

February 2026

Sunday

National Dark Chocolate Day
February 1st.

Fun Facts:

1. Chocolate can trigger the same brain reactions as being in love. Your brain doesn't totally know the difference. Chocolate is basically an emotional catfish.

2. Dark chocolate can slightly lower your stress hormones. So when you say "I need chocolate," your body is like, correct.

3. Chocolate has been used as medicine. In the 1700s, doctors prescribed it for everything from fatigue to heartbreak.



Monday

1	8:00am: Breakfast 9:30am: Sacrament Meeting 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner	2	Groundhog Day 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Heart Match 11:30am: Lunch 1:00pm: Fruit Loop Necklaces 2:15pm: Snack & Hydration! 4:30pm: Dinner	3	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Match the Kisses 11:30am: Lunch 1:00pm: Afternoon Bus Ride 3:00pm: Snack & Hydration! 4:30pm: Dinner	4	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Don't Find Pete! 11:30am: Lunch 1:00pm: Heart Gummy Houses 2:15pm: Snack & Hydration! 4:30pm: Dinner	5	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 2:00pm: Fun w/ Friends: Craft Suncatcher Hearts! 3:00pm: Snack & Hydration! 4:30pm: Dinner	6	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Valentine's Wall- What You Love 11:30am: Lunch 1:30pm: Mini Manicures 3:00pm: Snack & Hydration! 4:30pm: Dinner
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8	8:00am: Breakfast 9:30am: Sacrament Meeting 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner	9	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Bean Bag Hearts 11:30am: Lunch 1:00pm: Craft: Love You to Pieces! 2:15pm: Snack & Hydration! 4:30pm: Dinner	10	8:00am: Breakfast 10:00am: Tappy Toes Exercise Class 10:30am: Daily Chronical & News 11:00am: Daily Chronical & News 11:30am: Lunch 1:00pm: Afternoon Bus Ride 3:00pm: Snack & Hydration! 4:30pm: Dinner	11	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Giant Valentine's Bingo 11:30am: Lunch 1:00pm: Make Valentine's Cards 2:15pm: Snack & Hydration! 4:30pm: Dinner	12	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 2:00pm: Fun w/ Friends: Decorating Valentine Cookies 3:00pm: Snack & Hydration! 4:30pm: Dinner	13	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Valentine A to Z 11:30am: Lunch 1:30pm: Valentine's Party! 3:00pm: Snack & Hydration! 4:30pm: Dinner
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15	8:00am: Breakfast 9:30am: Sacrament Meeting 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner	16	Presidents' Day 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Valentine Trivia 11:30am: Lunch 1:00pm: Craft: Mardi Gras Masks 2:15pm: Snack & Hydration! 4:30pm: Dinner	17	Mardi Gras 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Daily Chronical & News 11:30am: Lunch 1:00pm: Chocolate Tasting 11:30am: Lunch 1:00pm: Afternoon Bus Ride 3:00pm: Snack & Hydration!	18	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Love Song Bingo 11:30am: Lunch 1:00pm: Craft: Decorate Hearts 2:00pm: Music- Heart & Soul 3:00pm: Snack & Hydration! 4:30pm: Dinner	19	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 2:00pm: Fun w/ Friends: Birthday Visits w/ Treats 3:00pm: Snack & Hydration! 4:30pm: Dinner	20	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Game: Break My Heart 11:30am: Lunch 1:30pm: Mini Manicures 3:00pm: Snack & Hydration! 4:30pm: Dinner
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22	Happy Birthday Janet M. 8:00am: Breakfast 10:00 Stake Conference NO SACRAMENT MEETING 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner	23	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Valentine Pictionary 11:30am: Lunch 1:00pm: Craft: Heart Wreaths 2:15pm: Snack & Hydration! 4:30pm: Dinner	24	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Valentine Jeopardy 11:30am: Lunch 1:00pm: Afternoon Bus Ride 3:00pm: Snack & Hydration! 4:30pm: Dinner	25	Happy Birthday Michael 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Couples Match 11:30am: Lunch 1:00pm: Afternoon of Coloring 2:15pm: Snack & Hydration! 4:30pm: Dinner	26	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 1:30pm: What's in a Cookie? 3:00pm: Snack & Hydration! 4:30pm: Dinner	27	8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Candy Heart Toss 11:30am: Lunch 1:30pm: Mini Manicures 3:00pm: Snack & Hydration! 4:30pm: Dinner
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28	8:00am: Breakfast 10:00am: Daily Chronical & News 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner
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Tuesday

