

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

Sarah **Care**[®]
Adult Day Care Center

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