

S U N D A Y

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S A T U R D A Y

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM SUNDAY MASS ON TV
1PM HAND MASSAGES & MANICURES
2PM MOVIE MATINEE: GROUNDHOG DAY
4:15 WALKING CLUB & 50'S MUSIC

GROUNDHOG DAY 2

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM COOKING CLUB: EDIBLE GROUNDHOGS & WHAT'S YOUR GROUNDHOG NAME?
1:30 TRIP: MASS AT DSC CHAPEL
3PM WELCOME COMMITTEE, B-DAY CARD CLUB & HEARTS ACROSS AMERICA CAMPAIGN INTRODUCTION
4:15 WALKING CLUB & REMINISCING

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
10:15 COMMUNION IN THE CHAPEL
11AM HELP THE ACTIVITY TEAM - DECORATE OUR BULLETIN BOARD
1PM GAME: POOL NOODLE VOLLEYBALL
3PM SING ALONG WITH ELDERSONG
4:15 WALKING CLUB & ANY MUSIC

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM CHAIR YOGA WITH MARCELLE
1PM CRAFT: OLYMPIC TORCHES AND RINGS
3PM GAME: GIANT JENGA
4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
10AM COUNTRY DRIVE: THE PERFECT CUP CAFE IN DRACUT
1PM GAME: HORSERACING
3PM FIT AND FACTUAL: WINTER EDITION
4:15 WALKING CLUB & POSITIVE AFFIRMATIONS

WINTER OLYMPICS START 6

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM GAME: OLYMPIC TORCH RELAY & RULES FOR SAAB OLYMPICS
1:30 ROSARY WITH SR. LUCILLE
2PM BIBLE STUDY WITH PAT
3PM ARM CHAIR TRAVEL: MEET ME IN MILAN, ITALY W/ ITALIAN SNACKS
4:15 WALKING CLUB & OLYMPIC MUSIC

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM GAME: GOLF PUTTING PRACTICE
1PM WHITEBOARD WORD MINING: WINTER OLYMPICS
2PM BINGO! ON TRADITIONAL
4:15 WALKING CLUB & WHAT MATTERS TO YOU

SUPERBOWL SUNDAY 8

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM SUNDAY MASS ON TV
1PM HAND MASSAGES & MANICURES
2PM SUPERBOWL SUNDAY SOCIAL: GAMES, PREDICTIONS & SNACKS!
4:15 WALKING CLUB & 60'S MUSIC

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9:15 PET THERAPY WITH JEFF AND HIS GOLDEN RETRIEVERS
10AM MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM COOKING CLUB: BLUEBERRY OAT BARS
1:30 TRIP: MASS AT DSC CHAPEL
3PM CARDIO DRUMMING CIRCLE
4:15 WALKING CLUB & REMINISCING

10

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM SAAB OLYMPICS: CURLING
1PM CRAFT: POPSICLE STICK LOVE BUGS
3PM DISCUSSION: VALENTINE'S DAY TRADITIONS
4:15 WALKING CLUB & ANY MUSIC

11

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM CRAFT: VALENTINE HEART WREATHS
1PM SAAB OLYMPICS: SKI JUMP TESTER
2PM JOE MALONE PRESENTS: BOBBY VINTON ON TRAD
4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS

MOCK WEDDING 12

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
10AM COUNTRY DRIVE: BACK ROADS
11AM WEDDING CEREMONY ON TRAD
12PM WEDDING RECEPTION W/ MUSIC
3PM WEDDING GAMES & MEMORIES
4:15 WALKING CLUB & POSITIVE AFFIRMATIONS

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM SAAB OLYMPICS: MOUNTAIN GROOMER
1:30 ROSARY WITH SR. LUCILLE
2PM BIBLE STUDY WITH PAT
3PM ARM CHAIR TRAVEL: EXPLORING SINGAPORE
4:15 WALKING CLUB & ANY MUSIC

VALENTINE'S DAY 14

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM GAME: TIC TAC TOE CHALLENGE
1PM WHITEBOARD WORD MINING: BE MY VALENTINE
2PM BINGO! ON TRADITIONAL
4:15 WALKING CLUB & WHAT MATTERS TO YOU

