

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

Independent Living - Activities Calendar



Van to Local Churches Sunday Brunch 11:30 a.m. to 2 p.m. 2:15-Depart for Chamber Music Society Concert 3:00-“The Gilded Age” Season 3, Episode 1 (JR) 7-Popcorn & a Movie (JR) <small>Tu B’Shevat Begins</small>	10:00-Flexercise Class (OR) 10:00-Grocery Shopping #1 12:30-Depart for Therapy Pool 2:00-Catholic Mass (Chapel) 3:00-BUNCO!! (KR) 3:00-Grocery Shopping #2 7-Berlin Philharmonic (JR) <small>Groundhog Day</small>	10-Strength & Balance (OR) 11-Yoga Stretch & Relax (OR) 1:30-Sit and Fit Class (OR) 1:30-Book Mobile (KY) 2:00-Knitting Bee (Lobby) 2-Blood Pressure Clinic(#515) 2:30-Mexican Train (KR) 2:30-Video Lecture Series (KR) “Physics & Your Life” 5:30-Music with Kevin Hill (ML) 7:00-Documentary (JR)	10-Flexercise Class (OR) 11:00-Devotion with Cristi Cobban (Chapel) 3:00-“Stories in Mind” (OR) with The Frazier History Museum 7-TOT’s Great Drama Series Bernard Shaw’s “The Devil’s Disciple” (JR)	*There will be NO Strength & Balance Class today* 10-Shopping at Walgreens 11:00-Tai Chi (KR) 1:30-Sit and Fit Class (OR) 1:30-Scrabble (KR) 7-Popcorn & a Movie (JR)	*No Flexercise today* Memorial Service for Chaplain Steve Cavanaugh In the Oak Room 10 a.m. – Visitation 11 a.m. – Service 2:00-Shopping at Kroger 7-Popcorn & a Movie (JR)	10:00-Video Exercise with Bro. Mike Foley (OR) 12:00-U of L Basketball at Wake Forest (JR) 2:00-Movie Matinee (JR) 7-Popcorn & a Movie (JR)
Van to Local Churches Sunday Brunch 11:30 a.m. to 2 p.m. 3:00-“The Gilded Age” Season 3, Episode 2 (JR) Super Bowl LX Viewing Party 6:30 p.m. - JR	9:30-Res. Bd. Mtg (DR) 9:30-Coffee & Donuts (OR) 10-Res. Council Mtg. (OR) 11:00-Grocery Shopping #1 12:30-Depart for Therapy Pool 2-Catholic Communion (C) 3:00-BUNCO!! (KR) 3:00-Grocery Shopping #2 7-Berlin Philharmonic (JR)	L & N Bank- 9 to 11(Coffee Café) 10-Strength & Balance (OR) 11-Yoga Stretch & Relax (OR) 1:30-Sit and Fit Class (OR) 2:00-Knitting Bee (Lobby) 2-Blood Pressure Clinic(#515) 2:30-Mexican Train (KR) 2:30-Video Lecture Series (KR) “Physics & Your Life” 5:30-Music with Kevin Hill (ML) 7:00-Documentary (JR)	10:00-Flexercise Class (OR) 11:00-Devotion with Dr. James Cobban (Chapel) 12-February Birthday Lunch 2-Sweetheart BINGO!! (OR)	10-Strength & Balance (OR) 10:50-Depart for Lunch at El Nopal Mexican Restaurant 11:00-Tai Chi (OR) 1:30-Sit and Fit Class (OR) 1:30-Scrabble (KR) 7-Popcorn & a Movie (JR)	10:00-Flexercise Class (OR) 10:00-Shopping at Kroger -CONVERSATIONS- with Marcia Segal 2:00 p.m. – Oak Room 7-Popcorn & Movie (JR)	10:00-Video Exercise with Bro. Mike Foley (OR) 2:00-Movie Matinee (JR) 4:00-U of L Basketball at Baylor (JR) 7-Popcorn & a Movie (JR) <small>Valentine's Day</small>
