

S U N D A Y

M O N D A Y

T U E S D A Y

W E D N E S D A Y

T H U R S D A Y

F R I D A Y

S A T U R D A Y

SUPERBOWL SUNDAY	1	GROUNDHOG'S DAY	2	HALF WINTER DAY	3	9:15 TRIP: MARKET BASKET	4	9:30 EXERCISE!	5	WINTER OLYMPICS START	6	9:30 EXERCISE!	7	
9:30 EXERCISE!	LE	9:30 EXERCISE!	LE	9:30 EXERCISE!	LE	9:30 EXERCISE!	L	9:30 EXERCISE!	LE	10:15 SAAB OLYMPICS: TORCH	LE	9:30 EXERCISE!	LE	
10:30 HAND MASSAGES &		10:15 GIANT CROSSWORD	LE	10:15 COMMUNION SERVICE	CH	10:15 CRAFT: WINTER OLYMPICS	LE	10:15 GAME: ROULETTE	LE	RELAY & RULES	LE	10:15 RESIDENT LED: OLYMPIC		
MANICURES - SIGN UP	LE	11AM WHAT'S YOUR GROUNDHOG NAME?	LE	10:15 COOKING CLUB: HALF AND HALF COOKIES	CR	TORCHES AND RINGS	LE	2PM BALANCE & AGILITY CLASS	DR	2:00 TASTE TESTING: ITALIAN SNACKS	C	COLORING PAGES & PUZZLES	LE	
2PM MOVIE MATINEE:		1:30 TRIP TO MASS	L	2PM COMPETITION: "WINTER" WORDS AND REASONS	LE	2PM HAPPY HOUR WITH ENTERTAINER DAVE!	DR	3PM HEARTS ACROSS AMERICA CARD MAKING & CHECK IN	C	3:15 HEARTS ACROSS AMERICA CARD MAKING & CHECK IN	LE	2PM BINGO!	DR	
GROUNDHOG DAY	DR	3PM COMMUNION W/ SR. MARILYN CH		3PM SAAB CHORAL GROUP	CH	3:15 HEARTS ACROSS AMERICA CARD MAKING & CHECK IN	LE	3:15 LEARN TO PLAY MAHJONG	LE	3:15 HEARTS ACROSS AMERICA CARD MAKING & CHECK IN	LE	3:15 SCRABBLE CLUB OR GIANT JENGA	C	
3:15 RESIDENT LED: LEFT, RIGHT, CENTER	LE	3:15 WELCOME COMMITTEE, B-DAY CARD CLUB & HEARTS ACROSS LE AMERICA INTRODUCTION												
SUPERBOWL SUNDAY	8		9		10	9:15 TRIP: DOLLAR TREE	11	MOCK WEDDING	12	9:30 EXERCISE!	13	VALENTINE'S DAY	14	
9:30 EXERCISE!	LE	9:30 EXERCISE!	LE	9:30 EXERCISE!	LE	9:15 CHAIR YOGA WITH MARCELLE	LE	9:30 EXERCISE!	LE	10:15 HEARTS ACROSS AMERICA		9:30 EXERCISE!	LE	
10:30 HAND MASSAGES &		10AM PET VISITS WITH JEFF	PL	10:15 COOKING CLUB: RED M & M VALENTINE COOKIES	CR	10:30 CRAFT: WEDDING DAY CENTERPIECES	LE	11AM MOCK WEDDING CEREMONY	C	CHECK IN	LE	10:15 RESIDENT LED: VALENTINE'S DAY COLORING PAGES	LE	
MANICURES - SIGN UP	LE	10:15 GIANT CROSSWORD	LE	2PM ROSARY W/ SR. MARILYN	CH	2PM JOE MALONE PRESENTS: BOBBY VINTON	DR	12PM MOCK WEDDING RECEPTION: MUSIC W/ CLAUDE BORGES!	DR	2:00 SAAB OLYMPICS: WINTER OLYMPICS TRIVIA	LE	2PM BINGO	DR	
2PM SUPERBOWL SUNDAY SOCIAL: FUN GAMES, PREDICTIONS AND SNACKS!	PL	1:30 TRIP TO MASS	L	2PM SAAB OLYMPICS: CURLING	LE	3:15 SAAB OLYMPICS: POOL NOODLE HOCKEY	LE	2PM WEDDING GAMES & MEMORIES	C	3:15 SAAB SHOP: SIGN UP FOR AN APPOINTMENT		3:15 SCRABBLE CLUB OR UNO	C	
3:15 SAAB OLYMPICS: SKI JUMP TESTER	LE	3PM COMMUNION W/ SR MARILYN CH		3PM SAAB CHORAL GROUP	CH	3PM MEN'S GROUP	CR	3:15 LEARN TO PLAY MAHJONG	LE					
