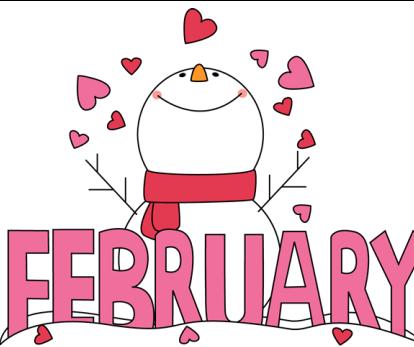


# Rochester Rehab & Living Center

## Life Enrichment Calendar

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>10:30am</b> Church Service Online (resident run)	<b>2</b> <b>10:30am</b> Morning Club with Trivia <b>11:00am</b> Pool Noodle Exercise  <b>2:00pm</b> Movie and Popcorn – Groundhog's Day	<b>3</b> <b>10:30am</b> Morning Club with Would You Rather <b>11:00am</b> Stretching  <b>3:00pm</b> Bingo	<b>4</b> <b>10:30am</b> Morning Club with UNO <b>11:00am</b> Movement with Music & Sing-A-Long  <b>2:30pm</b> Chapel with Pastor Floyd <b>3:30pm</b> ART Corner <b>6:00pm</b> Wednesday Word Puzzles	<b>5</b> <b>10:30am</b> Morning Club with This & That <b>11:00am</b> Stretching  <b>1:00pm</b> Nails <b>2:30pm</b> GAMES - Yahtzee	<b>6</b> <b>10:30am</b> Morning Club with Trivia <b>11:00am</b> Stretching  <b>1:00pm</b> Olympic themed games <b>2:30pm</b> Bingo	<b>7</b> Independent Leisure: Puzzles Word Games Coloring Sheets Board Games
<b>8</b> <b>10:30am</b> Church Service Online (resident run)	<b>9</b> <b>10:30am</b> Morning Club with Trivia <b>11:00am</b> Pool Noodle Exercise  <b>2:00pm</b> Pizza Party & Games	<b>10</b> <b>10:30am</b> Morning Club with Would You Rather <b>11:00am</b> Stretching  <b>3:00pm</b> Bingo	<b>11</b> <b>10:30am</b> Morning Club with Trivia <b>11:00am</b> Movement with Music & Sing-A-Long  <b>3:00pm</b> National Make a Friend Day Social <b>6:00pm</b> Wednesday Word Puzzles	<b>12</b> <b>10:30am</b> Morning Club with This & That <b>11:00am</b> Music Therapy with Sam  <b>2:00pm</b> Movie and Popcorn – Olympic themed movie	<b>13</b> <b>10:30am</b> Morning Club with Trivia <b>11:00am</b> Stretching  <b>1:00pm</b> Olympic themed games <b>2:30pm</b> Bingo	<b>14</b> <b>Valentine's Day</b> Independent Leisure: Puzzles Word Games Coloring Sheets Board Games
<b>15</b> <b>10:30am</b> Church Service Online (resident run)	<b>16</b> <b>10:30am</b> Morning Club with Trivia <b>11:00am</b> Pool Noodle Exercise  <b>2:00pm</b> GAMES - Farkle	<b>17</b> <b>10:30am</b> Morning Club with Trivia <b>11:00am</b> Stretching  <b>1:30pm</b> Monthly Birthday Party with Triple Berry Pie <b>3:00pm</b> Bingo	<b>18</b> <b>10:30am</b> Morning Club with UNO <b>11:00am</b> Movement with Music & Sing-A-Long  <b>3:00pm</b> ART Corner <b>6:00pm</b> Wednesday Word Puzzles	<b>19</b> <b>10:30am</b> Morning Club with This & That <b>11:00am</b> Stretching  <b>1:00pm</b> Nails <b>2:00pm</b> Movie and Popcorn – Olympic themed movie	<b>20</b> <b>10:30am</b> Morning Club with Trivia <b>11:00am</b> Stretching  <b>1:00pm</b> Olympic themed games <b>2:30pm</b> Bingo	<b>21</b> Independent Leisure: Puzzles Word Games Coloring Sheets Board Games
<b>22</b> <b>10:30am</b> Church Service Online (resident run)	<b>23</b> <b>10:30am</b> Morning Club with Health Info <b>11:00am</b> Pool Noodle Exercise  <b>12:30pm</b> Music with Colby T	<b>24</b> <b>10:30am</b> Morning Club with Health Info <b>11:00am</b> Stretching  <b>2:30pm</b> Resident Council Meeting <b>3:30pm</b> Bingo	<b>25</b> <b>10:30am</b> Morning Club with UNO <b>11:00am</b> Movement with Music & Sing-A-Long  <b>2:30pm</b> Chapel with Pastor Floyd <b>3:30pm</b> ART Corner <b>6:00pm</b> Wednesday Word Puzzles	<b>26</b> <b>10:30am</b> Morning Club with This & That <b>11:00am</b> Music therapy with Sam  <b>1:30pm</b> pet visit	<b>27</b> <b>10:30am</b> Morning Club with Trivia <b>11:00am</b> Stretching  <b>1:00pm</b> Movie and Popcorn – Disney Nature Polar Bears <b>2:30pm</b> Bingo	<b>28</b> Independent Leisure: Puzzles Word Games Coloring Sheets Board Games
 <b>FEBRUARY</b>						<b>Rochester Rehabilitation and Living Center</b> Volunteers of America   NATIONAL SERVICES

Calendar Subject to Changes