Van to Local Churches Sunday Brunch 11:30 a.m. to 2 p.m. Tim Hall presents a Concert of Sacred Music 2:00 p.m. – Oak Room 3:00-“The Gilded Age” Season 3, Episode 3 (JR) 7-Popcorn & a Movie (JR)	10-Flexercise Class (OR) 10:00-Grocery Shopping #1 12:30-Depart for Therapy Pool 2:00-Catholic Mass (Chapel) The Silvernotes in Concert 2:30 p.m. – Oak Room 3:00-Grocery Shopping #2 7-Berlin Philharmonic (JR) <small>Presidents' Day (U.S.)</small>	8:30-Dr. Scott, Podiatrist (DR) Mardi Gras Brunch! 9 a.m. to 11:00 a.m. 10-Strength & Balance (OR) 11-Yoga Stretch & Relax (OR) 1:30-Sit and Fit Class (OR) 2:00-Knitting Bee (Lobby) 2-Blood Pressure Clinic(#515) 2:30-Mexican Train (KR) 2:30-Video Lecture Series (KR) 5:30-Music with Kevin Hill (ML) 7:00-Documentary (JR) <small>Chinese New Year (Year of the Horse)</small>	Ash Wednesday Service with Deacon Bill Klump 11:00 a.m. – Oak Room 3:00-“Stories in Mind” (OR) with The Frazier History Museum 7:00-Ostling’s Night at the Opera (JR) Rossini’s “The Barber of Seville”	10-Strength & Balance (OR) 10-Shopping at Dollar Tree 11:00-Tai Chi (KR) 1:30-Sit and Fit Class (OR) 1:30-Scrabble (KR) Tom Seel in Concert 2:30 p.m. – Oak Room 7-Popcorn & a Movie (JR)	10:00-Flexercise Class (OR) 10:15-Depart for Louisville Orchestra Coffee Concert 1:30-Activity Committee Meeting (DR) 2:00-Shopping at Kroger 7-Popcorn & Movie (JR)	10:00-Video Exercise with Bro. Mike Foley (OR) Bob Yates In Concert 2:00 p.m. – Oak Room 2:15-U of L Basketball Vs Georgia Tech (JR) 7-Popcorn & a Movie (JR)
Van to Local Churches Sunday Brunch 11:30 a.m. to 2 p.m. 3:00 -“Gilded Age” Season 3, Episode 4 (JR) 7-Popcorn & a Movie (JR)	10:00-Flexercise Class (OR) 10:00-Grocery Shopping #1 12:30-Depart for Therapy Pool 2-Catholic Communion (C) 3:00-BINGO!! (OR) 3:00-Grocery Shopping #2 7-Berlin Philharmonic (JR)	L & N Bank- 9 to 11(Coffee Café) 10-Strength & Balance (OR) 11-Yoga Stretch & Relax (OR) 1:30-Sit and Fit Class (OR) 2:00-Knitting Bee (Lobby) 2-Blood Pressure Clinic(#515) 2:30-Mexican Train (KR) 2:30-Video Lecture Series (KR) “Physics & Your Life” 5:30-Music with Kevin Hill (ML) 7:00-Documentary (JR)	*No Flexercise Class or Devotion today.* “Supporting Someone Living with Dementia” Presented by the Alzheimer’s Association 10 to 11:30 a.m. – Oak Room 2:30-Circle of Friendship (KR)	10-Strength & Balance (OR) 10:00-Shopping at TJ Max 11:00-Tai Chi (KR) 1:30-Sit and Fit Class (DR) 1:30-Scrabble (KR) 7-Popcorn & a Movie (JR)	10-Flexercise Class (OR) 10:00-Shopping at Kroger “Stretching the Mind” with Linette Lowe, Executive Director, Central Louisville Community Ministries 2:00 p.m. – Oak Room 7-Popcorn & a Movie (JR)	10:00-Video Exercise with Bro. Mike Foley (OR) 2:00-Movie Matinee (JR) 7-Popcorn & a Movie (JR) U of L Basketball at Clemson (JR) <small>(TBA)</small>