

February 2026							Sopris Lodge Assisted Living						
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><div></div><div>10:00am</div>Reading the Morning Paper</div> <div><div></div><div>2:30pm</div>Board Game Hour</div> <div><div></div><div>3:00pm</div>Hand Massages</div> <div>1</div>		<div><div></div><div>11:00am</div>Chair Yoga</div> <div><div></div><div>2:00pm</div>Watercolor Painting</div> <div><div></div><div>3:00pm</div>Mahjong</div> <div><div></div><div>4:00pm</div>Making Valentine Cards</div> <div><div></div><div>6:00pm</div>The Summer I Turned Pretty on Prime</div> <div>2</div>		<div><div></div><div>9:45am</div>Meditation with Anne</div> <div><div></div><div>10:45am</div>City Market Shopping</div> <div><div></div><div>11:00am</div>Chair Tai Chi</div> <div><div></div><div>1:00pm</div>Drama Watch Club</div> <div><div></div><div>2:00pm</div>Making Chocolate Covered Strawberries</div> <div><div></div><div>3:00pm</div>Bingo!</div> <div><div></div><div>4:00pm</div>Group Crossword</div> <div>3</div>		<div><div></div><div>11:00am</div>Morning Exercise</div> <div><div></div><div>2:00pm</div>Blind Date with a Book</div> <div><div></div><div>3:00pm</div>Making Heart Wreaths</div> <div><div></div><div>4:00pm</div>Jeopardy</div> <div><div></div><div>6:15pm</div>Wednesday Movie Night: Mrs. Doubtfire on Disney+</div> <div>4</div>		<div><div></div><div>11:00am</div>Drumming Exercise</div> <div><div></div><div>2:00pm</div>Sopris Knitting Circle</div> <div><div></div><div>3:00pm</div>Residents Bridge Game</div> <div><div></div><div>4:00pm</div>Happy Hour in IL</div> <div>5</div>		<div><div></div><div>11:00am</div>Chair Stretching</div> <div><div></div><div>2:00pm</div>Spanish Class</div> <div><div></div><div>3:00pm</div>Making Heart Garlands</div> <div><div></div><div>4:00pm</div>Boggle</div> <div><div></div><div>6:00pm</div>Friday Movie Night: In the Mind of a Dog on Netflix</div> <div>6</div>		<div><div></div><div>11:00am</div>Morning Exercise</div> <div><div></div><div>2:00pm</div>Painting</div> <div><div></div><div>3:00pm</div>How It's Made on Hulu</div> <div>7</div>	
<div><div></div><div>10:00am</div>Reading the Morning Paper</div> <div><div></div><div>4:30pm</div>Watching the Superbowl</div> <div><div></div><div>2:30pm</div>Board Game Hour</div> <div><div></div><div>3:00pm</div>Hand Massages</div> <div>8</div>		<div><div></div><div>11:00am</div>Chair Yoga</div> <div><div></div><div>2:00pm</div>Watercolor Painting</div> <div><div></div><div>3:00pm</div>Making Heart Beads</div> <div><div></div><div>4:00pm</div>A Look at the History and Traditions of Valentine's Day on YouTube</div> <div><div></div><div>6:00pm</div>The Summer I Turned Pretty on Prime</div> <div>9</div>		<div><div></div><div>9:45am</div>Meditation with Anne</div> <div><div></div><div>10:45am</div>City Market Shopping</div> <div><div></div><div>11:00am</div>Chair Tai Chi</div> <div><div></div><div>1:00pm</div>Drama Watch Club</div> <div><div></div><div>2:00pm</div>Lets Make Pizzas</div> <div><div></div><div>3:00pm</div>Bingo!</div> <div><div></div><div>4:00pm</div>Group Crossword</div> <div>10</div>		<div><div></div><div>11:00am</div>Morning Exercise</div> <div><div></div><div>2:30pm</div>AL Resident Council</div> <div><div></div><div>3:00pm</div>Independent Reading Group</div> <div><div></div><div>4:00pm</div>Trivial Pursuit</div> <div><div></div><div>6:15pm</div>Wednesday Movie Night: Little Women on Youtube</div> <div>11</div>		<div><div></div><div>11:00am</div>Drumming Exercise</div> <div><div></div><div>2:00pm</div>Sopris Knitting Circle</div> <div><div></div><div>3:00pm</div>Residents Bridge Game</div> <div><div></div><div>4:00pm</div>Art at Hand: Nature as Muse</div> <div>12</div>		<div><div></div><div>11:00am</div>Chair Stretching</div> <div><div></div><div>2:00pm</div>Spanish Class</div> <div><div></div><div>3:30pm</div>Valentines Days Celebration</div> <div><div></div><div>6:00pm</div>Friday Movie Night: Everybody's Fine on Netflix</div> <div>13</div>		<div><div></div><div>11:00am</div>Morning Exercise</div> <div><div></div><div>2:00pm</div>Painting</div> <div><div></div><div>3:30pm</div>How It's Made on Hulu</div> <div>14</div>	
