

Friendship International



FEBRUARY 6, 2026

XXV OLYMPIC WINTER GAMES

There's nothing quite like the Olympic Games to bring people together! The 2026 Winter Olympic Games are being held in Northern Italy, centered around Milan and the Alpine town of Cortina d'Ampezzo.

The Games kick off with the Opening Ceremony on February 6th and lasts until the Closing Ceremony on February 22nd.

About 93 countries are competing in these Games. Is your country one of them? Thousands of athletes from these countries will take part across 116 medal events in winter sports like skiing, ice skating, hockey, curling, bobsled, and more.

The United States is sending the biggest delegation, with more than 230 athletes competing across many sports. Canada is close behind, followed by winter-sports powerhouses like Germany, Italy (the host country), and Switzerland, all bringing large teams. Some nations qualify with just one or two athletes, sometimes competing in a single event. This is part of what makes the Olympics special!

Here in the U.S., NBC (locally LEX18) and its family of channels will show the events on TV. Streaming coverage will be available on Peacock, including live events and on-demand replays.

Milan is 6 hours ahead of us here in Kentucky. While you can watch many sports live as they take place, especially on streaming, NBC will provide coverage every evening with a mix of sports and reporting on the last day's events. For example, live coverage of the Opening Ceremony will start at 2PM Eastern on Friday, but there will be a replay of it at 8PM that night for all those who were unable to watch during the day.

We hope you'll tune in to cheer on the athletes! To help kick off the Games, come ready to cheer at our Winter Games pantomimes program on Friday morning, which will be full of fun and laughter.



UPCOMING DATES

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|-------------|---------------------------------|
| February 6 | Winter Olympic Games Pantomimes |
| February 13 | Valentine's Day Craft |
| February 20 | Popular Hacks |
| February 27 | Group Wedding Dances |

TIME TO HIT THE COFFEE TRAIL

You may have heard about Kentucky's famous Bourbon Trail®, where visitors travel around the state taking tours, learning how bourbon is made and tasting different brands of a well-known Kentucky export.

But what if bourbon isn't your thing? Good news! Kentucky now has a Coffee Trail – a fun way to explore local coffee shops across the state, including right here in Lexington.

Here's how it works: pick up a Coffee Trail passport at any participating café, visit shops, buy a drink, and collect a stamp. Once your passport is full, you mail it in and get a special souvenir back.

The Trail celebrates local flavor and community. It's a great excuse to try out new coffee shops as you travel around the state. [Find out more here.](#)



SUPER BOWL SUNDAY



Many Americans will take a brief break from the Olympic Games on Sunday night 2/8 to watch one of our biggest sports games of the year - the NFL Super Bowl. This year the Seattle Seahawks from the National Football Conference will play the New England Patriots from the American Football Conference (two teams divided by over 3000 miles!) at Levi's Stadium in Santa Clara, California.

The Super Bowl is a popular cultural event in the U.S. and even people who do not follow American football closely might host or attend a Super Bowl watch party with lots of food. Those who do not care too much about the game might be very interested in the commercials or the half-time performance. You can watch the game on NBC or Peacock, with kick-off at 6:30 PM. Reportedly NBC will show Olympic coverage both before and after the football game.



FEED OUR BIRD FRIENDS DURING THE COLD WINTER MONTHS



FEELING SICK? TRY THESE TEAS TO SOOTHE A SORT THROAT