

**TLC ADULT DAY CARE  
AND RECREATION CENTER**

**February 2026**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>TLC Special Days</u> Groundhog Day Feb 2 Super Bowl LX Feb 6 Valentine's Day Feb 13 President's Day Feb 16 Winter Olympics Feb 18 Pet Day Feb 20	<b>1</b> 8:00 Breakfast Coffee & Social 9:00 GROUNDHOG Chronicles 10:00 Stretching Chair Exercise 11:00 Exploring feeling (colors) 1:00 Skill Ball Fun 2:00 Bingo \$\$ 3:00 Snack/Musical Chairs 4:00 Relaxation/Table Games	<b>2</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Bands Exercise 11:00 Pasta February Craft 1:00 Valentine's Bingo \$\$ 2:00 Stick Raquet Ball 3:00 Snack/Travel to Singapore 4:00 Relaxation/Table Games	<b>3</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Zumba Exercise 11:00 Slippery Slope Competition 1:00 Olympic Torch Game 2:00 Bingo \$\$ 3:00 Snack/Jukebox Sing Along 4:00 Relaxation/Table Games	<b>4</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Yoga Relaxation 11:00 Soccer Competition 1:00 Bingo Time! 2:00 Candy Love's Dice 3:00 Snack/Music Therapy 4:00 Relaxation/Table Games	<b>5</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Super Bowl Celebration 1:00 Football Game 2:00 Bingo \$\$ 3:00 Snack/Football Trivia 4:00 Relaxation/Table Games	<b>6</b> 
	<b>8</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Candy Love's Dice 1:00 Double Cornhole Toss 2:00 Bingo \$\$ 3:00 Snack/5 Second Questions 4:00 Relaxation/Table Games	<b>9</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Yoga Relaxation 11:00 Scrabble Words 1:00 Bingo \$\$ 2:00 Ladder Toss 3:00 Ice Cream Social 4:00 Relaxation/Table Games	<b>10</b> 	<b>11</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 Magazine Board (RED) 1:00 Frisbee Fun 2:00 Bingo \$\$ 3:00 Snack/Valentine's Cards 4:00 Relaxation/Table Games	<b>12</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Bands Exercise 11:00 Chair Volleyball 1:00 Bingo \$\$ 2:00 Bollon Toss 3:00 Snack/Healthy Trivia 4:00 Relaxation/Table Games	<b>13</b> 
	<b>15</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Musical Carnival Game 1:00 Slippery Slope Competition 2:00 Bingo \$\$ 3:00 Snack/President's Day 4:00 Relaxation/Table Games	<b>16</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 MARDI GRAS FUN 1:00 Bingo \$\$ 2:00 LIVE MUSIC: TOM A. 3:00 Snack/1960's Trivia 4:00 Relaxation/Table Games	<b>17</b> 	<b>18</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Zumba Exercise 11:00 WINTER OLYMPICS 1:00 Basketball Challenge 2:00 Bingo \$\$ 3:00 Snack/Candy Love's Dice 4:00 Relaxation/Table Games	<b>19</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Yoga Relaxation 11:00 Valentines Hangman 1:00 Valentine's Bingo \$\$ 2:00 Beach Ball Challenge 3:00 Snack/Jewelry Craft 4:00 Relaxation/Table Games	<b>20</b> 
	<b>22</b> February Birthdays Bob S - 02/01 Bruce W - 02/13 Margaret B - 02/18 Nicole B - 02/20 Dee B - 02/22	<b>23</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Bands Exercise 11:00 Magazine Board (RED) 1:00 Shuffleboard 2:00 Bingo \$\$ 3:00 Snack/Cookie Decoration 4:00 Relaxation/Table Games	<b>24</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Yoga Dancing Exercise 11:00 Game Show Fun 1:00 Bingo \$\$ 2:00 Soccer Competition 3:00 Snack/Jobs of the Day 4:00 Relaxation/Table Games	<b>25</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Ping Pong Challenge 1:00 Bingo 2:00 LIVE MUSIC: VALERY 3:00 Snack/Famous Stars 4:00 Relaxation/Table Games	<b>26</b> 8:00 Breakfast Coffee & Social 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 Table Golf 1:00 Bingo \$\$ 2:00 Jumbo Jenga 3:00 Snack/Olympics Craft 4:00 Relaxation/Table Games	<b>27</b> 

\*Activities are subject to change based on daily participation.

[www.tlc-adultdaycare.com](http://www.tlc-adultdaycare.com)