<div><div></div><div>10:00am</div>Reading the Morning Paper</div> <div><div></div><div>2:30pm</div>Board Game Hour</div> <div><div></div><div>3:00pm</div>Hand Massages</div> <div>15</div>		<div><div></div><div>11:00am</div>Chair Yoga</div> <div><div></div><div>2:00pm</div>Watercolor Painting</div> <div><div></div><div>3:00pm</div>The History of Presidents Day, George Washington, and Abraham Lincoln on YouTube</div> <div><div></div><div>4:00pm</div>Making Chinese Lanterns</div> <div><div></div><div>6:00pm</div>The Summer I Turned Pretty on Prime</div> <div>16</div>		<div><div></div><div>9:45am</div>Meditation with Anne</div> <div><div></div><div>10:45am</div>City Market Shopping</div> <div><div></div><div>11:00am</div>Chair Tai Chi</div> <div><div></div><div>1:00pm</div>Drama Watch Club</div> <div><div></div><div>2:00pm</div>March Movie and Activity Meeting</div> <div><div></div><div>3:00pm</div>Bingo!</div> <div><div></div><div>4:00pm</div>Group Crossword</div> <div>17</div>		<div><div></div><div>10:00am</div>Carbondale Library Book Pop-Up</div> <div><div></div><div>11:00am</div>Morning Exercise</div> <div><div></div><div>2:00pm</div>Independent Group Reading</div> <div><div></div><div>3:00pm</div>Following Hattie to Panama- Historical Society Presentation</div> <div><div></div><div>6:15pm</div>Wednesday Movie Night: Hamilton on Disney+</div> <div>18</div>		<div><div></div><div>11:00am</div>Drumming Exercise</div> <div><div></div><div>2:00pm</div>Sopris Knitting Circle</div> <div><div></div><div>3:00pm</div>Residents Bridge Game</div> <div><div></div><div>4:00pm</div>Happy Hour in IL</div> <div>19</div>		<div><div></div><div>11:00am</div>Chair Stretching</div> <div><div></div><div>2:00pm</div>Spanish Class</div> <div><div></div><div>3:00pm</div>February Birthday Celebration</div> <div><div></div><div>4:00pm</div>Scrabble</div> <div><div></div><div>6:00pm</div>Friday Movie Night: Hans Christian Anderson on Tubi</div> <div>20</div>		<div><div></div><div>11:00am</div>Morning Exercise</div> <div><div></div><div>2:00pm</div>Painting</div> <div><div></div><div>3:30pm</div>How It's Made on Hulu</div> <div>21</div>	
<div><div></div><div>10:00am</div>Reading the Morning Paper</div> <div><div></div><div>2:30pm</div>Board Game Hour</div> <div><div></div><div>3:00pm</div>Hand Massages</div> <div>22</div>		<div><div></div><div>11:00am</div>Chair Yoga</div> <div><div></div><div>2:00pm</div>Watercolor Painting</div> <div><div></div><div>3:00pm</div>Mahjong</div> <div><div></div><div>4:00pm</div>Art at Hand: Clay Connection</div> <div><div></div><div>6:00pm</div>The Summer I Turned Pretty on Prime</div> <div>23</div>		<div><div></div><div>9:45am</div>Meditation with Anne</div> <div><div></div><div>10:45am</div>City Market Shopping</div> <div><div></div><div>11:00am</div>Chair Tai Chi</div> <div><div></div><div>1:00pm</div>Drama Watch Club</div> <div><div></div><div>2:00pm</div>Riding the Electric Bikes</div> <div><div></div><div>3:00pm</div>Bingo!</div> <div><div></div><div>4:00pm</div>Group Crossword</div> <div>24</div>		<div><div></div><div>11:00am</div>Morning Exercise</div> <div><div></div><div>2:00pm</div>Independent Group Reading</div> <div><div></div><div>4:00pm</div>Trivial Pursuit</div> <div><div></div><div>6:00pm</div>Wednesday Movie Night: The Miracle Season on Netflix</div> <div>25</div>		<div><div></div><div>11:00am</div>Drumming Exercise</div> <div><div></div><div>2:00pm</div>Sopris Knitting Circle</div> <div><div></div><div>3:00pm</div>Residents Bridge Game</div> <div><div></div><div>4:00pm</div>Happy Hour in IL</div> <div>26</div>		<div><div></div><div>11:00am</div>Chair Stretching</div> <div><div></div><div>11:45am</div>Jalisco Grill Lunch Outing</div> <div><div></div><div>2:00pm</div>Spanish Class</div> <div><div></div><div>6:00pm</div>Friday Movie Night: The Running Man on Paramount +</div> <div>27</div>		<div><div></div><div>11:00am</div>Morning Exercise</div> <div><div></div><div>2:00pm</div>Painting</div> <div><div></div><div>3:30pm</div>How It's Made on Hulu</div> <div>28</div>	