	15	PRESIDENTS' DAY	16	FAT TUESDAY (MARDI GRAS)	17	ASH WEDNESDAY	18		19	HAPPY BIRTHDAY ELLEN! PAPER BAG DAY	20		21	
9:30 EXERCISE!	LE	9:30 EXERCISE!	LE	9:30 EXERCISE!	LE	9:15 TRIP: WALMART	L	9:30 EXERCISE!	LE	9:30 EXERCISE!	LE	9:30 EXERCISE!	LE	
10:30 HAND MASSAGES &		10:15 GIANT CROSSWORD	LE	10:15 COOKING CLUB: KING CAKE & KING CAKE STORY	CR	9:30 EXERCISE!	LE	10:15 SAAB OLYMPICS:		10:15 GAME: BROWN PAPER BAG GUESSING GAME	LE	10:15 RESIDENT LED: GIANT CHECKERS	LE	
MANICURES - SIGN UP	LE	2PM BIRTHDAY BASH WITH MARK STANZLER!	DR	2PM SAAB OLYMPICS: MOVE & GROOVE MARDI GRAS GAME	LE	10:15 DISCUSSION: LENT 101	LE	1:30 TRIP: STATIONS OF THE CROSS	L	1:30 TRIP: STATIONS OF THE CROSS	L	2PM BINGO!	DR	
2PM SUNDAY SOCIAL: HOT COCOA BAR AND MUSIC	PL	3:15 CRAFT: MARDI GRAS MASKS	LE	3PM SAAB CHORAL GROUP	CH	3PM COMMUNION W/ SR MARILYN CH		2PM BALANCE & AGILITY CLASS	DR	2:00 LIBRARY BOOK MOBILE VISITS	C	3:15 SCRABBLE CLUB OR KINGS IN THE CORNER	C	
3:15 SAAB OLYMPICS: SHOOTING CHALLENGE	LE					3:15 SAAB OLYMPICS: PRECISION THROW - GIANT DART BOARD	LE	3:15 LEARN TO PLAY MAHJONG	LE	3:15 SAAB OLYMPICS: THE COTTON BALL CURL	LE			
WINTER OLYMPICS END	22		23		24		25		26		9:30 EXERCISE!	27		28
9:30 EXERCISE!	LE	9:30 EXERCISE!	LE	9:30 EXERCISE!	LE	9:15 CHAIR YOGA WITH MARCELLE	LE	9:30 EXERCISE!	LE	10:15 CRAFT: ST. PATRICK'S DAY		9:30 EXERCISE!	LE	
10:30 HAND MASSAGES &		10:15 GIANT CROSSWORD	LE	10:15 COOKING CLUB: SOPAPILLA CHEESECAKE BARS	CR	10:30 LUNCH TRIP: GOOD THYMES	L	10:15 BINGO!	DR	DOOR DECORATIONS	LE	10:15 RESIDENT LED: CONNECT FOUR COMPETITION	LE	
MANICURES - SIGN UP	LE	1:30 TRIP TO MASS	L	2PM ROSARY W/ SR. MARILYN	CH	2PM HAPPY HOUR WITH LOCAL MUSCIAN STEVE CARUSO	DR	2PM RESIDENT COUNCIL	DR	1:30 TRIP: STATIONS OF THE CROSS	L	2PM BINGO!	DR	
2PM SUNDAY SOCIAL: OLD FASHIONED SODA SHOPPE	PL	3:15 RESIDENT MEETING WITH ACTIVITIES & ANNOUNCING SAAB OLYMPIC MEDALISTS	LE	3PM SAAB CHORAL GROUP	CH	3:15 RESIDENTS ONLY MEETING	LE	3:15 LEARN TO PLAY MAHJONG	LE	3:15 SAAB SHOP: SIGN UP FOR AN APPOINTMENT		3:15 SCRABBLE CLUB OR GO FISH	C	

F E B R U A R Y

2026



HEARTS ACROSS AMERICA CAMPAIGN: MEET US EVERY WEEKDAY IN THE LOBBY AT 4PM TO UPDATE OUR MAP AND SEE HOW MANY HEARTS WE HAVE GATHERED UNTIL VALENTINE'S DAY!

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

LOCATION KEY:
LE = LIFE ENRICHMENT ROOM
DR = DINING ROOM
C = CAFE
L = LOBBY
CH = CHAPEL
CR = COMMUNITY ROOM
PL = PAWTUCKET LANE
GM = GYM