Communion</p> <p>10:00 Stretch & Flex</p> <p>2:00 Choir Practice w/ Beatrice</p> <p>3:00 Reading w/ Laura</p> <p>6:30 Game Night w/ Raquel</p>	<p>4</p> <p>10:00 Balance Class</p> <p>10:45 "Who Am I"</p> <p>1:30 Canasta</p> <p>3:00 Seasonal Crafts</p> <p>6:00 Box Office Hit</p>	<p>5</p> <p>10:00 Exercise w/ Bands</p> <p>10:35 Jeopardy</p> <p>2:00 Nostalgia Ice Cream Truck Social</p> <p>3:30 Piano w/ Dave B.</p> <p>4:00 Thirsty Thursday</p>	<p>6</p> <p>10:00 Fitness Class</p> <p>10:35 Shopping Trip Target /Walmart</p> <p>1:30 Parlor Games</p> <p>3:00 Concert w/ Clay Colton</p> <p>8:00 Olympic Opening Ceremony on NBC</p>	<p>7</p> <p>10:00 Fitness w/ Jason</p> <p>10:45 Love on a Leash</p> <p>1:30 Bingo</p> <p>4:00 Happy Hour</p>
<p>8</p> <p><i>Special Event</i></p> <p>9:30 Scripture & Song w/ Dave Leach</p> <p>10:30 Fitness Class</p> <p>3:15 Super Bowl Watch Party</p>	<p>9</p> <p>10:00 Fitness Class</p> <p>10:35 Morning Manicures</p> <p>1:30 Seasonal Crafts</p> <p>3:00 Reading w/ Laura</p> <p>4:00 Monday Margaritas</p> <p>6:00 Box Office Hit</p>	<p>10</p> <p>9:45 Catholic Communion</p> <p>10:00 Stretch & Flex</p> <p>2:00 Choir Practice w/ Beatrice</p> <p>3:00 Reading w/ Laura</p> <p>6:15 Evening Concert w/ Christian</p>	<p><i>Birthday Celebration</i> 11</p> <p>10:00 Balance Class</p> <p>10:45 In the News</p> <p>1:30 Canasta</p> <p>3:00 Birthday Celebration & Concert w/ Music w/ Music Station</p> <p>6:00 Evening Movie</p>	<p>12</p> <p>10:00 Exercise w/ Bands</p> <p>10:35 Group Crossword</p> <p>2:00 Helen Woodard (Pet Visits)</p> <p>2:30 Sound Bowl Therapy w/ Kathleen</p> <p>4:00 Couples Romantic Dinner</p>	<p><i>Special Event</i> 13</p> <p>10:00 Fitness Class</p> <p>10:35 5th Grade Class Visit from El Camino Creek Elementary</p> <p>3:00 Concert w/ Gary</p> <p>4:00 Happy Hour</p>	<p><i>Special Event</i> 14</p> <p>10:00 Fitness w/ Jason</p> <p>10:45 Love on a Leash</p> <p>12:00 Valentine's Luncheon</p> <p>2:45 Concert w/ Minnie</p> <p>3:45 Valentine's Celebration</p> <p><small>Valentine's Day</small></p>
<p>15</p> <p>9:30 Scripture & Song w/ Dave Leach</p> <p>10:30 Fitness Class</p> <p>3:00 Concert w/ Danny</p> <p>4:00 Happy Hour</p>	<p>16</p> <p>10:00 Fitness Class</p> <p>10:35 Presidents' Day Table Talk</p> <p>1:30 History w/ Gary</p> <p>3:00 Reading w/ Laura</p> <p>4:00 Monday Margaritas</p> <p>6:00 Box Office Hits</p> <p><small>Presidents' Day (U.S.)</small></p>	<p>17</p> <p>9:45 Catholic Communion</p> <p>10:00 Stretch & Flex</p> <p>10:45 Music Appreciation</p> <p>2:00 Choir Practice w/ Beatrice</p> <p>3:00 Mardi Gras Celebration w/ Bayou Brothers</p> <p><small>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</small></p>	<p>18</p> <p>10:00 Ash Wednesday Service w/ Dave Leach</p> <p>10:45 Cranium Crunches</p> <p>1:30 Afternoon Stretch</p> <p>3:00 Paint & Sip w/ Raquel</p> <p>6:00 Evening Movie</p>	<p>19</p> <p>10:00 Exercise w/ Bands</p> <p>10:45 Word Games</p> <p>1:30 Table Games</p> <p>3:00 Piano w/ Dave B.</p> <p>3:45 Happy Hour</p>	<p>20</p> <p>10:00 Fitness Class</p> <p>10:35 Brain Fit w/ Dana from Key</p> <p>11:00 Outing: Trader Joes</p> <p>1:30 Prize BINGO</p> <p>3:00 Concert w/ Adreinne & Special Guest – Billie</p> <p>4:00 Happy Hour</p>	<p>21</p> <p>10:00 Fitness w/ Jason</p> <p>10:45 Love on a Leash</p> <p>1:30 Garden Club</p> <p>3:00 Concert w/ "Double Take"</p> <p>4:00 Happy Hour</p>
<p>22</p> <p>9:30 Scripture & Song w/ Dave Leach</p> <p>10:30 Fitness Class</p> <p>3:00 Trivia</p> <p>4:00 Happy Hour</p>	<p>23</p> <p>10:00 Fitness Class</p> <p>10:35 Flower Arranging</p> <p>2:00 Town Hall Meeting</p> <p>3:00 Reading w/ Laura</p> <p>4:00 Monday Margaritas</p> <p>6:00 Box Office Hit</p>	<p>24</p> <p><i>Evening Outing</i></p> <p>10:00 Stretch & Flex</p> <p>10:45 Music Appreciation</p> <p>2:00 Choir Practice w/ Beatrice</p> <p>3:00 Reading w/ Laura</p> <p>4:30 Outing: Bob's Steak Chop House</p>	<p>25</p> <p><i>Special Event</i></p> <p>10:00 Balance Class</p> <p>10:45 Group Crossword</p> <p>1:30 Canasta</p> <p>4:00 Dinner and a Movie "Phantom of the Opera"</p>	<p>26</p> <p>10:00 Exercise w/ Bands</p> <p>10:45 History & Travel w/ Hernan</p> <p>2:00 Catholic Mass w/ Father Anthony</p> <p>2:45 Sound Bowl Therapy w/ Kathleen</p> <p>4:00 Happy Hour</p>	<p>27</p> <p>10:00 Fitness Class</p> <p>10:35 Fresh Air Club</p> <p>11:00 Outing – Chins</p> <p>3:00 Concert w/ Gary & Paul</p> <p>4:00 Happy Hour</p>	<p>28</p> <p>10:00 Fitness w/ Jason</p> <p>10:45 Love on a Leash</p> <p>2:00 Bingo</p> <p>3:30 Happy Hour</p>