

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

Shelby – An Optalis Health & Rehabilitation Center

A=Activity Room
 DR = Dining Room
 B= Bistro



<p>1 9:00 February Activity Boards & Calendars (Rooms) 11:00 Gospel Music & Hymns (A) 2:00 Ice Cream Social 2:30 Uno Card Group (DR)</p> <p>Tu B'Shevat Begins</p>	<p>2 10:00 Morning Club (A) 11:00 Chair Yoga (A) 2:00 Ice Cream Social (DR) 3:00 Black History Month: Exploring Historic Places of Civil Rights Movement (A) 6:30 Music w/ Michelle (A)</p> <p>Groundhog Day</p>	<p>3 10:00 Daily Chronicle (A) 10:30 Alphabetically around the World (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>4 10:30 Pet Therapy Group (Bistro) 1:00 Room Visits 2:00 Ice Cream Social (DR) 3:00 February Craft (DR) 6:30 Winter Poetry Night (A)</p>	<p>5 10:00 What's Your Verdict? / You Be the Judge (A) 11:00 Scarves Exercises (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>6 10:00 Guitar with Bobby (A) 11:00 Blurt Game (A) 2:00 Ice Cream Social (DR) 3:00 Olympics Trivia Event (DR) 8:00 Friday Movie (Ch. 10)</p>	<p>7 10:30 Who, What, Where? Clues Activity (A) 1:00 Friendly Room Visits 2:30 Deal or No Deal Game (A)</p>
<p>8 9:00 Friendly Room Visits 10:30 Virtual Catholic Mass (A) 2:00 Ice Cream Social 2:30 Social Game (A)</p>	<p>9 10:00 Morning Club (A) 11:00 Stay Fit: Winter Edition (A) 2:00 Ice Cream Social (DR) 2:00 Resident Council (A) 3:00 Finish the Song Lyric (A) 6:30 Karaoke Night (A)</p>	<p>10 10:00 Daily Chronicle (A) 10:30 Begins with ... word game (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>11 10:00 Morning Club (A) 11:00 Pass an Olympic Torch Game (A) 1:00 Room Visits 2:00 Ice Cream Social (DR) 2:30 Music Entertainment with Frank Taubitz (DR)</p>	<p>12 10:00 Decades Trivia (A) 11:00 Rosary (A) 1:00 Room Visits 2:30 Candy Hearts Bingo (DR)</p>	<p>13 10:00 Virtual Music Therapy (A) 10:30 Chef's Table Discussion (A) 2:00 Ice Cream Social (DR) 2:30 February Valentine's Themed Birthday Party (DR) 8:00 Friday Movie (Ch. 10)</p>	<p>14 10:30 Music & Meditations 11:00 Non-denominational Bible Study (A) 1:00 Friendly Room Visits 2:30 Valentine's Heart Art (A)</p> <p>Valentine's Day</p>
<p>15 9:00 Friendly Room Visits 10:30 Virtual Non-denominational Church Program with Chaplain Elisa 2:00 Ice Cream Social 2:30 Music & Coloring Fun (A)</p>	<p>16 10:00 Morning Club (A) 11:00 Whole Brain Health: Fitness Trivia (A) 2:00 Ice Cream Social (DR) 3:00 John Williams: Maestro of Movies Music Session (A)</p> <p>Presidents' Day (U.S.)</p>	<p>17 10:30 Bingo (DR) 1:00 Room Visits 2:30 Mardi Gras Fun (DR)</p> <p>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</p>	<p>18 10:00 Morning Club (A) 11:00 Snowman Word Game (A) 1:00 Room Visits 2:00 Ice Cream Social (DR) 3:00 Beat the Dealer Cards (A) 6:30 Pet Therapy Room Visits</p>	<p>19 10:00 Can You Name Five? (A) 11:00 Table Hockey (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>20 10:00 Friday Fun (A) 11:00 Ring Toss (A) 2:00 Ice Cream Social (DR) 2:30 Piano Entertainment by Joe Lipari (DR) 8:00 Friday Movie (Ch. 10)</p>	<p>21 10:30 Weekend Games (A) 1:00 Friendly Room Visits 2:30 Jeopardy Trivia (A)</p>
<p>22 9:00 Friendly Room Visits 10:30 Virtual Catholic Mass (A) 2:00 Ice Cream Social 2:30 Card Groups (DR)</p>	<p>23 10:00 Morning Club (A) 11:00 Posture Exercises (A) 2:00 Ice Cream Social (DR) 2:30 Music Therapy with Dr. Butler (A) 6:30 Music w/ Michelle (A)</p>	<p>24 10:00 Daily Chronicle (A) 10:30 "Travel" Session to Singapore (A) 1:00 Room Visits 2:30 Bingo (DR)</p>	<p>25 10:00 Morning Club (A) 11:00 Brain Games (A) 1:00 Room Visits 2:00 Ice Cream Social (DR) 3:00 Casino Event (DR) 6:30 Evening Stretch & Meditation (A)</p>	<p>26 10:00 -11:30 Bowling Club (DR) 1:00 Room Visits 2:30 Double Bingo Session (DR)</p>	<p>27 10:00 Friday Fun (A) 11:00 Rosary (A) 2:00 Ice Cream Social (DR) 3:00 Charcuterie & Cheers Happy Hour (DR) 8:00 Friday Movie (Ch. 10)</p>	<p>28 10:30 Music & Meditations 11:00 Non-denominational Bible Study (A) 1:00 Friendly Room Visits 2:30 Star of the Month: Sidney Poitier (A)</p>