

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

Assisted Living Neighborhood Life Enrichment Activities Calendar



1	9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Card Games 11:15 Spiritual Singing Bowls 1:15 Movie Matinee w. Popcorn 2:00 Valentine's Day Cards 3:00 Bingo for Chocolate 5:30 Movie	2	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knitting for Charity 1:00 Shopping Trip: Trader Joe's 1:45 Let's Make: French Onion Soup 3:00 Poker 3:30 Wise Aging w. Claudette 3:45 Walking Club: Marin Lagoon 6:30 Movie	3	9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 1:15 Word Games 2:00 Activity Planning Mtg. 3:00 Valentine's Day Cards 3:30 Golf 6:30 Movie 6:30 Blackjack w. Judy	4	9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 11:00 Brain Teasers 11:15 Outing: Buvette du Marais 1:15 Poetry Read 2:00 Scenic Drive 3:00 Trivia Tournament 6:30 Movie	5	9:00 Mass Online 9:15 Garden Club w. Luis 9:45 Strength & Stretch w. David 10:30 Music Appreciation w. Ruth 11:15 Outing: Rummikub 1:15 Valentine's Day Cards 2:00 Movie Committee 3:00 Social Discussion Circle 6:30 Movie	6	9:00 Mass Online 9:15 Nature Documentary 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 11:00 Winter Olympic Opening Ceremony 1:15 Yahtzee! 1:15 Travelogue: Eiffel Tower 2:00 Name That Tune 3:00 Happy Hour: Olympic Theme! 6:30 Movie	7	9:00 Mass Online 10:00 Fall Prevention Class w. David 10:45 Card Games w. Cathy 1:15 Biography: Thurgood Marshall 2:00 Trivia Tournament 3:00 Valentine's Day Cards 3:30 Golf 4:00 Scrabble w. Dick 6:30 Movie
8	9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Card Games 11:15 Spiritual Singing Bowls 1:15 Cookie Decorating 2:00 Bingo for Bucks 3:30 Superbowl Watch Party! 5:30 Movie	9	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knitting for Charity 11:00 Torah Study w. Rabbi Carol 1:00 Shopping Trip: Target 1:45 Baking Club: Madeleines 3:00 Poker 3:30 Wise Aging w. Claudette 3:45 Walking Club: Marin Lagoon 6:30 Movie	10	9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 11:30 Learn to Meditate 10:45 Scenic Drive 1:15 Word Games 2:00 Food Forum w. Chef 3:00 Valentine's Day Cards 3:00 Hearing Life 3:30 Golf 6:30 Movie	11	9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 10:45 Scenic Drive 11:00 Brain Teasers 1:15 Nurse Talk W. Stephanie 2:00 Celebration of Life 3:00 Olympic Trivia Tournament 6:30 Movie	12	9:00 Mass Online 9:15 Garden Club w. Luis 9:45 Strength & Stretch w. David 10:30 Music Appreciation w. Ruth 1:15 Jeopardy 1:15 Bread & Roses Concert 2:30 Pampered Nails 3:00 Social Discussion Circle 6:30 Movie	13	9:00 Mass Online 9:15 Nature Documentary 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 1:15 Rummikub 1:15 Travelogue: France's Wine Regions 2:00 Name That Artist 3:00 Happy Hour: With Live Music & Wear Red or Pink! 6:30 Movie	14	9:00 Mass Online 9:45 Workout w. Cathy 10:30 Card Games w. Cathy 1:15 Biography: Condoleezza Rice 2:00 Trivia Tournament 3:00 Valentine's Day Piano Concert 4:00 Scrabble w. Dick 6:30 Movie
