

February 2026

Sopris Lodge Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> 10:00am Reading the Morning Paper 2:30pm Board Game Hour 3:00pm Hand Massages 	<ul style="list-style-type: none"> 11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm Mahjong 4:00pm Making Valentine Cards 6:00pm The Summer I Turned Pretty on Prime 	<ul style="list-style-type: none"> 9:45am Meditation with Anne 10:45am City Market Shopping 11:00am Chair Tai Chi 1:00pm Drama Watch Club 2:00pm Making Chocolate Covered Strawberries 3:00pm Bingo! 4:00pm Group Crossword 	<ul style="list-style-type: none"> 11:00am Morning Exercise 2:00pm Blind Date with a Book 3:00pm Making Heart Wreaths 4:00pm Jeopardy 6:15pm Wednesday Movie Night: Mrs. Doubtfire on Disney+ 	<ul style="list-style-type: none"> 11:00am Drumming Exercise 2:00pm Sopris Knitting Circle 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL 	<ul style="list-style-type: none"> 11:00am Chair Stretching 2:00pm Spanish Class 3:00pm Making Heart Garlands 4:00pm Boggle 6:00pm Friday Movie Night: In the Mind of a Dog on Netflix 	<ul style="list-style-type: none"> 11:00am Morning Exercise 2:00pm Painting 3:00pm How It's Made on Hulu
<ul style="list-style-type: none"> 10:00am Reading the Morning Paper 4:30pm Watching the Superbowl 2:30pm Board Game Hour 3:00pm Hand Massages 	<ul style="list-style-type: none"> 11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm Making Heart Beads 4:00pm A Look at the History and Traditions of Valentine's Day on YouTube 6:00pm The Summer I Turned Pretty on Prime 	<ul style="list-style-type: none"> 9:45am Meditation with Anne 10:45am City Market Shopping 11:00am Chair Tai Chi 1:00pm Drama Watch Club 2:00pm Lets Make Pizzas 3:00pm Bingo! 4:00pm Group Crossword 	<ul style="list-style-type: none"> 11:00am Morning Exercise 2:30pm AL Resident Council 3:00pm Independent Reading Group 4:00pm Trivial Pursuit 6:15pm Wednesday Movie Night: Little Women on YouTube 	<ul style="list-style-type: none"> 11:00am Drumming Exercise 2:00pm Sopris Knitting Circle 3:00pm Residents Bridge Game 4:00pm Art at Hand: Nature as Muse 	<ul style="list-style-type: none"> 11:00am Chair Stretching 2:00pm Spanish Class 3:30pm Valentines Days Celebration 6:00pm Friday Movie Night: Everybody's Fine on Netflix 	<ul style="list-style-type: none"> 11:00am Morning Exercise 2:00pm Painting 3:30pm How It's Made on Hulu
<ul style="list-style-type: none"> 10:00am Reading the Morning Paper 2:30pm Board Game Hour 3:00pm Hand Massages 	<ul style="list-style-type: none"> 11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm The History of Presidents Day, George Washington, and Abraham Lincoln on YouTube 4:00pm Making Chinese Lanterns 6:00pm The Summer I Turned Pretty on Prime 	<ul style="list-style-type: none"> 9:45am Meditation with Anne 10:45am City Market Shopping 11:00am Chair Tai Chi 1:00pm Drama Watch Club 2:00pm March Movie and Activity Meeting 3:00pm Bingo! 4:00pm Group Crossword 	<ul style="list-style-type: none"> 10:00am Carbondale Library Book Pop-Up 11:00am Morning Exercise 2:00pm Independent Group Reading 3:00pm Following Hattie to Panama- Historical Society Presentation 6:15pm Wednesday Movie Night: Hamilton on Disney+ 	<ul style="list-style-type: none"> 11:00am Drumming Exercise 2:00pm Sopris Knitting Circle 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL 	<ul style="list-style-type: none"> 11:00am Chair Stretching 2:00pm Spanish Class 3:00pm February Birthday Celebration 4:00pm Scrabble 6:00pm Friday Movie Night: Hans Christian Anderson on Tubi 	<ul style="list-style-type: none"> 11:00am Morning Exercise 2:00pm Painting 3:30pm How It's Made on Hulu
<ul style="list-style-type: none"> 10:00am Reading the Morning Paper 2:30pm Board Game Hour 3:00pm Hand Massages 	<ul style="list-style-type: none"> 11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm Mahjong 4:00pm Art at Hand: Clay Connection 6:00pm The Summer I Turned Pretty on Prime 	<ul style="list-style-type: none"> 9:45am Meditation with Anne 10:45am City Market Shopping 11:00am Chair Tai Chi 1:00pm Drama Watch Club 2:00pm Riding the Electric Bikes 3:00pm Bingo! 4:00pm Group Crossword 	<ul style="list-style-type: none"> 11:00am Morning Exercise 2:00pm Independent Group Reading 4:00pm Trivial Pursuit 6:00pm Wednesday Movie Night: The Miracle Season on Netflix 	<ul style="list-style-type: none"> 11:00am Drumming Exercise 2:00pm Sopris Knitting Circle 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL 	<ul style="list-style-type: none"> 11:00am Chair Stretching 11:45am Jalisco Grill Lunch Outing 2:00pm Spanish Class 6:00pm Friday Movie Night: The Running Man on Paramount + 	<ul style="list-style-type: none"> 11:00am Morning Exercise 2:00pm Painting 3:30pm How It's Made on Hulu