

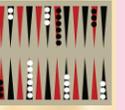
# Spring Assisted Living

## FEBRUARY 2026

### CALENDAR

Activities & Outings  
subject to change  
without prior notice.  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30 Happy Feet Walking Club <b>1</b></p> <p>10:00 Snack Time</p> <p>1:30 Bible Study</p> <p>2:00 Snack Time</p> <p>6:15 Movie: <i>It Ends With Us</i> (2024)</p> 	<p>9:30 Exercise <b>2</b></p> <p>10:00 Snack</p> <p>10:30 Beach Drive</p> <p>2:00 Snack</p> <p>3:30 Bingo!</p> <p>6:15 Concert: Alicia Keys</p> <p>GROUNDHOG DAY</p> 	<p>9:30 Exercise <b>3</b></p> <p>10:00 Snack</p> <p>10:15 <b>Shopping at Ralphs Painting</b></p> <p>1:30 Snack Time</p> <p>2:00 Bingo</p> <p>3:30 Happy Feet Walking Club</p> 	<p>9:00 Ziggy's Beauty Shop <b>4</b></p> <p>9:30 - 11:00 Nails w/Liz</p> <p>10:00 Snack</p> <p>2:00 Snack</p> <p>3:30 Bingo</p> 	<p><b>9 - 3 DOCTOR APPT</b> <b>5</b></p> <p>9:30 Exercise</p> <p>10:00 Snack</p> <p>10:30 Happy Feet Walking Club</p> <p>2:00 Snack</p> <p>3:30 Bingo!</p> 	<p>9:30 Exercise <b>6</b></p> <p>10:00 Snack Time</p> <p>1:30 <b>Happy Hour</b></p> <p>3:30 Bingo!</p> <p>4:00 Friday Movie: <i>10 Things I Hate About You</i> (1999)</p> 	<p>9:30 Happy Feet Walking Club <b>7</b></p> <p>10:00 Snack</p> <p>1:30 Board Games</p> <p>2:00 Snack</p> 
<p>9:30 Happy Feet Walking Club <b>8</b></p> <p>10:00 Snack Time</p> <p>1:30 Bible Study</p> <p>2:00 Snack Time</p> <p>6:15 Movie: <i>Anyone But You</i> (2023)</p>  <p>SUPER BOWL LX</p>	<p>9:30 Exercise <b>9</b></p> <p>10:00 Snack</p> <p>10:30 Beach Drive</p> <p>2:00 Snack</p> <p>3:30 Bingo!</p> <p>6:15 Concert: Bruno Mars</p> 	<p>9:30 Exercise <b>10</b></p> <p>10:00 Snack</p> <p>10:15 <b>Shopping at Trader Joes Valentine's Day Activities</b></p> <p>1:30 Snack Time</p> <p>2:00 Bingo</p> <p>3:30 Happy Feet Walking Club</p> 	<p>9:00 Ziggy's Beauty Shop <b>11</b></p> <p>9:30 - 11:00 Nails w/Liz</p> <p>10:00 Snack</p> <p>2:00 Snack</p> <p>3:30 Bingo</p> 	<p><b>9 - 3 DOCTOR APPT</b> <b>12</b></p> <p>9:30 Exercise</p> <p>10:00 Snack</p> <p>1:30 <b>Sing Along w/Shakeh</b></p> <p>1:30 Sing Your Tune</p> <p>2:00 Snack</p> <p>3:30 Bingo!</p> 	<p>9:30 Exercise <b>13</b></p> <p>10:00 Snack Time</p> <p>1:30 <b>Sundaes</b></p> <p>3:30 Bingo!</p> <p>4:00 Friday Movie: <i>The Notebook</i> (2004)</p> 	<p>9:30 Happy Feet Walking Club <b>14</b></p> <p>10:00 Snack</p> <p>1:30 Board Games</p> <p>2:00 Snack</p> <p>LOVE VALENTINE'S DAY</p> 
