

# Independent Living Calendar

# FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD &amp; BB) 2:00 Mah Jong (C&amp;G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "Emily in Paris" (SR)</p>	<p>Groundhog &amp; Nametag Day <b>2</b></p> <p><b>Groundhog Roundup ALL DAY</b></p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise &amp; Balance (FT) 2:00 Mah Jong (C&amp;G) <b>4:00 Groundhog Roundup Tally and Awards (LO)</b> 7:15 Movie Night (SR)</p> 	<p><b>3</b></p> <p>8:00 Indoor Croquet (FH) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&amp;G) 11:00 Cardio Fit (FT) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga (FT) 2:00 Chair Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 4:30 Happy Hour (BB)</p>	<p><b>4</b></p> <p>8:00 Total Body Strength w/ Lisa (FT) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&amp;G) 1:00 Seated Exercise &amp; Balance (FT) <b>2:00 Who is Cupid? A presentation by resident Eileen Pectorius (SR)</b> 2:00 Dance &amp; Dumbbells (FT) 3:00 Open Ping Pong (FT)</p>	<p><b>5</b></p> <p>8:00 Indoor Croquet (FH) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 2:00 Religious Life (SN) 2:00 Tech Bar (BB) 2:00 Travel with Paul* (SR) 2:00 Mah Jong (C&amp;G) 3:00 Open Cornhole (FT) 4:30 Happy Hour (BB)</p>	<p><b>6</b></p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise &amp; Balance (FT) 2:00 Mexican Train (C&amp;G) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew &amp; Craft Room Open (HB) <b>4:00 Birthday Social with musical guest Mark Desrochers (FH)</b> 7:15 Movie Night (SR)</p>	<p><b>7</b></p> <p>9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) <b>11:00 Beats &amp; Balance Pop-up Cardio Drumming (FT)</b> 1:00 Open Billiards (BR) 1:00 Canasta (SN)</p> 
<p><b>8</b></p> <p>11:00 Church Service (FH) 2:00 Mah Jong (C&amp;G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "Emily in Paris" (SR)</p>	<p>Nametag Day <b>9</b></p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 10:30 Readers Group (C&amp;G) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise &amp; Balance (FT) 2:00 Mah Jong (C&amp;G) 7:15 Movie Night (SR)</p>	<p><b>10</b></p> <p>8:00 Indoor Croquet (FH) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&amp;G) 11:30 Cardio Fit (FT) 11:00 Catholic Mass (FH &amp; 971) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga (FT) 2:00 Chair Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 4:30 Happy Hour (BB)</p>	<p><b>11</b></p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) <b>10:00 Newcomer Discussion (AN)</b> 10:15 Needlework Group (C&amp;G) <b>11:00 Newcomer Bus Tour (LO)</b> 1:00 Seated Exercise &amp; Balance (FT) 2:00 Dance &amp; Dumbbells (FT) 3:00 Open Ping Pong (FT) 3:00 Nutrition Education Series - "Nutrition for Brain Health" (SR) 4:30 Piano Bar with Diana (BB) 7:15 Art Movie – "Gustav Klimt and the Kiss" (SR)</p>	<p><b>12</b></p> <p>8:00 Indoor Croquet (FH) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 11:00 Grief and Growth at Ginger Cove (SN) 1:00 Yoga (FT) 2:00 AACo Outreach Library Vehicle "OLIVE" (LO) 2:00 Neighbor to Neighbor Volunteer Meeting (SR) 2:00 Tech Bar (BB) 2:00 Mah Jong (C&amp;G) 3:00 Open Cornhole (FT) 4:30 Happy Hour (BB) 7:00 BINGO! (FH) 7:00 Pet-a-Pooch (LO)</p>	<p><b>13</b></p> <p>8:00 Total Body Strength w/ Lisa (FT) <b>9:00 Resident Appreciation Breakfast (CD)</b> 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise &amp; Balance (FT) 1:30 Health Center 101 (FH &amp; 971) <b>2:00 Tech@Home Class - "AI voice assistants" (SR)</b> 2:00 Mexican Train (C&amp;G) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew &amp; Craft Room Open (HB) 7:15 Movie Night (SR)</p>	<p>Valentine's Day <b>14</b></p> <p>9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)</p> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>15</b>	<b>President's Day 16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "Emily in Paris" (SR)	<b>The Administration Offices, Transportation, and Convenience Store are closed today.