

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

Assisted Living

<p>9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p> <p><small>Tu B'Shevat Begins</small></p>	<p>9:00 Hot Mocha Social, C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C</p> <p><small>Groundhog Day</small></p>	<p>9:00 Morning Musical, FL 10:00 Exercise & Strength 1:00 Wii Bowling, C 2:00 Valentine's Day Trivia & Cookies, C 3:00 Scatategories Word Games, C 5:30 Evening Movie, FL</p>	<p>10:00 Morning Exercise, DR 10:30 Shopping-CVS, L 12:30 Cocktails & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>Medical Transportation 10:00 Catholic Services, FL 1:00 Valentines Day Card Making, C 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL</p>	<p>10:00 Morning Exercise, DR 1:00 Afternoon Stroll, L 1:00 Adult Coloring, C 2:00 Birthday Party Bingo, DR 5:30 Evening Movie, FL</p>	<p>10:00 Morning Exercise, DR 2:00 Balloon Volley Ball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p>
<p>9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 3:30 Super Bowl, C 5:30 Evening Movie, FL</p>	<p>9:00 Hot Mocha Social, C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>10:00 Exercise & Strength 12:00 Swing Dance-North Bellevue Senior Center, L 1:30 Hand and Foot, FL 3:00 Afternoon Musical, FL 5:30 Evening Movie, FL</p>	<p>10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 12:30 Cocktails & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>Medical Transportation 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 1:30 Activity Talk, DR 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL</p>	<p>10:00 Morning Exercise, DR 11:00 Lunch Outing-Best Wok, L 1:00 Adult Coloring, C 2:00 Entertainment with Silverlining, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>10:00 Morning Exercise, DR 2:00 Valentine's Day Entertainment with David & Lynn, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p> <p><small>Valentine's Day</small></p>
<p>9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p>	<p>9:00 Hot Mocha Social, C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday & President Trivia, C 5:30 Evening Movie, FL 6:00 Table Games, C</p> <p><small>Presidents' Day (U.S.)</small></p>	<p>9:00 Morning Musical, FL 10:00 Exercise & Strength 1:00 Chef Demo With Josh, DR 2:00 Sing Along With Joy, C 3:00 Scatategories Word Games, C 5:30 Evening Movie, FL</p> <p><small>Ramadan Begins Mardi Gras Chinese New Year (Horse)</small></p>	<p>10:00 Morning Exercise, DR 10:30 Shopping-CVS, L 12:30 Cocktails & Trivia, C 2:00 Bingo, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>Medical Transportation 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL</p>	<p>10:00 Morning Exercise, DR 1:00 Afternoon Stroll, L 1:00 Adult Coloring, C 2:00 Happy Hour with C.C, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>10:00 Morning Exercise, DR 2:00 Balloon Volley Ball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p>
<p>9:00 Morning Musical, DR 10:00 Chair Yoga With Shelby, C 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, FL</p>	<p>9:00 Hot Mocha Social, C 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, C 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>9:00 Morning Musical, FL 10:00 Exercise & Strength 1:00 Wii Bowling, C 1:30 Hand & Foot, FL 2:00 Afternoon Stroll, L 3:00 Music Lovers, C 5:30 Evening Movie, FL</p>	<p>10:00 Morning Exercise, DR 10:30 Shopping-QFC, L 12:30 Cocktails & Trivia, C 2:00 Bingo Bash, DR 3:30 Afternoon Stroll, L 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>Medical Transportation 10:00 Catholic Services, FL 1:00 Foot Care-DR Gorey, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, DR 3:00 Exercise & Strength 5:30 Evening Movie, FL</p>	<p>10:00 Morning Exercise, DR 1:00 Afternoon Stroll, L 1:00 Adult Coloring, C 2:00 Happy Hour with Lindi Moo, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p>	<p>10:00 Morning Exercise, DR 2:00 Balloon Volley Ball C 2:30 Word Games, DR 5:30 Evening Movie, FL 6:00 Table Games, C</p>

February 2026
THE MONTHLY GAZETTE

"February, the month of love, is a time to cherish the bonds that warm our hearts."

- D. A. Blankinship



Animal of the Month – Great Horned Owl

The majestic great horned owl is one of the most common—and biggest—owls in North America. These large, powerful, adaptable raptors live in a wide range of habitats, from wetlands and forests to deserts and urban areas. They make their homes in abandoned nests, holes in trees, cliff ledges, or on buildings or other man-made structures. You can spot a great horned owl by its bright yellow eyes and distinctive tufts of feathers that look like long, pointy ears. Great horned owls are often seen as symbols of strength, bravery, wisdom, and grace, and they like to perch on tree



branches or fence posts adjacent to open fields, where they can search for prey. They are silent flyers and adept predators, feeding on creatures large and small, including skunks, bats, geese, cats, porcupine, rats, loons, fish, woodchucks, certain reptiles, and even scorpions. They sometimes eat other owls, too!

Special Days

- Dark Chocolate Day
February 1
- Groundhog Day
February 2
- Valentine's Day
February 14
- Presidents' Day
February 16
- Chinese New Year (Lunar New Year) Begins
February 17
- Carpe Diem Day
February 26

Flower – Violet



While roses are commonly associated with Valentine's Day, violets are the traditional flower to give on February 14. Legend has it that while imprisoned by the Romans, the Christian priest Saint Valentine used crushed violet petals as ink to write secret notes of love and friendship. Thus, violets came to symbolize faithfulness and love. In addition to its decorative charms, this lovely little flower can be used in foods like salads, smoothies, and sweets.

Birthstone – Amethyst



February's birthstone is amethyst, a purple variety of quartz. The stunning stone has been prized for thousands of years for its beauty and perceived mythical powers. Amethysts were buried with Egyptian pharaohs and in the caves of Neolithic man. In the Middle Ages, amethysts were worn to protect against sorcery and bring victory in battle. The name comes from the Greek word *amethystos*, meaning "not drunk," as the violet stone was thought to prevent intoxication.



Assisted Living
 A Great Place to Call Home

Hair Salon
 Wednesdays
 9:00 AM—1:30 PM
Stylist—Oanh
Sign Up at the Front Desk

- February 3rd @ 2:00 PM** **Valentine's Day Trivia & Cookies**
- February 5th @ 1:00 PM** **Valentine's Day Card Making**
- February 6th @ 2:00 PM** **Birthday Party Bingo**
- February 13th @ 2:00 PM** **Lunch Outing-Best Wok**
- February 13th @ 2:00 PM** **Happy Hour Bingo**
- February 14th @ 2:00 PM** **Valentine's Day Entertainment with David & Lynn**
- February 17th @ 1:00 PM** **Chef Demo with Josh**
- February 17th @ 2:00 pm** **Sing Along with Joy**
- February 20th @ 2:00 PM** **Happy Hour with C.C**
- February 25th @ 2:00 PM** **Bingo Bash**
- February 27th @ 2:00 PM** **Happy Hour with Lindi Moo**

Enjoy Scenic Drives with Dianna every Monday