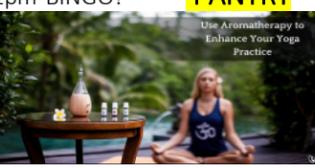
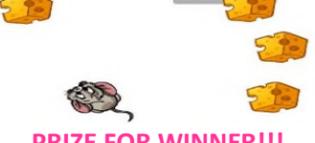




FEBRUARY 2026 THE HEART ADULT DAY CARE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 SHOPPING DAY 8:30- Breakfast 9:20- Table Talk 9:45- YOGA/AROMATHERAPY 10:00- SOUNDVIEW PLAZA 10:30- ARTS & CRAFTS 11:30- Social Time 12pm- Lunch 1pm- BINGO!</p> <p>PANTRY</p>  <p>WEAR YOUR CENTER SHIRTS!!! EARS, NOSE & THROAT DOCTOR VISIT!!!</p>	<p>3 KARAOKE 8:30- Breakfast 9:20- SIT & BE FIT 9:45- Floor Games 10:30- KARAOKE 11:30- Social time 12pm- Lunch 1pm- BINGO!</p> 	<p>4 NATION CARROT CAKE DAY 8:30- Breakfast 9:20- SIT & BE FIT 9:45- FLOOR FAMES 10:30- RESIN ART 11:30- Social time 12pm- Lunch 1pm- BINGO!</p> <p>NATIONAL CARROT CAKE DAY</p>  <p>OPTOMETRY VISIT!!!</p>	<p>5 NATIONAL CHOCOLATE FONDUE DAY 8:30- Breakfast 9:20- YOGA/AROMATHERAPY 9:45- FLOOR FAMES 10:30- NUTRITION CLASS 11:00 FREE PHONE PRESENTATION!!! 11:30- Social time 12pm- Lunch 1pm- BINGO!</p> 	<p>6 WALMART/NATIONAL WEAR RED DAY 8:30- Breakfast 9:20- Table Talk 9:45- FLOOR GAMES 10:00- WALMART 11:30- Social Time 12pm- Lunch</p>  <p>WEAR YOUR CENTER SHIRT!! WEAR RED!!</p>
<p>9 NATIONAL PIZZA DAY 8:30- Breakfast 9:20- Table Talk 9:45- YOGA/AROMATHERAPY 10:00- Floor Games 10:30- BEADED PENS 11:30- Social Time 12pm- LUNCH & PIZZA 1pm- BINGO!</p> 	<p>10 CASINO 8:30- Breakfast 9:20- Table Talk 9:45- SIT & BE FIT 10:00- OPEN ACTIVITY 10:30- CASINO 12pm- Lunch 1pm- BINGO!</p> 	<p>11 NATIONAL WEAR WHITE SHIRT DAY/SIP & PAINT 8:30- Breakfast 9:20- Current Events 9:45- YOGA/AROMATHERAPY 10:00- FLOOR GAMES 10:30- SIP & PAINT 11:30- Social Time 12pm- Lunch 1pm- BINGO!</p>  <p>WEAR A WHITE SHIRT!!!</p>	<p>12 MOVIES AT THE CENTER 8:30- Breakfast 9:20- Table Talk 9:45- FLOOR GAMES 10:30- MOVIES @ THE CENTER 11:30- Social Time 12pm- Lunch 1pm- BINGO!</p>  <p>PODIATRIST VISIT!!!</p>	<p>13 PALENTINE'S DAY PARTY 8:30- Breakfast 9:20- YOGA/AROMATHERAPY 9:45- Floor Games 10:00- PALENTINE'S DAY PARTY 11:30- Social Time 12pm- Lunch 1pm- BINGO!</p>  <p>WEAR RED OR PINK!!!</p>
<p>16 YOGA/AROMATHERAPY/ JEWELRY MAKING 8:30- Breakfast 9:20- Table Talk 9:45- YOGA/AROMATHERAPY 10:00- JEWELRY MAKING 11:30- Social Time 12pm- Lunch 1pm- BINGO!</p> <p>PANTRY</p> 	<p>17 ALL DAY BINGO 8:30- Breakfast 9:20- Current Events 9:45- SIT & BE FIT 10:00- ALL DAY BINGO!!! 11:30- Social Time 12pm- Lunch 1pm- MORE BINGO!!!</p>  <p>WEAR YOUR BINGO SHIRTS!!!</p>	<p>18 DOMINO TOURNAMENT 8:30- Breakfast 9:20- YOGA/AROMATHERAPY 9:45- Floor Games 10:00- DOMINO TOURNAMENT 11:30- Social Time 12pm- Lunch 1pm- BINGO!</p>  <p>PRIZE FOR WINNER!!!</p>	<p>19 BOWLING TRIP 8:30- Breakfast 9:20- SIT & BE FIT 9:45- FLOOR GAMES 10:00- BOWLING TRIP 11:30- Social Time 12pm- Lunch 1pm- BINGO!</p>  <p>WEAR YOUR CENTER SHIRTS!!!</p>	<p>20 SPECIAL LUNCH 8:30- Breakfast 9:20- YOGA/AROMATHERAPY 9:45- Floor Games 10:30- RESIN ART 11:30- Social Time 12pm- SPECIAL LUNCH 1pm- BINGO!</p> 
<p>23 CHEESE TOURNAMENT 8:30- Breakfast 9:20- Table Talk 9:45- FLOOR GAMES 10:30- CHEESE TOURNAMENT 11:30- Social Time 12pm- Lunch 1pm- BINGO!</p>  <p>PRIZE FOR WINNER!!!</p>	<p>24 CHEER PERFORMANCE 8:30- Breakfast 9:20- SIT & BE FIT 9:45- FLOOR FAMES 10:30- OPEN ACTIVITY 11:30- Social time 12pm- Lunch 1pm- BINGO!</p>  <p>WEAR YOUR CENTER SHIRTS!!! DERMATOLOGIST VISIT!!!</p>	<p>25 SHOPPING DAY 8:30- Breakfast 9:20- Current Events 9:45- SIT & BE FIT 10:00- TARGET 10:30- Floor Games 11:30- Social Time 12pm- Lunch 1pm- BINGO!</p>  <p>WEAR YOUR CENTER SHIRTS!!!</p>	<p>26 BIRTHDAY CELEBRATION 8:30- SPECIAL BREAKFAST 9:20- Current Events 9:45- Floor Games 10:00- BIRTHDAY CELEBRATION 12:30- Lunch 1pm- CAKE/RAFFLE!!!</p>  <p>CANDYLAND THEMED PARTY!!!</p>	<p>27 POOL TOURNAMENT 8:30- Breakfast 9:20- Table Talk 9:45- SIT & BE FIT 10:00- POOL TOURNAMENT 10:15- Floor Games 11:30- Social Time 12pm- Lunch 1pm- BINGO!</p>  <p>PRIZE FOR WINNER!!!</p>
		<p>YOU ARE welcome HERE</p>	<p>BE Creative AND HAVE FUN</p>	<p>Enjoy your day!</p>

THIS CALENDAR IS FOR THOSE WHO WANT STRUCTURE, INDIVIDUAL ACTIVITIES ARE AVAILABLE UPON REQUEST.

MEMBERS ARE FREE TO INTERACT WITH THE GENERAL COMMUNITY WHEN EVER THEY WANT.

IF WEATHER PERMITS, WE WILL HAVE DAILY COMMUNITY WALKS.