

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

Sarah Care® Adult Day Care Center

 <p><i>Happy Groundhog Day</i></p> <p>Tu B'Shevat Begins</p>	<p>1</p> <p>Morning Stretch All About Groundhogs Board Games Weather Superstitions Volleyball Barbara Streisand Music Hour</p> <p>Groundhog Day</p>	<p>2</p> <p>Chair Exercise February Facts & Fun Dominoes Winter Crafts Snowman Bowling Word Mining</p>	<p>3</p> <p>Stretch & Relaxation Black History Month- The Harlem Renaissance Card Games Famous February Birthdays Heart Ring Toss Brain Teasers</p>	<p>4</p> <p>Movement to Music Pokeno The Comedy of Red Buttons Puzzles Valentine's Bean Bag Toss Nutella Snacks</p>	<p>5</p> <p>National Wear Red Day Sit & Be Fit Heart Health Tips Bingo Big Dice Games Adult Coloring Pages Heart Crafts</p>	<p>6</p> <p>Stephanie Malloy Activities Director smalloy@sarahpa.com 215-999-1200 Ext. 112</p>
<p>7</p> <p>Daily AM Activities</p> <p>7:00-8:00 Meet & Greet 8:00-9:00 Coffee & News 8:30-10:00 Breakfast 10:00-10:30 Morning Stretch 10:30-11:00 Daily Chronicles 11:00-11:30 Daily Themed Activity 11:30-12:00 Active Games</p>	<p>8</p> <p>Chair Dancing Jewelry Making Board Games Winter Olympic Games February Jeopardy Hershey Chocolate Treats</p>	<p>9</p> <p>*Lunch Trip to Panera* Seated Workout Bingo Black History Month: The Music of the Civil Rights Movement Bowling Life & Music of Glenn Miller</p>	<p>10</p> <p>Meditation Intergenerational Program with AFS Card Games Entertainment with Calvin Pressley Ring Toss Wacky Words</p>	<p>11</p> <p>Chair Aerobics Winter Olympic Trivia Puzzles Valentine's Bean Bag Toss Casino Games Love Song Sing a Long</p>	<p>12</p> <p>Valentine's Day Brunch Chair Yoga Heart Bingo Love is in the Air Trivia Famous Couples Valentine's Crafts Romances to Remember</p>	<p>13</p>  <p><i>Happy Valentine's Day</i></p> <p>Valentine's Day</p>
<p>14</p>  <p>15</p> <p>Morning Stretch Presidential Riddles Board Games First Ladies Trivia Creative Arts Volleyball Cherry Treats</p> <p>Presidents' Day (U.S.)</p>	<p>16</p> <p>Chair Exercise Mardi Gras Fun Mask Making Travel to New Orleans Jazz Music Hour Fat Tuesday Donut Treats</p> <p>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</p>	<p>17</p> <p>Stretch & Relaxation Chinese New Year Bingo Card Games Heart Ring Toss Wine Glass Painting Fortune Cooke Snack</p>	<p>18</p> <p>*Lunch Trip to Olive Garden Movement to Music Pokeno Puzzles Valentine's Bean Bag Toss The Music of Smokey Robinson</p>	<p>19</p> <p>Sit & Be Fit Bingo Winter Olympic Word Games Big Dice Games Canvas Painting Black History Month- Who Am I?</p>	<p>20</p>	<p>21</p> <p>*Calendar Subject to Change*</p>
<p>22</p> <p>Daily PM Activities</p> <p>12:00-1:00 Lunch 1:00-1:30 Cognitive Game 1:30-2:30 Afternoon Activity 2:30-3:00 Snack 3:00-3:30 Afternoon Stretch 3:30-4:30 Late Afternoon Activity 4:30- 6:00 Independent Activities</p>	<p>23</p> <p>Chair Dancing Family Feud Board Games Volleyball Cranium Crunches Horse Racing</p>	<p>24</p> <p>Seated Workout Bingo Dominoes Bowling Entertainment with Courtney Colletti Fairy Tale Trivia</p>	<p>25</p> <p>*Shopping Trip to Dollar Tree* Meditation Card Games Ring Toss Participant Council Crafter's Corner The Life & Legacy of Frank Sinatra</p>	<p>26</p> <p>Take Out Lunch- Pizza Chair Aerobics Puzzles Valentine's Bean Bag Toss Name Five Black History Month Picture Bingo</p>	<p>27</p> <p>Chair Yoga Bingo Lawn Darts Health & Wellness: Beat the Winter Blues Adult Coloring Pages Rice Krispies Treat Making</p>	<p>28</p> 