

SUN	MON	TUE	WED	THUR	FRI	SAT							
10:15 First Presbyterian (L) 10:15 Holy Family (L) 2:00 Art with Erica (CR) 4:00 Walking Club (CR)	<b>1</b> <b>Groundhog Day</b> 10:00 Flex and Stretch (CR) 10:45 Crossword (CR) 12:00 Trivia (LR) 2:00 Pokeno (CR) 4:00 Walking Club (CR)	<b>2</b>	9:45 Shopping Trip (Meet in Lobby) 10:00 Upper Body Workout (CR) 12:00 Act Up! (LR) 1:30 Bible Study (CR) 2:30 Faith Based Matinee Movie (CR) 4:00 Walking Club (CR)	<b>3</b>	10:00 Dance Fitness (CR) 10:45 Crossword (CR) 12:00 Buzz Words (LR) 2:00 Paint Heart Ornaments for Lobby Tree (CR) 4:00 Walking Club (CR)	<b>4</b>	10:00 Zumba (CR) 12:00 20 Questions (LR) 1:30 Monthly Calendar Planning (CR) 2:30 Make Valentines Necklaces/Bracelets (CR) 4:00 Walking Club (CR)	<b>5</b>	10:00 Total Body Fitness (CR) 10:45 Games (GR) 12:00 Trivia (LR) 2:30 Welcome to the Weekend with Jon Durfee (DR)	<b>6</b>	10:00 Balloon Volleyball (CR) 10:45 Scrabble (GR) 2:00 Bingo (CR) 4:00 Walking Club (CR)	<b>7</b>	
10:15 First Presbyterian (L) 10:15 Holy Family (L) 1:30 Movie Matinee: "Song Sung Blue" (CR) 4:00 Walking Club (CR)	<b>8</b>	10:00 Flex and Stretch (CR) 10:45 Crossword (CR) 12:00 Trivia (LR) 2:00 Pokeno (CR) 4:00 Walking Club (CR)	<b>9</b>	9:45 Shopping Trip (Meet in Lobby) 10:00 Upper Body Workout (CR) 12:00 Scattergories (LR) 2:00 Paint Your Own Valentines Canvas (CR) 4:00 Walking Club (CR)	<b>10</b>	10:00 Chair Yoga with Zack (CR) 10:45 Crossword (CR) 12:00 Family Feud (LR) 2:00 Valentine/Birthday Social (CR) 3:00 Corn Hole (CR) 4:00 Walking Club (CR)	<b>11</b>	10:00 Zumba (CR) 12:00 Jeopardy (LR) 2:00 Fraud Detection Presentation with Senior Medicare Patrol (CR) 3:00 Sing a-long Karaoke (CR) 4:00 Walking Club (CR)	<b>12</b>	10:00 Total Body Fitness (CR) 10:45 Game: Valentine's Bingo (CR) 12:00 Trivia (LR) 2:30 Welcome to a Night in Paris with Corey Langley (DR)	<b>13</b>	<b>Valentine's Day</b> 10:00 Balloon Volleyball (CR) 10:45 Make A Valentines Day Card (CR) 2:00 Bingo (CR) 4:00 Walking Club (CR)	<b>14</b>
10:15 First Presbyterian (L) 10:15 Holy Family (L) 2:00 Worship with Max Lucado (CR) 3:00 Book Club Meeting (CR) 4:00 Walking Club (CR)	<b>15</b>	<b>President's Day</b> 10:00 Flex and Stretch (CR) 10:45 Crossword (CR) 12:00 President's Day Trivia (LR) 2:00 Pokeno (CR) 4:00 Walking Club (CR)	<b>16</b>	<b>Chinese New Year Lunar New Year Beginning of Ramadan</b> 9:45 Shopping Trip (Meet in Lobby) 10:00 Upper Body Workout (CR) 12:00 I Should Have Known That! (LR) 1:30 Bible Study (CR) 2:30 Food for Thought (CR) 4:00 Walking Club (CR)	<b>17</b>	10:00 Weights and Balance (CR) 10:45 Crossword (CR) 12:00 Who Am I? (LR) 2:30 Live Magic Show with John Kingry (DR) 4:00 Walking Club (CR)	<b>18</b>	10:00 Zumba (CR) 12:00 Who Knows It Better (LR) 2:00 New Resident Social (CR) 3:00 Corn Hole (CR) 4:00 Walking Club (CR)	<b>19</b>	10:00 Total Body Fitness (CR) 10:45 Games (GR) 12:00 Trivia (LR) 2:30 Welcome to the Weekend with Skip Hancock (DR)	<b>20</b>	10:00 Balloon Volleyball (CR) 10:45 Game: Just One (GR) 2:00 Bingo (CR) 4:00 Walking Club (CR)	<b>21</b>
10:15 First Presbyterian (L) 10:15 Holy Family (L) 2:00 Diamond Art (CR) 3:00 Book Club Meeting (CR) 4:00 Walking Club (CR)	<b>22</b>	10:00 Flex and Stretch (CR) 10:45 Crossword (CR) 12:00 Trivia (LR) 2:00 Pokeno (CR) 4:00 Walking Club (CR)	<b>23</b>	9:45 Shopping Trip (Meet in Lobby) 10:00 Upper Body Workout (CR) 12:00 I Remember This! (LR) 1:30 Bible Study with Chaplain Ron (CR) 2:30 Resident Association Meeting (CR) 4:00 Walking Club (CR)	<b>24</b>	10:00 Weights and Balance (CR) 10:45 Crossword (CR) 12:00 Brain Quest (LR) 2:30 Live Entertainment with Hunter o' Neal (DR) 4:00 Walking Club (CR)	<b>25</b>	10:00 Zumba (CR) 12:00 Clichebles (LR) 2:00 Faith Based Matinee Movie (CR) 4:00 Walking Club (CR)	<b>26</b>	10:00 Total Body Fitness (CR) 10:45 Games (GR) 12:00 Trivia (LR) 2:30 Welcome to the Weekend with Eddie Sal (DR)	<b>27</b>	10:00 Balloon Volleyball (CR) 10:45 Scrabble (GR) 2:00 Bingo (CR) 4:00 Walking Club (CR)	<b>28</b>
<b>KEY</b> CR - Community Room DR - Dining Room GR - Game Room LR - Living Room L - Lobby													

# February 2026

Discovery Commons Virginia Beach: Assisted Living