15	9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Card Games 11:15 Spiritual Singing Bowls 1:15 Movie Matinee w. Popcorn 2:00 Rummikub 3:00 Bingo for Chocolate 5:30 Movie	16	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knitting for Charity 1:00 Shopping Trip: Safeway 1:45 Baking Club: Nutella Croissants 3:00 Poker 3:00 Meditation w. Claudette 3:30 Wise Aging w. Claudette 3:45 Walking Club: Marin Lagoon 6:30 Movie 6:30 Blackjack w. Judy	17	9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:30 Learn to Meditate 1:15 Tea w. ED 2:00 Word Games 3:00 Basic French 3:30 Golf 4:00 AVSR Soirée 6:30 Movie 6:30 Blackjack w. Judy	18	9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 10:45 Scenic Drive 11:00 Brain Teasers 12:30 Outing: Jelly Belly Factory 1:15 Chat w. Brian 2:00 Poetry Read 3:00 President's Day Trivia Tournament 6:30 Movie	19	9:00 Mass Online 9:15 Diamond Art w. Luis 9:45 Strength & Stretch w. David 10:30 Music Appreciation w. Ruth 1:15 Jeopardy 1:15 Rummikub 2:00 Resident Community Mtg. 3:00 Social Discussion Circle 6:30 Movie	20	9:00 Mass Online 9:15 Nature Documentary 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 1:15 Yahtzee! 1:15 Travelogue: The Notre Dame 2:00 Name That Decade 3:00 Happy Hour: With Live Music! 6:30 Movie	21	9:00 Mass Online 10:00 Fall Prevention Class w. David 10:45 Card Games w. Cathy 1:15 Biography: Jesse Owens 2:00 Trivia Tournament 3:00 Rummikub 3:30 Golf 4:00 Scrabble w. Dick 6:30 Movie
22	9:00 Live Mass w. Fr. Bain 9:30 Morning Walking Club 10:30 Chair Yoga w. David 11:15 Card Games 11:15 Spiritual Singing Bowls 1:15 Movie Matinee w. Popcorn 2:00 Rummikub 3:00 Bingo for Bucks 5:30 Movie	23	9:00 Mass Online 9:45 Seated Stability Exercises 10:30 Knitting for Charity 11:00 Torah Study w. Rabbi Carol 1:00 Shopping Trips: CVS 1:45 Baking Club: Baked Brie 3:00 Poker 3:00 Meditation w. Claudette 3:30 Wise Aging w. Claudette 3:45 Walking Club: Marin Lagoon 6:30 Movie	24	9:00 Mass Online 9:45 Chair Exercise 10:30 Playlist for Life w. Ruth 11:30 Learn to Meditate 10:45 Outing: Picnic at Stafford Lake 2:00 Word Games 3:00 Basic French 3:30 Golf 6:30 Movie	25	9:00 Mass Online 9:45 Chair Cardio Class 10:30 Coffee & Donuts 10:45 Outing: SF Open Rehearsal: Mozart's Requiem 11:00 Brain Teasers 1:15 Trivia Tournament 2:00 Poetry Read 2:15 Scenic Drive 3:00 Birthday Celebration w. Live Music! 6:30 Movie	26	9:00 Mass Online 9:15 Garden Club w. Luis 9:45 Strength & Stretch w. David 10:30 Music Appreciation w. Ruth 1:15 Jeopardy 1:15 Rummikub 2:00 Town Hall 3:00 Social Discussion Circle 6:30 Movie	27	9:00 Mass Online 9:15 Nature Documentary 9:45 Tai Chi w. Al 10:30 Dog Therapy w. Roam 1:15 Rummikub 1:15 Travelogue: French Fashion 2:00 Name That Tune 3:00 Happy Hour: Wear Silly Shades! 6:30 Movie	28	9:00 Mass Online 9:45 Workout w. Cathy 10:30 Card Games w. Cathy 1:15 Biography: Michelle Obama 2:00 Trivia Tournament 3:00 Rummikub 3:30 Golf 4:00 Scrabble w. Dick 6:30 Movie