<p>9:30 Happy Feet Walking Club <b>15</b></p> <p>10:00 Snack Time</p> <p>1:30 Bible Study</p> <p>2:00 Snack Time</p> <p>6:15 Movie: <i>50 First Dates</i> (2004)</p> 	<p>9:30 Exercise <b>16</b></p> <p>10:00 Snack</p> <p>10:30 Beach Drive</p> <p>2:00 Snack</p> <p>3:30 Bingo!</p> <p>6:15 Concert: Andrea Bocelli</p>  <p>PRESIDENTS' DAY</p>	<p>9:30 Exercise <b>17</b></p> <p>10:00 Snack</p> <p>10:15 <b>Shopping at Dollar Tree Birthday Party</b></p> <p>1:30 Snack Time</p> <p>2:00 Bingo</p> <p>3:30 Happy Feet Walking Club</p>  <p>LUNAR NEW YEAR BEGINS FAT TUESDAY / MARDI GRAS</p>	<p>9:00 Ziggy's Beauty Shop <b>18</b></p> <p>9:30 - 11:00 Nails w/Liz</p> <p>10:00 Snack</p> <p>1:30 Bead Making</p> <p>2:00 Snack</p> <p>3:30 Bingo</p> 	<p><b>9 - 3 DOCTOR APPT</b> <b>19</b></p> <p>9:30 Exercise</p> <p>10:00 Snack</p> <p>10:30 Happy Feet Walking Club</p> <p>2:00 Snack</p> <p>3:30 Bingo!</p> 	<p>9:30 Exercise <b>20</b></p> <p>10:00 Snack Time</p> <p>1:30 <b>Nacho Friday</b></p> <p>3:30 Bingo!</p> <p>4:00 Friday Movie: <i>Regretting You</i> (2025)</p> 	<p>9:30 Happy Feet Walking Club <b>21</b></p> <p>10:00 Snack</p> <p>1:30 <b>Pretty Flowers w/Sharon</b></p> <p>2:00 Snack</p> 
<p>9:30 Happy Feet Walking Club <b>22</b></p> <p>10:00 Snack Time</p> <p>1:30 Bible Study</p> <p>2:00 Snack Time</p> <p>6:15 Movie: <i>Dear John</i> (2010)</p> 	<p>9:30 Exercise <b>23</b></p> <p>10:00 Snack</p> <p>10:30 Beach Drive</p> <p>2:00 Snack</p> <p>3:30 Bingo!</p> <p>6:15 Concert: Deline Dion</p> 	<p>9:30 Exercise <b>24</b></p> <p>10:00 Snack</p> <p>10:15 <b>Shopping at Walmart Bead Making</b></p> <p>1:30 Bingo</p> <p>3:30 Happy Feet Walking Club</p> 	<p>9:00 Ziggy's Beauty Shop <b>25</b></p> <p>9:30 - 11:00 Nails w/Liz</p> <p>10:00 Snack</p> <p>2:00 Snack</p> <p>3:30 Bingo</p> 	<p><b>9 - 3 DOCTOR APPT</b> <b>26</b></p> <p>9:30 Exercise</p> <p>10:00 Snack</p> <p>10:30 Happy Feet Walking Club</p> <p>2:00 Snack</p> <p>3:30 Bingo!</p> <p>10:30 <b>Justin Plays Guitar</b></p> 	<p>9:30 Exercise <b>27</b></p> <p>10:00 Snack Time</p> <p>1:30 <b>Milkshakes</b></p> <p>3:30 Bingo!</p> <p>4:00 Friday Movie: <i>We Live in Time</i> (2024)</p> 	<p>9:30 Happy Feet Walking Club <b>28</b></p> <p>10:00 Snack</p> <p>1:30 Board Games</p> <p>2:00 Snack</p> 

### February Days to Note...

"Love is the greatest refreshment in life."  
~ Pablo Picasso

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 02 Hula in the Coola Day       | 15 Susan B. Anthony Day              |
| 03 Nat'l Carrot Cake Day       | 16 Innovation Day                    |
| 05 World Nutella Day           | 17 Nat'l Random Acts of Kindness Day |
| 06 Nat'l Frozen Yogurt Day     | 18 Thumb Appreciation Day            |
| 07 Rose Day                    | 19 Iwo Jima Day                      |
| 08 Nat'l Boy Scouts Day        | 20 National Muffin Day               |
| 08 Opera Day                   | 21 National Caregivers Day           |
| 09 National Bagel Day          | 22 Washington's Birthday             |
| 11 Grandmother Achievement Day | 22 National California Day           |
| 12 Lincoln's Birthday          | 25 Quiet Day                         |
| 13 National Italian Food Day   | 26 National Carnival Day             |

