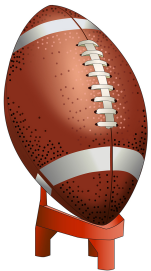
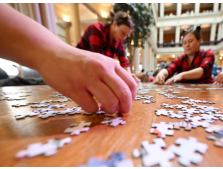




February 2026

Sterling Care Forest Hill

(All Activities are Subject to Change)

10:00 AM - 1:1 (RR) 2:30 PM - Rosary Group (A) Full Snow Moon 	10:00 AM - Full Moon Traveling Cart (RR) 2:00 PM - Food Committee (A) Groundhog Day 	10:00 AM - Arts & Crafts (DR) 2:00 PM - Just Having Fun Singers Live Event (A) Half Winter Day 	10:00 AM - Snickers Traveling Cart (RR) 2:00 PM - Bingo (A) Snickers Day 	10:45 AM - St. Ignatius Catholic Mass & Rosary (A) & 1:1 Prayer & Communion (RR) 2:00 PM - 1:1 (RR) Optimist Day 	10:00 AM - Yogurt Traveling Cart (RR) 2:00 PM - Layla Wilson Harpist Live Event (A) Yogurt Day 	10:00 AM - Nail Salon (RR) 2:00 PM - Bingo (A) Garth Brooks Birthday 
10:00 AM - 1:1 (RR) 2:30 PM - Rosary Group (A) Super Bowl Sunday 	10:00 AM - Pet Therapy "Peaches" (RR, TG) 2:00 PM - Oak Grove Bible Study (A) Happy Birthday, Carole King 	10:45 AM - Oak Grove Ministry Live Event (A) 2:00 PM - Mr. Charisma Live Event (A) Wear Flannel Day 	10:00 AM - Peppermint Patty Traveling Cart (RR) 2:00 PM - Bingo (A) Peppermint Patty Day 	10:00 AM - Valentine's Traveling Cart (RR) 1:15 PM - HCPL Library Exchanges 5:00 PM - Valentine Dinner Giving Hearts Day 	10:00 AM - Cat-Themed Traveling Cart (RR) 2:00 PM - Ernie Zegers Live Event (A) "It's the Cat's Meow" Day 	10:00 AM - Oak Grove Ministry Live Event (A) 2:00 PM - Bingo (A) Valentine's Day 
10:00 AM - 1:1 (RR) 2:30 PM - Rosary Group (A) NASCAR Day 	10:00 AM - Monthly Birthday Traveling Cart (RR) 2:00 PM - Resident Council (A) Presidents' Day (U.S.) 	10:00 AM - Mardi Gras Traveling Cart (RR) 2:00 PM - Movie "War Horse" Matinee (A) Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse) 	10:00 AM - 1:1 (RR) 2:00 PM - Bingo (A) 4:00 PM - Distribution of Ashes (RR) Ash Wednesday 	10:00 AM - Popcorn Traveling Cart (RR) 1:00 PM - Pet Therapy "Elsa" (RR, TG) Popcorn Day 	10:00 AM - Muffin Traveling Cart (RR) 2:00 PM - Karaoke (A) Muffin Day 	10:00 AM - Pet Therapy "Bentley" (RR) 2:00 PM - Bingo (A) Caregivers Day 
10:30 AM - Pet Therapy "Annie" (RR) 2:30 PM - Rosary Group (A) "Would You Rather?" Day 	10:00 AM - Pet Therapy "Peaches" (RR, TG) 2:00 PM - Oak Grove Bible Study (A) Dog Biscuit Day 	10:00 AM - Tortilla Chips Traveling Cart (RR) 2:00 PM - Movie "The Help" Matinee (A) Tortilla Chip Day 	10:00 - Puzzle Play (RR, DR) 2:00 PM - Bingo (A) Quiet Day 	10:00 AM - Arts & Crafts (DR) 10:00 AM - Assorted Items Traveling Cart (RR) Set a Good Example Day 	9:00 AM - 4:00 PM: 1:1 & Distribution of February Newsletter / Calendars (RR) National Geographic Day 	10:00 AM - Nail Salon (RR) 2:00 PM - Bingo (A) Last Day of February 

Location Guide: A = Activity Room, DR = Dayroom, RR = Resident Room, TG = Therapy Gym
* All residents, as well as their visitors, are welcome and encouraged to participate in activities.