Intellectual Purposeful Emotional Environmental Social Physical Spiritual Creative

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2026

Bridgehaven Memory Care Neighborhood Life Enrichment Activities Calendar


AlmaVia
OF SAN RAFAEL


<ul style="list-style-type: none"> 9:00 Sunday Service 10:00 Nourish & Nurture 10:30 Gospel Grooves 11:00 Piano Players 11:30 Spiritual Den w. Claudette 1:30 Indoor Garden 2:00 Sunday Sports Wrap 2:30 Good News Stories 3:00 Snack Shack 3:30 Bingo Spectacular 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Good News Stories 10:00 Nourish & Nurture 10:30 Scenic Drive 11:00 Disco Groovin' 11:30 Chicken Soup w. Claudette 1:30 Creative Movement 2:00 Biography: Thurgood Marshall 3:00 Monday Munchies 3:30 Corn Hole 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Guided Imagery 10:00 Nourish & Nurture 10:00 Music w. Lauren 10:15 Disco Groovin' 10:30 Fr. Bain Visit 11:00 Art 'n Sip: Nighthawks 1:30 Bird Watching 2:00 Travelogue: Eiffel Tower 3:00 Tuesday Treats 3:30 Table Games 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Chair Zumba 11:00 Drum Circle 11:30 Gratitude Circle 1:30 Indoor Garden 2:00 Music Appreciation w. Ruth 3:00 Snack Happy Social 3:30 Bridgehaven Committee 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Joke Fest 10:00 Nourish & Nurture 10:30 Chair Yoga w. David 11:00 Pampered Nails & Tellin Tales 11:30 Daily Questions 1:30 Birdwatching 2:30 How It's Made: Fondue 3:00 Afternoon Delights 3:30 Sing Along 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:00 Morning Gathering 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Dog Therapy w. Roam 11:30 Good News Stories 1:00 Trivia Tournament 2:00 Happy Hour: Wear Pink! 3:00 Personal Music Choices 4:00 Gratitude Circle 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:00 Morning Gathering 9:30 Strength & Stretch 9:45 Daily Chronicle 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Garden Meditation 2:00 VISTA 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 4:00 Favorite Shows & News 6:00 Evening Movie
<ul style="list-style-type: none"> 9:00 Sunday Service 10:00 Nourish & Nurture 10:30 Gospel Grooves 11:00 Piano Players 11:30 Spiritual Den w. Claudette 1:30 Garden Club 2:00 Sunday Sports Wrap 2:30 Good News Stories 3:00 Snack Shack 3:30 Super Bowl Watch Party! 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Disco Groovin' 10:00 Nourish & Nurture 10:30 Scenic Drive 11:00 Torah Study w. Rabbi Carol 1:30 Poetry By Choice 2:00 Biography: Condoleezza Rice 3:00 Monday Munchies 3:30 Ring Toss 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:45 Mark Day School Visit 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Scenic Drive 11:00 Torah Study w. Rabbi Carol 1:30 Poetry By Choice 2:00 Biography: Condoleezza Rice 3:00 Monday Munchies 3:30 Ring Toss 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Chair Zumba 11:00 Drum Circle 11:30 Gratitude Circle 1:30 Garden Club 2:00 Joke Fest 3:00 Snack Happy Social 3:30 Table Games 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Joke Fest 10:00 Nourish & Nurture 10:30 Chair Yoga w. David 11:00 Pampered Nails & Tellin Tales 11:30 Daily Questions 1:30 Birdwatching 2:00 Bread & Roses Concert GR 3:00 Afternoon Delights 3:15 How It's Made: Pudding 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:00 Morning Gathering 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Good News Stories 1:00 Trivia Tournament 2:00 Happy Hour: W. Live Music! 3:00 Personal Music Choices 4:00 Gratitude Circle 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:00 Morning Gathering 9:30 Strength & Stretch 9:45 Daily Chronicle 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Garden Meditation 2:00 VISTA 2:30 Afternoon Delights 3:00 Valentine's Day Piano Concert 4:00 Favorite Shows & News 6:00 Evening Movie
