

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

Mail Delivery 9:00 am and 5:00 pm Daily

1:1 Room visit 11:00 am & 4:00 pm Daily

Beauty Salon Hours Tuesday 10:30 am – 2:00 pm

Activities, Times, and Location are Subject to change.

A Simple Act of Kindness can make someone's Whole Day

Calendar Distribution 10:00 am Coffee and Conversation 11:00 am Ecumenical Service with Pastor Reyes 2:00 pm Armchair Travel 3:00 pm Tabletop Game <small>Tu B'Shevat Begins</small>	10:00 am Coffee and Conversation 11:00 am Monthly Gazette Reading 2:00 pm Cracker and Cheese Social with Vince Performs! 3:00 pm Spa Day 6:30 pm Sip & Paint <small>Groudhog Day</small>	10:00 am Coffee and Conversation 11:00 am Morning Exercise 1:30 pm Food Committee Meeting 2:00 pm Bingo 3:00 Women's Empowerment	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm Crafty Wednesday 6:30 pm Movie & Popcorn	10:00 am Coffee and Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Black Month History Tribute	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm – 4:00 pm Movies and Popcorn	10:00 am Coffee and conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Who Am I
10:00 am Coffee and Conversation 11:00 am Ecumenical Service with Pastor Reyes 2:00 pm Superbowl Sunday! 3:00 pm Tabletop Game	10:00 am Coffee and Conversation 11:00 am Morning Reading & Discussion 2:00 pm Yoga with Gupta 3:00 pm Spa Day 6:30 pm Book Club	10:00 am Coffee and Conversation 11:00 am Morning Exercise 1:30 pm Food Committee Meeting 2:00 pm Bingo 3:00 pm Baking Club	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm – 3:00 pm Valentine's Day Social with Tom Performs! 6:30 pm Movie & Popcorn	10:00 am Coffee and conversation 11:00 am Morning Exercise 2:00 pm Resident Council Meeting 3:00 pm Bingo	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm Master Class (Yo-yo Ma Music and Connection) 3:00 pm Bible Study	10:00 am Coffee and conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Trivia <small>Valentine's Day</small>
10:00 am Coffee and Conversation 11:00 am Ecumenical Service with Pastor Reyes 2:00 pm Armchair Travel 3:00 pm Tabletop Game	10:00 am Coffee and Conversation 11:00 am Morning Reading & Discussion 2:00 pm Yoga with Gupta 3:00 pm Spa Day 6:30 pm Sip & Paint <small>Presidents' Day (U.S.)</small>	10:00 am Coffee and Conversation 11:00 am Morning Exercise 1:30 pm Food Committee Meeting 2:00 pm Bingo 3:00 pm Men's Empowerment <small>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</small>	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm Crafty Wednesday 3:00 pm Catholic Mass 6:30 pm Movie & Popcorn	10:00 am Coffee and conversation 11:00 am Morning Exercise 2:00 pm – 3:00 pm Mardi Gras with Arch Performs!	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm – 4:00 pm Movies and Popcorn	10:00 am Coffee and conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Mind Games
10:00 Coffee and Conversation 11:00 am Ecumenical Service with Pastor Reyes 2:00 – 4:00 pm Tv John & Legendary Band Performs!	10:00 am Coffee and Conversation 11:00 am Morning Reading & Discussion 2:00 pm Chips and Salsa Social 3:00 pm Spa Day 6:30 pm Book Club	10:00 am Coffee and Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 Baking Club	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:30 pm – 3:30 pm February Birthday Celebration 6:30 pm Movie & Popcorn	10:00 am Coffee and Conversation 11:00 am Morning Exercise 2:00 pm 4:00 pm Bingo Auction	10:00 am Coffee and conversation 11:00 am Morning Reading & Discussion 2:00 pm Master Class (José Andrés Food, Stories and Connections) 3:00 pm Bible Study	10:00 am Coffee and conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Trivia

Activity Information: Activity Director - Irish Suarez CDP, ADC /Email: ISuarez@sterlingcarehealth.com / O: 301-530-1600 ext. 2197/2122 / C:202-907-1263.