</b> 8:00 Total Body Strength w/ Lisa (FT) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) <b>12:00 Holiday Buffet (CD)</b> 1:00 Duplicate Bridge (FH) 2:00 Mah Jong (C&G) 7:15 Foreign Movie (SR) <div style="text-align: center;"></div>	8:00 Indoor Croquet (FH) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga (FT) 2:00 Chair Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) <b>2:30 Mardi Gras Celebration (BB)</b> 4:30 Happy Hour (BB) <div style="text-align: center;"></div>	8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&G) 1:00 Seated Exercise & Balance (FT) <b>2:00 Residents Club Meeting (FH &amp; 971)</b> 3:00 Open Ping Pong (FT) 3:00 Sip n' Paint* (SN) 7:15 National Theater at Home (SR)	8:00 Indoor Croquet (FH) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 2:00 Tech Bar (BB) 2:00 Mah Jong (C&G) <b>2:30 Town Hall (FH &amp; 971)</b> 3:00 Open Cornhole (FT) 4:30 Happy Hour (BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 12:00 Men's Luncheon* (AN) 1:00 Seated Exercise & Balance (FT) 2:00 Great Decisions (SR) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 3:00 Poetry Group (C&G) 7:15 Movie Night (SR)	9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)
<b>22</b>	<b>Nametag Day 23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
11:00 Church Service (FH) 2:00 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "Emily in Paris" (SR)	8:00 Car Wash & Auto Detailing* (1000 Parking Lot) 8:00 Total Body Strength w/ Lisa (FT) 9:00 Building and Grounds Meeting (C&G) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) <b>2:00 The Sisters of Selma Documentary (SR)</b> 2:00 Mah Jong (C&G) <b>5:00 Newcomers in the Bar (BB)</b> <b>6:00 Newcomers Dinner (AN)</b> 7:15 Movie Night (SR)	8:00 Indoor Croquet (FH) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Women's Bible Study (SR) 10:00 Mexican Train (C&G) 11:00 Cardio Fit (FT) 11:00 Catholic Mass (FH & 971) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga (FT) 2:00 Chair Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 4:30 Happy Hour (BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&G) 1:00 Seated Exercise & Balance (FT) 2:00 Dance & Dumbbells (FT) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:30 Trivia w/ Friends (BB)	8:00 Indoor Croquet (FH) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 11:00 Grief and Growth at Ginger Cove (SN) 1:00 Yoga (FT) <b>2:00 Artist Talk - Ebersberger Studio (FH &amp; 971)</b> 2:00 Tech Bar (BB) 2:00 Mah Jong (C&G) 3:00 Open Cornhole (FT) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) <b>2:00 Resident IT Workshop (SR)</b> 2:00 Mexican Train (C&G) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)	9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)
<b>Room Key</b>						
(AN) = Annapolis Room (BB) = Bugeye Bar (BR) = Billiards Room (CA) = Cafe (CC) = Caring Cove (CD) = Chesapeake Dining Room	(CG) = Card and Game Room (CQ) = Croquet Court (FH) = Friendship Hall (FT) = Fitness Center (HB) = Heritage Basement (HR) = Heritage Activity Room (HRL) = Heritage 1 <sup>st</sup> Fl Living Room	(HR3) = Heritage 3rd Floor (GZ) = Gazebo (LO) = Lobby (O) = Outside, Campus Green (QA) = Queen Anne Room (PL) = Pool (SD) = Skipjack Dining Room	(SN) = Schooner Room (SP) = Skipjack Patio (SR) = South River Room (Z) = Zoom (970) = TV Channel 970 (971) = CH 971, TV Live Stream (*) = Sign-up in Mailroom			