

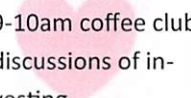




FEBRUARY 2026



SUN	MON	TUE	WED	THU	FRI	SAT
<p>Video exercises 1 are done Mon., Wed., & Friday in the vitality room @ 8:30 am</p>	<p>9:30 AM BINGO 2</p> <p>Writers group @ 12:40 pm</p>	<p>Coffee/tea 10am 3</p> <p>Melissa with Medicare annual wellness visits</p> <p>Dancing w/Deana</p> <p>Seated chair yoga @</p>	<p>4</p> <p>1030 Tai Chi w/ Dhyana</p> <p>1pm Shen Zhen w/ Lisa</p> <p>5-6pm grief support group</p>	<p>Grand Junction trip 5</p> <p>Leaves promptly at 8am</p>	<p>Guesses due for 6 "WHO AM I" contest</p> <p>Winner will be announced</p> <p>When I get them all in.</p> <p>NTL BUBBLE GUM DAY</p>	<p>7</p> <p>MOAB</p> <p>ART</p> <p>WALK on the 6th</p>
<p>8</p> <p>GO FLY A KITE DAY</p>	<p>9:30 AM BINGO 9</p> <p>Mexican Train Dominos 12:40 PM</p>	<p>Coffee/tea 10am 10</p> <p>Jessie & Charlotte from the library</p> <p>Dancing w/Deana</p> <p>Seated chair yoga @ 2:30pm</p>	<p>Kids singing before lunch 11</p> <p>Adventure Club Party 10 am</p> <p>1030 Tai Chi w/ Dhyana</p> <p>1pm Shen Zhen w/ Lisa</p> <p>4pm dementia care group</p>	<p>10am pre-op 12</p> <p>On paper mâché' craft</p>	<p>Valley voices 13 singing before lunch.</p> <p>Tea party @ 2pm</p> 	<p>14</p> <p>Edward Jones</p> <p>9-10am coffee club discussions of investing</p>
<p>15</p>	<p>16</p> <p>CLOSED PRESIDENTS DAY</p>	<p>9:30am Get up & 17</p> <p>Go committee meets</p> <p>Dancing w/ Deana 10a</p> <p>Random Acts of Kindness</p> <p>Seated chair yoga @ 2:30pm</p>	<p>18</p> <p>1030 Tai Chi w/ Dhyana</p> <p>1pm Shen Zhen w/ Lisa</p> <p>5-6pm grief support group</p>	<p>19</p> <p>CRAFT @10AM</p> <p>Paper mâché bowls</p>	<p>Love your pet day 20</p> 	<p>21</p> <p>Winterlude Moab Music festival starts today and runs till Feb. 27th</p>
<p>22</p>	<p>9:30 AM BINGO 23</p> <p>Mexican Train Dominos 12:40 PM</p>	<p>Coffee/tea 10am 24</p> <p>Discussion group</p> <p>Dancing w/ Deana 10a</p> <p>Seated chair yoga @</p>	<p>10am Book Club 25</p> <p>The Snow Child by Eowyn Ivey</p> <p>1030 Tai Chi w/ Dhyana</p> <p>1pm Shen Zhen w/ Lisa</p> <p>4pm dementia care group</p>	<p>26</p> <p>Tell a Fairytale day</p>	<p>27</p>	<p>28</p>



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