

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM SUNDAY MASS ON TV</div> <div>1PM HAND MASSAGES & MANICURES</div> <div>2PM MOVIE MATINEE: GROUNDHOG DAY</div> <div>4:15 WALKING CLUB & 50'S MUSIC</div>	<div>GROUNDHOG DAY 2</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM COOKING CLUB: EDIBLE GROUNDHOGS & WHAT'S YOUR GROUNDHOG NAME?</div> <div>1:30 TRIP: MASS AT DSC CHAPEL</div> <div>3PM WELCOME COMMITTEE, B-DAY CARD CLUB & HEARTS ACROSS AMERICA CAMPAIGN INTRODUCTION</div> <div>4:15 WALKING CLUB & REMINISCING</div>	<div>3</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>10:15 COMMUNION IN THE CHAPEL</div> <div>11AM HELP THE ACTIVITY TEAM - DECORATE OUR BULLETIN BOARD</div> <div>1PM GAME: POOL NOODLE VOLLEYBALL</div> <div>3PM SING ALONG WITH ELDERSONG</div> <div>4:15 WALKING CLUB & ANY MUSIC</div>	<div>4</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM CHAIR YOGA WITH MARCELLE</div> <div>1PM CRAFT: OLYMPIC TORCHES AND RINGS</div> <div>3PM GAME: GIANT JENGA</div> <div>4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS</div>	<div>5</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>10AM COUNTRY DRIVE: THE PERFECT CUP CAFE IN DRACUT</div> <div>1PM GAME: HORSERACING</div> <div>3PM FIT AND FACTUAL: WINTER EDITION</div> <div>4:15 WALKING CLUB & POSITIVE AFFIRMATIONS</div>	<div>WINTER OLYMPICS START 6</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM GAME: OLYMPIC TORCH RELAY & RULES FOR SAAB OLYMPICS</div> <div>1:30 ROSARY WITH SR. LUCILLE</div> <div>2PM BIBLE STUDY WITH PAT</div> <div>3PM ARM CHAIR TRAVEL: MEET ME IN MILAN, ITALY W/ ITALIAN SNACKS</div> <div>4:15 WALKING CLUB & OLYMPIC MUSIC</div>	<div>7</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM GAME: GOLF PUTTING PRACTICE</div> <div>1PM WHITEBOARD WORD MINING: WINTER OLYMPICS</div> <div>2PM BINGO! ON TRADITIONAL</div> <div>4:15 WALKING CLUB & WHAT MATTERS TO YOU</div>
<div>SUPERBOWL SUNDAY 8</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM SUNDAY MASS ON TV</div> <div>1PM HAND MASSAGES & MANICURES</div> <div>2PM SUPERBOWL SUNDAY SOCIAL: GAMES, PREDICTIONS & SNACKS!</div> <div>4:15 WALKING CLUB & 60'S MUSIC</div>	<div>9</div> <div>9:15 PET THERAPY WITH JEFF AND HIS GOLDEN RETRIEVERS</div> <div>10AM MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM COOKING CLUB: BLUEBERRY OAT BARS</div> <div>1:30 TRIP: MASS AT DSC CHAPEL</div> <div>3PM CARDIO DRUMMING CIRCLE</div> <div>4:15 WALKING CLUB & REMINISCING</div>	<div>10</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM SAAB OLYMPICS: CURLING</div> <div>1PM CRAFT: POPSICLE STICK LOVE BUGS</div> <div>3PM DISCUSSION: VALENTINE'S DAY TRADITIONS</div> <div>4:15 WALKING CLUB & ANY MUSIC</div>	<div>11</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM CRAFT: VALENTINE HEART WREATHS</div> <div>1PM SAAB OLYMPICS: SKI JUMP TESTER</div> <div>2PM JOE MALONE PRESENTS: BOBBY VINTON ON TRAD</div> <div>4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS</div>	<div>MOCK WEDDING 12</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>10AM COUNTRY DRIVE: BACK ROADS</div> <div>11AM WEDDING CEREMONY ON TRAD</div> <div>12PM WEDDING RECEPTION W/ MUSIC</div> <div>2PM BALANCE & AGILITY CLASS</div> <div>3PM WEDDING GAMES & MEMORIES</div> <div>4:15 WALKING CLUB & POSITIVE AFFIRMATIONS</div>	<div>13</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM SAAB OLYMPICS: MOUNTAIN GROOMER</div> <div>1:30 ROSARY WITH SR. LUCILLE</div> <div>2PM BIBLE STUDY WITH PAT</div> <div>3PM ARM CHAIR TRAVEL: EXPLORING SINGAPORE</div> <div>4:15 WALKING CLUB & ANY MUSIC</div>	<div>VALENTINE'S DAY 14</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM GAME: TIC TAC TOE CHALLENGE</div> <div>1PM WHITEBOARD WORD MINING: BE MY VALENTINE</div> <div>2PM BINGO! ON TRADITIONAL</div> <div>4:15 WALKING CLUB & WHAT MATTERS TO YOU</div>
