



# February 2026

## Fred Lind Manor Activities Calendar



<p>1</p> <p>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art &amp; Hymns w/Paul &amp; Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p> <p>Tu B'Shevat Begins</p>	<p>2</p> <p>10:00 - Mental Health Monday (BT) 1:30 - Fireside Chat w/Mike (CL) 11:00 - Free Movement w/Mary (MR) 6:30 - Evening Movie (BT)</p> <p>Groundhog Day</p>	<p>3</p> <p>10:00 - Art Connection (AR) 11:00 - Flexercise w/Mary (MR) 1:30 - Wellness Hour (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>4</p> <p>10:00 - Shopping Trip to Goodwill (SIGN-UP REQUIRED) 11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - An Afternoon w/ Do Peterson (CL) 2:30 - Standing Balance &amp; Fall Prevention (MR) 6:30 - Evening Movie (BT)</p>	<p>5</p> <p>11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - Art Class: Fabulous Foil w/ Hilarie (CL) 2:30 - Standing Bone Smart Exercises (MR) 6:30 - Evening Movie (BT)</p>	<p>6</p> <p>9:30 - Shopping Trip to Safeway (SIGN-UP REQUIRED) 11:00 - Healing Mass at St. Joe's (SIGN UP REQUIRED) 11:00 - Seated Dynamic &amp; Static Stretches (MR) 1:30 - Home Hour (CL) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL) 6:30 - Evening Movie (BT)</p>	<p>7</p> <p>11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation w/ Brother River (AR) 2:30 - Standing Tai Chir for Balance (MR) 6:30 - Evening Movie (BT)</p>
<p>8</p> <p>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art &amp; Hymns w/Paul &amp; Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT) 3:00 - Super Bowl LX Party (CL) 6:30 - Evening Movie (BT)</p>	<p>9</p> <p>10:00 - Journal Through Art (AR) 11:00 - Free Movement w/Mary (MR) 1:30 - Sign Language Club (AR) 6:30 - Evening Movie (BT)</p>	<p>10</p> <p>10:00 - Valentine's Day Craft (AR) 11:00 - Flexercise w/Mary (MR) 1:30 - Resident Birthday Party (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>11</p> <p>10:00 - Workshop: Learn How to Write Your Name in Mayan Glyphs w/ Janice (AR) 11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - Kitchen Hour (CL) 2:30 - Book Club (AR) 2:30 - Standing Balance &amp; Fall Prevention (MR) 6:30 - Evening Movie (BT)</p>	<p>12</p> <p>10:00 - Karaoke (BT) 11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - Lance Rhodes: Academy Awards Presentation (CL) 2:30 - Standing Bone Smart Exercises (MR) 3:30 - Fiber Fun Social w/Angelika 6:30 - Evening Movie (BT)</p>	<p>13</p> <p>9:30 - Shopping Trip to QFC (SIGN-UP REQUIRED) 11:00 - Seated Dynamic &amp; Static Stretches (MR) 1:30 - Valentine's Day Social w/Steve Ryals (CL) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL) 6:30 - Evening Movie (BT)</p>	<p>14</p> <p>11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)</p> <p>Valentine's Day</p>
<p>15</p> <p>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art &amp; Hymns w/Paul &amp; Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p>	<p>16</p> <p>10:00 - Mental Health Monday (BT) 11:00 - Free Movement w/Mary (MR) 1:30 - Virtual Art Museum (BT) 6:30 - Evening Movie (BT)</p> <p>Presidents' Day (U.S.)</p>	<p>17</p> <p>10:00 - Art Connection (AR) 11:00 - Flexercise w/Mary (MR) 1:30 - Mardi Gras Social (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p> <p>Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</p>	<p>18</p> <p>11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - Chinese New Year Presentation w/ Ruby (CL) 1:30 - In Person Mass (BT) 2:30 - Standing Balance &amp; Fall Prevention (MR) 6:30 - Evening Movie (BT)</p>	<p>19</p> <p>11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - Sing-along w/David Lapse (CL) 2:30 - Standing Bone Smart Exercises (MR) 6:30 - Evening Movie (BT)</p>	<p>20</p> <p>9:30 - Shopping Trip to Uwajimaya (SIGN-UP REQUIRED) 11:00 - Seated Dynamic &amp; Static Stretches (MR) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL) 6:30 - Evening Movie (BT)</p>	<p>21</p> <p>11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation Group (AR) 2:30 - Standing Tai Chir for Balance (MR) 6:30 - Evening Movie (BT)</p>
<p>22</p> <p>11:00 - St. Joe's Mass: Livestreamed (BT) 11:00 - Seattle First Baptist Church: Streamed Service (AR) 1:30 - Interactive Scripture, Art &amp; Hymns w/Paul &amp; Tina Miller <i>via Zoom</i> (AR) 1:30 - Streamed Art Performance (BT) 6:30 - Evening Movie (BT)</p>	<p>23</p> <p>10:00 - Mental Health Monday (BT) 11:00 - Free Movement w/Mary (MR) 1:30 - Meet the Author &amp; Book talk w/ Steven Gregg (CL) 1:30 - Sign Language Club (AR) 6:30 - Evening Movie (BT)</p>	<p>24</p> <p>11:00 - Flexercise w/Mary (MR) 1:30 - New Resident Welcome Hour (CL) 2:30 - Bingo (CL) 6:30 - Evening Movie (BT)</p>	<p>25</p> <p>10:00 - 12:00 - Digital Help Mates Tech Clinic w/ David (CL) 11:00 - Chair Fitness: Upper Body Strength (MR) 1:30 - Travelogue: Cruise Through the Baltic w/ Janice (CL) 2:30 - Poetry Club (AR) 2:30 - Standing Balance &amp; Fall Prevention (MR) 6:30 - Evening Movie (BT)</p>	<p>26</p> <p>10:00 - Karaoke (BT) 11:00 - TA Live w/ Dr. Applebaum: Navigating Modern and Meaningful Caregiving (CL) 11:00 - Chair Fitness: Lower Body Strength (MR) 1:30 - General Assembly (CL) 2:30 - Standing Bone Smart Exercises (MR) 3:30 - Fiber Fun Social w/Ellie (CL) 6:30 - Evening Movie (BT)</p>	<p>27</p> <p>9:30 - Shopping Trip to Fred Meyer (SIGN-UP REQUIRED) 11:00 - Seated Dynamic &amp; Static Stretches (MR) 1:30 - C.U.: Jackie Kennedy: Her Life, Image and Legacy (CL) 2:30 - Standing Low Impact Aerobics (MR) 2:30 - Wine and Beer Social (CL) 3:00 - Men's Club (AR) 6:30 - Evening Movie (BT)</p>	<p>28</p> <p>11:00 - Chair Fitness: Cardio Focus (MR) 1:30 - Meditation w/ Brother River (AR) 2:30 - Standing Tai Chir for Balance (MR) 3:30 - Flower Arranging w/ Angelika (AR) 6:30 - Evening Movie (BT)</p>