<ul style="list-style-type: none"> 9:00 Sunday Service 10:00 Nourish & Nurture 10:30 Gospel Grooves 11:00 Piano Players 11:30 Spiritual Den w. Claudette 1:30 Indoor Garden 2:00 Sunday Sports Wrap 2:30 Good News Stories 3:00 Snack Shack 3:30 Bingo Spectacular 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Good News Stories 10:00 Nourish & Nurture 10:30 Scenic Drive 11:00 Disco Groovin' 11:30 Chicken Soup w. Claudette 1:30 Creative Movement 2:00 Biography: Jesse Owens 3:00 Monday Munchies 3:30 Bowling 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Guided Imagery 10:00 Nourish & Nurture 10:00 Music w. Lauren 10:15 Disco Groovin' 10:30 Fr. Bain Visit 11:00 Art 'n Sip 11:30 Mardi Gras Beads 1:30 Bird Watching 2:00 Travelogue: The Notre Dame 3:00 Tuesday Treats 3:30 Table Games 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Ash Wednesday Mass 9:30 Nourish & Nurture 10:30 Chair Zumba 11:00 Drum Circle 11:30 Daily Chronicle 1:30 Garden Club 2:00 Music Appreciation w. Ruth 2:30 Ukulele w. Richard 3:00 Snack Happy Social 3:30 Lenten Intentions 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Joke Fest 10:00 Nourish & Nurture 10:30 Chair Yoga w. David 11:00 Pampered Nails & Tellin Tales 11:30 Daily Questions 1:30 Birdwatching 2:30 How It's Made: Mint Chocolate Chip Ice Cream 3:00 Afternoon Delights 3:30 Sing Along 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:00 Morning Gathering 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Good News Stories 1:00 Trivia Tournament 2:00 Happy Hour: Wear Red! 3:00 Personal Music Choices 4:00 Gratitude Circle 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:00 Morning Gathering 9:30 Strength & Stretch 9:45 Daily Chronicle 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Garden Meditation 2:00 VISTA 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 4:00 Favorite Shows & News 6:00 Evening Movie
<ul style="list-style-type: none"> 9:00 Sunday Service 10:00 Nourish & Nurture 10:30 Gospel Grooves 11:00 Piano Players 11:30 Spiritual Den w. Claudette 1:30 Indoor Garden 2:00 Sunday Sports Wrap 2:30 Good News Stories 3:00 Snack Shack 3:30 Bingo Spectacular 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Music w. Kendall 10:00 Nourish & Nurture 10:30 Scenic Drive 11:00 Disco Groovin' 11:30 Chicken Soup w. Claudette 1:30 Poetry By Choice 2:00 Biography: Michelle Obama 3:00 Monday Munchies 3:30 Joke Fest! 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Guided Imagery 10:00 Nourish & Nurture 10:00 Music w. Lauren 10:15 Disco Groovin' 10:30 Fr. Bain Visit 11:00 Art 'n Sip 11:30 Suncatchers 1:30 Bird Watching 2:00 Travelogue: French Riviera 3:00 Tuesday Treats 3:30 Table Games 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Chair Zumba 11:00 Drum Circle 11:30 Gratitude Circle 1:30 Indoor Garden 2:00 Music Appreciation w. Ruth 3:00 Birthday Celebration w. Live Music! 3:15 Snack Happy Social 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:15 Morning Gathering 9:30 Joke Fest 10:00 Nourish & Nurture 10:30 Chair Yoga w. David 11:00 Pampered Nails & Tellin Tales 11:30 Daily Questions 1:30 Birdwatching 2:30 How It's Made: Chili 3:00 Afternoon Delights 3:30 Sing Along 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:00 Morning Gathering 9:30 Daily Chronicle 10:00 Nourish & Nurture 10:30 Sit & Be Fit 11:00 Good News Stories 1:00 Trivia Tournament 2:00 Happy Hour: Silly Shades 3:00 Personal Music Choices 4:00 Gratitude Circle 6:00 Evening Movie 	<ul style="list-style-type: none"> 9:00 Morning Gathering 9:30 Strength & Stretch 9:45 Daily Chronicle 10:00 Nourish & Nurture 10:30 Travelogue w. Ruth 11:00 Garden Meditation 2:00 VISTA 2:30 Afternoon Delights 3:00 Music Therapy w. Ruth 4:00 Favorite Shows & News 6:00 Evening Movie

● Intellectual ● Purposeful ● Emotional ● Environmental ● Social ● Physical ● Spiritual ● Creative