

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026

**Black History, Winter Olympics, Valentines' Day & more on ABCD**

<b>Black History Month</b> Family Visits and Independent Activities 10:30 Catholic TV Mass (YouTube- Comm) 11:00 Morning Activity Fun (Comm) 11:00 Catholic Eucharist (Rm-Rm) Tu B'Shevat Begins	<b>Groundhog/ WEAR RED Day</b> 9:30 Chrons & Calendars 10:30 Catholic TV Mass <b>11:00 K-W-L Winter Olympics</b> 1:00 Calendars & 1:1s <b>2:30 Monday Matinee! (Commodore)</b> Groundhog Day	<b>HAIR SALON DAY (Be sure to sign up!)</b> 9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Chair Exercise-G 1:00 ABCD 1:1s <b>2:00 Olympic Flag Craft (Comm)</b> <b>3:30 BINGO! (Comm)</b>	9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Name Five + (G) 1:00 ABCD 1:1s <b>2:30 Music Your Way w/Lauren A. (Comm)</b> <b>3:30 Scattergories-G</b> 6:00 Wrestling Club (Commodore)	9:30 Chrons/Mail 10:30 Catholic TV Mass (Commodore) 11:00 Wordle w/Adam 1:00 ABCD 1:1s <b>2:30 Whack-A-Groundhog (CapQ)</b> <b>3:15 Valentine's Card &amp; Heart puzzle craft (CapQ)</b>	<b>Winter Olympics starts</b> 9:30 Chrons & Calendars 10:30 Catholic TV Mass 11:00 Chair Yoga - A 1:00 ABCD 1:1s <b>2:00 Olympic Ceremony &amp; Trivia (Comm)</b> <b>3:30 BINGO! (Comm)</b>	9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Hangman 1:30 ABCD 1:1s 2:30 Fun with Adam (EF) 3:45 Jeopardy! (Comm) Family visits and independent activities
10:30 Catholic TV Mass 11:00 Morning Activity Fun (Comm) 11:00 Catholic Eucharist (Rm-Rm) <b>2:00 Christian Worship with Immaculate Redemption Church (Comm)</b> <b>6:15 Super Bowl Party (Commodore)</b>	9:30 Chrons/Mail 10:30 Catholic TV Mass (YouTube-Comm) <b>11:00 Black History Trivia (Comm)</b> 1:00 ABCD 1:1s <b>2:30 Monday Matinee! (Commodore)</b>	<b>HAIR SALON DAY (Be sure to sign up!)</b> 9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Chair Exercise-G 1:00 ABCD 1:1s <b>3:30 Making Rice Krispie Treats</b> <b>3:30 BINGO! (Comm)</b>	9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Word in a Word 1:00 ABCD 1:1s <b>2:30 Music with Lou Manzi (Comm)</b> 3:30 Bingo Blitz (Comm) 6:00 Yahtzee (Comm)	9:30 Chrons/Mail 10:30 Catholic TV Mass (Commodore) 11:00 Memory Blocks w/Adam (Comm) 1:00 ABCD 1:1s <b>2:00 Valentine's Party w/cocoa &amp; cards (Commodore)</b> 3:30 Jeopardy!	9:30 Chrons/Mail (ABCD) 10:30 Catholic TV Mass 11:00 Chair Exercise -A 1:00 ABCD 1:1s <b>2:00 Olympic Curling Game (Comm)</b> <b>3:30 BINGO! (Comm)</b>	<b>VALENTINE'S DAY</b> 9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Hangman 1:30 ABCD 1:1s 2:30 Fun with Adam (EF) 3:45 Pokeno! (Comm) Family visits and independent activities
Family Visits and Independent Activities 10:30 Catholic TV Mass (YouTube- Comm) 11:00 Morning Activity Fun (Comm) 11:00 Catholic Eucharist (Rm-Rm)	<b>PRESIDENT'S DAY</b> 9:30 Chrons/Mail 10:30 Catholic TV Mass (YouTube-Comm) <b>11:00 Presidential Trivia (Comm)</b> 1:00 ABCD 1:1s <b>2:00 Monday Matinee! (Commodore)</b> Presidents' Day (U.S.)	<b>Mardi Gras Tuesday</b> <b>HAIR SALON DAY (Be sure to sign up!)</b> 9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Mardi Gras K-W-L <b>2:00 Mardi Gras Parades &amp; Beignets (Comm)</b> <b>3:30 BINGO! (Comm)</b> Mardi Gras Chinese New Year (Year of the Horse)	<b>ASH WEDNESDAY</b> 9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Name Five + (G) <b>1:30 Ash Distribution &amp; Communion (Comm)</b> 3:00 Trade the Ace (CapQ) 6:00 Wrestling Club (Commodore)	9:30 Chrons/Mail 10:30 Catholic TV Mass (Commodore) 11:00 Trivia w/Adam (Comm) 1:00 ABCD 1:1s <b>2:30 Resident Council (CapQ)</b> 3:45 Ninja Stars (CapQ)	9:30 Chrons/Mail (ABCD) 10:30 Catholic TV Mass 11:00 Chair Exercise -A 1:00 ABCD 1:1s <b>2:00 Olympic Shooting Event (Comm)</b> <b>3:30 BINGO! (Comm)</b>	9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Hangman 1:30 ABCD 1:1s 2:30 Fun with Adam (EF) 3:45 Jeopardy! (Comm) Family visits and independent activities
Family Visits and Independent Activities 10:30 Catholic TV Mass (YouTube- Comm) 11:00 Morning Activity Fun (Comm) 11:00 Catholic Eucharist (Rm-Rm)	9:30 Chrons/Mail 10:30 Catholic TV Mass (YouTube-Comm) 11:00 Word in a Word 1:00 ABCD 1:1s <b>2:30 Monday Matinee! (Commodore)</b>	<b>HAIR SALON DAY (Be sure to sign up!)</b> 9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Chair Exercise-G 1:00 ABCD 1:1s <b>2:00 Olympic Slalom Game (Comm)</b> <b>3:30 BINGO! (Comm)</b>	9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Trivia Fun (Comm) 1:00 ABCD 1:1s <b>2:30 Feb. Birthday Party w/Troubadour &amp; Little John (Comm)</b> 3:45 Jeopardy! (Comm) 6:00 Yahtzee	9:30 Chrons/Mail 10:30 Catholic TV Mass (Commodore) 11:00 Memory Blocks w/Adam (Comm) 1:00 ABCD 1:1s <b>2:30 Match Game (Comm)</b> <b>3:30 Snowball Fight!</b>	9:30 Chrons/Mail (ABCD) 10:30 Catholic TV Mass 11:00 Chair Exercise -A 1:00 ABCD 1:1s 2:30 Bingo Blitz <b>3:30 BINGO! (Comm)</b> <b>6:00 Friends of Jesus (Comm)</b>	9:30 Chrons/Mail 10:30 Catholic TV Mass 11:00 Hangman 1:30 ABCD 1:1s 2:30 Fun with Adam (EF) 3:45 Pokeno! (Comm) Family visits and independent activities

ACTIVITIES & LOCATIONS MAY BE SUBJECT TO CHANGE Complete Care Groton Regency, 1145 Poquonnock Road, Groton