Wednesday

Thursday

Friday

Saturday



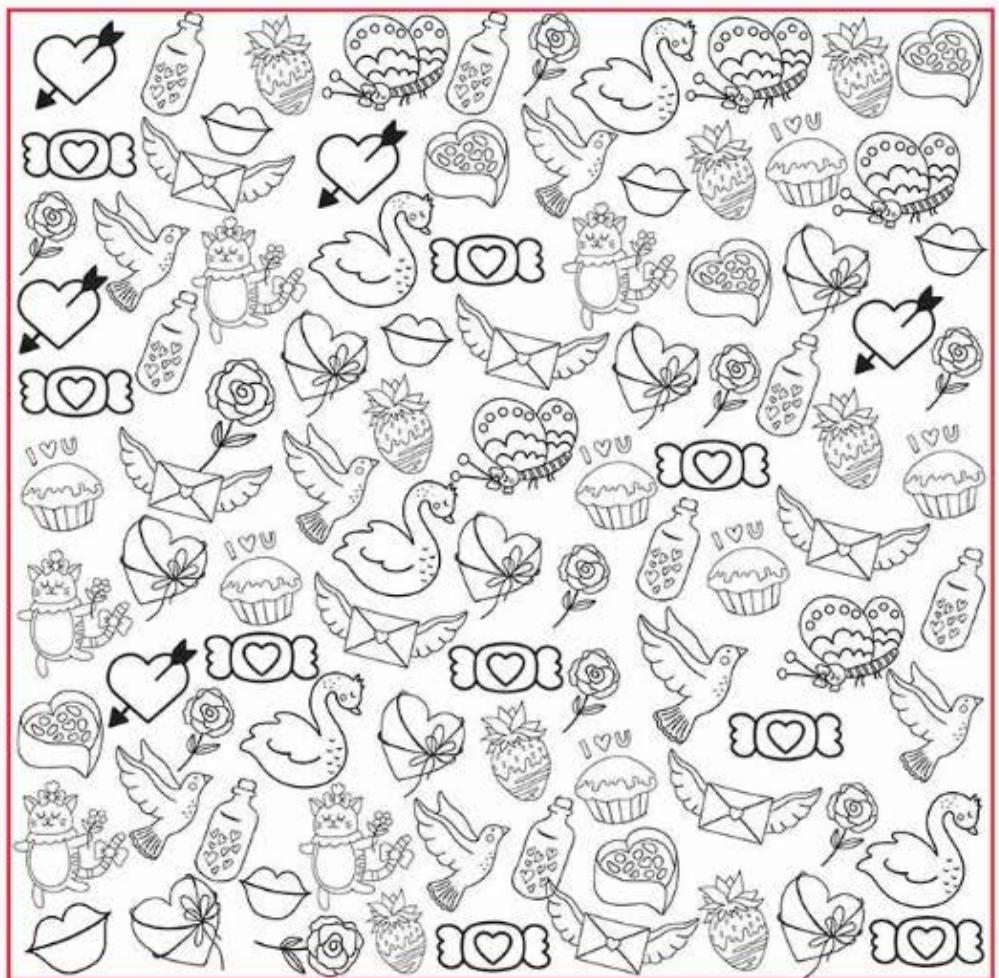
Roses are Red
Violets are Blue
Sugar is Sweet
And so are
YOU!!



Activities are subject to change

Valentine's Day

I Spy



“Powered by love and marshmallows.”



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February 2026

February Flower : Violet Violets stand for kindness and loyalty. They're small flowers that remind us it's good to be gentle and caring.

February Gemstone: Amethyst Amethyst is a purple gemstone that people believe helps you feel calm and brave. Long ago, it was called a “peace stone.”

February Zodiac Signs: Aquarius (Feb 1–18)

Aquarians are known for being creative, friendly, and full of big ideas.

Pisces (Feb 19–28/29) Pisces are often kind, imaginative, and great helpers.

Happy Birthday!

Janet M. - 22nd
Micheal P. - 25th