<div>15</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM SUNDAY MASS ON TV</div> <div>1PM HAND MASSAGES & MANICURES</div> <div>2PM SUNDAY SOCIAL: HOT COCOA BAR AND MUSIC</div> <div>4:15 WALKING CLUB & 70'S MUSIC</div>	<div>PRESIDENTS' DAY 16</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM COOKING CLUB: MARDI GRAS KING CAKE</div> <div>1PM CRAFT: MARDI GRAS MASKS</div> <div>2PM BIRTHDAY BASH WITH MARK STANZLER ON TRAD!</div> <div>4:15 WALKING CLUB & REMINISCING</div>	<div>HAPPY BIRTHDAY MO! 17</div> <div>FAT TUESDAY (MARDI GRAS)</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>10:15 COMMUNION IN THE CHAPEL</div> <div>11AM DISCUSSION: THE KING CAKE STORY</div> <div>1PM GAME: MOVE AND GROOVE MARDI GRAS AND KING CAKE IS SERVED</div> <div>3PM ADULT COLORING: MARDI GRAS</div> <div>4:15 WALKING CLUB & ANY MUSIC</div>	<div>ASH WEDNESDAY 18</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM CHAIR YOGA WITH MARCELLE</div> <div>1:30 TRIP: MASS AT DSC CHAPEL</div> <div>3PM SAAB OLYMPICS: SHOOTING TARGET CHALLENGE</div> <div>4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS</div>	<div>19</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>10AM COUNTRY DRIVE: LOWELL ROADS</div> <div>1PM BIBLE STUDY: BEING A GOOD NEIGHBOR</div> <div>3PM SELF CARE: HOT TOWEL SPA THERAPY AND MOCKTAILS</div> <div>4:15 WALKING CLUB & POSITIVE AFFIRMATIONS</div>	<div>20</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>10:15 NATURE CONNECTION VISITS</div> <div>1:30 TRIP: STATIONS OF THE CROSS</div> <div>3PM SAAB OLYMPICS: COTTON BALL CURL</div> <div>4:15 WALKING CLUB & ANY MUSIC</div>	<div>21</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM GAME: POOL NOODLE VOLLEYBALL</div> <div>1PM WHITEBOARD WORD MINING: FROSTY FEBRUARY</div> <div>2PM BINGO! ON TRADITIONAL</div> <div>4:15 WALKING CLUB & WHAT MATTERS TO YOU</div>
<div>WINTER OLYMPICS END 22</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM SUNDAY MASS ON TV</div> <div>1PM HAND MASSAGES & MANICURES</div> <div>2PM SUNDAY SOCIAL: OLD FASHIONED SODA SHOPPE</div> <div>4:15 WALKING CLUB & ANY MUSIC</div>	<div>TOOTSIE ROLL DAY 23</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM COOKING CLUB: TOOTSIE ROLL FUDGE</div> <div>1:30 TRIP: MASS AT DSC CHAPEL</div> <div>3PM SAAB OLYMPICS MEDAL WINNERS ANNOUNCED</div> <div>4:15 WALKING CLUB & REMINISCING</div>	<div>24</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM RESIDENT COUNCIL</div> <div>1PM CONVERSATION BOWL WITH PAT</div> <div>3PM CARDIO DRUMMING CIRCLE</div> <div>4:15 WALKING CLUB & ANY MUSIC</div>	<div>25</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM CRAFT: ST. PATRICK'S DAY DOOR DECORATIONS</div> <div>1:30 ROSARY WITH SR. LUCILLE</div> <div>2PM HAPPY HOUR WITH LOCAL MUSCIAN STEVE CARUSO ON TRAD</div> <div>4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS</div>	<div>26</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>10AM COUNTRY DRIVE: DRACUT ROADS</div> <div>2PM BALANCE & AGILITY CLASS</div> <div>3PM DISCUSSION: VOLUNTEERING</div> <div>4:15 WALKING CLUB & POSITIVE AFFIRMATIONS</div>	<div>HAPPY BIRTHDAY LOIS! 27</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM GAME: LADDER GOLF</div> <div>1:30 TRIP: STATIONS OF THE CROSS</div> <div>3PM ARM CHAIR TRAVEL: CALIFORNIA DREAMIN'</div> <div>4:15 WALKING CLUB & BEACH BOYS</div>	<div>28</div> <div>9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS</div> <div>11AM FINISH THE LINE: WINTER WORDS</div> <div>1PM MOVIE MATINEE: TOOTSIE</div> <div>2PM BINGO! ON TRADITIONAL</div> <div>4:15 WALKING CLUB & WHAT MATTERS TO YOU</div>

FEBRUARY

2026



D'YOUVILLE LIFE & WELLNESS COMMUNITY

The Saab Residence

Affordable Assisted Living & Memory Care