

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

LOCATIONS:

CH - Clubhouse  
 LH = Lyndon House  
 SLC = St. Luke's Chapel  
 MH = Morton House (main building)

# February 2026

## BLACK HISTORY MONTH

<p>* Linda Brown, Joan Champion &amp; Kaki Robinson   <b>10.30am: Worship Service w/Rev Lisa &amp; Deacon Harvey, SLC</b></p>	<p>* Candlemas/Groundhog Day <b>10.30am: Lyndon House Seated Exercise</b> 2pm: Functional Exercise w/Gry, CH 4pm: Movie Night: "What about Bob?"</p>	<p>Larry transport 9am - 1pm <b>10.30am: Lyndon House Exercise</b> 2.30pm: Dudley Coffee &amp; Conversation w/ERS Servant Leadership Team, CH</p>	<p>10.30am: Lyndon House Exercise 1pm: Mah-Jongg Game, CH 4.30pm: Dudley Social Hour &amp; dinner, CH</p>	<p>Larry transport 9am - 1pm <b>10.30am: Lyndon House Exercise</b> 2pm: Tai-Chi w/Susan &amp; Ann, CH</p>	<p>*Bill Pearson Winter Olympics - Feb 22 10.30am: LH Exercise 11am: Women's Brunch sign up by 2/4 2pm: Fitness &amp; Wellbeing Presentation w/Therapy Department, CH 3.30pm: Lyndon House documentary series: "Black Achievements in America"</p>	<p><b>10.30am: Lyndon House Morning Stretches</b></p>	<p>7</p>
<p><b>10.30am: Worship Service w/Rev Lisa &amp; Deacon Harvey, SLC</b>   <b>6pm: Superbowl Watch Party - Clubhouse New England Patriots vs Seattle Seahawks (see flyer)</b></p>	<p>10am: "Hand &amp; Foot" card game, <b>10.30am: LH Exercise</b> 11-1pm: "Lunch &amp; Learn" (see email invite, sign up w/Teran) Clubhouse 2pm: Functional Exercise w/Gry, CH</p>	<p>*John Miller Larry transport 9am - 1pm <b>10.30am: LH Exercise</b> 11 - 1pm: Retired Episcopal Clergy Mtg &amp; Lunch, CH 2pm: CH documentary: <b>Black History Month "Black Wings"</b></p>	<p>9am: Men's Breakfast, sign up by 2/9 <b>10.30am: LH Exercise</b> 1pm: Mah-Jongg Game, CH 2pm: "No Name" Book Club 4.30pm: Dudley Social Hour &amp; dinner, CH</p>	<p>*Lori Sturm &amp; Jack Vanderburgh Larry transport 9am - 1pm <b>10.30am: Dudley Book Club</b> <b>10.30am: Lyndon House Exercise</b> 2pm: Tai-Chi w/Susan &amp; Ann</p>	<p>*Harold Combs 10.30am: Lyndon House Exercise 3.30pm: Lyndon House documentary series: "Museum Secrets, Natural History - London" <b>4pm: Dudley Talent Show</b></p>	<p><b>* Happy Valentine's Day!</b> <b>10.30am: Lyndon House Morning Stretches</b></p>	<p>14</p>
<p><b>10.30am: Worship Service w/Rev Lisa &amp; Deacon Harvey, SLC</b></p>	<p><b>*President's Day!</b> <b>10.30am: Lyndon House Seated Exercise</b> 2pm: Functional Exercise w/Gry, CH 4pm: Movie Night: "Grace of Monaco" <b>6.30pm: Men's Choir, CH</b></p>	<p>*Mardi Gras Larry transport 9am - 1pm <b>10.30am: Lyndon House Exercise</b> 4.30pm: Dudley Mardi Gras Party, CH</p>	<p>*Judith Conn <b>* ASH WEDNESDAY</b> 10.30am: Lyndon House Exercise 11am: Ash Wednesday Service, SLC <b>1pm: Mah-Jongg Game, CH</b> <b>*NO SOCIAL HOUR/DINNER!</b></p>	<p>Larry transport 9am - 1pm <b>10.30am: Lyndon House Exercise</b> 11am: Lunch trip to Claudia Sanders, sign up w/Gry 2pm: Tai-Chi w/Susan &amp; Ann, CH</p>	<p><b>10am: Coffee Concert w/LO</b> <b>10.30am: Lyndon House Exercise</b> 2pm: Caregiver Support Group, Clubhouse 3.30pm: Lyndon House documentary series: "Black Achievements in America" Part 3-4</p>	<p><b>10.30am: Lyndon House Morning Stretches</b></p>	<p>21</p>
<p><b>10.30am: Worship Service w/Rev Lisa &amp; Deacon Harvey, SLC</b></p>	<p>10am: "Hand &amp; Foot" card game, CH <b>10.30am: Lyndon House Seated Exercise</b> 2pm: Functional Exercise w/Gry, CH</p>	<p>Larry transport 9am - 1pm <b>10.30am: Lyndon House Exercise</b> 2pm: Clubhouse documentary: <b>Black Achievements in America</b> Part 5-6 6.30pm: Men's Choir, CH</p>	<p>10.30am: Lyndon House Exercise 1pm: Mah-Jongg Game, CH 4.30pm: Dudley Social Hour &amp; dinner, CH</p>	<p>Larry transport 9am - 1pm <b>10.30am: Lyndon House Exercise</b> 2pm: Tai-Chi w/Susan &amp; Ann, CH</p>	<p><b>10.30am: LH Exercise</b> 2pm: Fitness &amp; Wellbeing Presentation w/Therapy Department, CH 3.30pm: LH documentary series: "Museum Secrets" 4pm: Classic Movie Night "North by Northwest", CH</p>	<p><b>10.30am: Lyndon House Morning Stretches</b></p>	<p>28</p>