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM SUNDAY MASS ON TV
1PM HAND MASSAGES & MANICURES
2PM SUNDAY SOCIAL: HOT COCOA BAR AND MUSIC
4:15 WALKING CLUB & 70'S MUSIC

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM COOKING CLUB: MARDI GRAS KING CAKE
1PM CRAFT: MARDI GRAS MASKS
2PM BIRTHDAY BASH WITH MARK STANZLER ON TRAD!
4:15 WALKING CLUB & REMINISCING

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HAPPY BIRTHDAY MO! 17
FAT TUESDAY (MARDI GRAS)
9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
10:15 COMMUNION IN THE CHAPEL
11AM DISCUSSION: THE KING CAKE STORY
1PM GAME: MOVE AND GROOVE MARDI GRAS AND KING CAKE IS SERVED
3PM ADULT COLORING: MARDI GRAS
4:15 WALKING CLUB & ANY MUSIC

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ASH WEDNESDAY 18
9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM CHAIR YOGA WITH MARCELLE
1:30 TRIP: MASS AT DSC CHAPEL
3PM SAAB OLYMPICS: SHOOTING TARGET CHALLENGE
4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
10AM COUNTRY DRIVE: LOWELL ROADS
1PM BIBLE STUDY: BEING A GOOD NEIGHBOR
3PM SELF CARE: HOT TOWEL SPA THERAPY AND MOCKTAILS
4:15 WALKING CLUB & POSITIVE AFFIRMATIONS

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
10:15 NATURE CONNECTION VISITS
1:30 TRIP: STATIONS OF THE CROSS
3PM SAAB OLYMPICS: COTTON BALL CURL
4:15 WALKING CLUB & ANY MUSIC

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM GAME: POOL NOODLE VOLLEYBALL
1PM WHITEBOARD WORD MINING: FROSTY FEBRUARY
2PM BINGO! ON TRADITIONAL
4:15 WALKING CLUB & WHAT MATTERS TO YOU

WINTER OLYMPICS END 22

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM SUNDAY MASS ON TV
1PM HAND MASSAGES & MANICURES
2PM SUNDAY SOCIAL: OLD FASHIONED SODA SHOPPE
4:15 WALKING CLUB & ANY MUSIC

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM COOKING CLUB: TOOTSIE ROLL FUDGE
1:30 TRIP: MASS AT DSC CHAPEL
3PM SAAB OLYMPICS MEDAL WINNERS ANNOUNCED
4:15 WALKING CLUB & REMINISCING

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM RESIDENT COUNCIL
1PM CONVERSATION BOWL WITH PAT
3PM CARDIO DRUMMING CIRCLE
4:15 WALKING CLUB & ANY MUSIC

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM CRAFT: ST. PATRICK'S DAY DOOR DECORATIONS
1:30 ROSARY WITH SR. LUCILLE
2PM HAPPY HOUR WITH LOCAL MUSICIAN STEVE CARUSO ON TRAD
4:15 WALKING CLUB & ABSTRACT ART CONVERSATIONS

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
10AM COUNTRY DRIVE: DRACUT ROADS
2PM BALANCE & AGILITY CLASS
3PM DISCUSSION: VOLUNTEERING
4:15 WALKING CLUB & POSITIVE AFFIRMATIONS

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9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM GAME: LADDER GOLF
1:30 TRIP: STATIONS OF THE CROSS
3PM ARM CHAIR TRAVEL: CALIFORNIA DREAMIN'
4:15 WALKING CLUB & BEACH BOYS

9:30 MORNING GATHERING, EXERCISE & DAILY CHRONICLE NEWS
11AM FINISH THE LINE: WINTER WORDS
1PM MOVIE MATINEE: TOOTSIE
2PM BINGO! ON TRADITIONAL
4:15 WALKING CLUB & WHAT MATTERS TO YOU

FEBRUARY 2026



D'YOUVILLE LIFE & WELLNESS COMMUNITY
The Saab Residence
Affordable Assisted Living & Memory Care