

# Activity Calendar – February 2026

## The Director's Corner

As we enter the middle portion of the winter season, we would like to remind our clients, caregivers and care partners of our snow policy and procedures. If inclement weather does occur, please call the main number at 203-365-6470 to listen for our open or closed status, which is updated by 7am.

Finally, a reminder to our members to wear your favorite red outfit on Friday, February 13<sup>th</sup> to celebrate Sweetheart's Day with a special performance by Larry Batter!



## Care Partner Meetings

This month the virtual session will take place on February 17<sup>th</sup>, 7:15-8:15pm, RSVP to receive a link. The in-person session will be February 11<sup>th</sup> 3-4:00pm.

For more information, contact Tiffany Colucci, MS, PC, NCC Eldercare Navigator at 203-396-1066 or [tcolucci@mozaicsl.org](mailto:tcolucci@mozaicsl.org)

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| Join us for Coffee Hour Every Morning at 9:00am    |  <b>BLACK HISTORY MONTH</b>  |   |    |    |
| <b>2</b><br>10:00am Sit and Be Fit<br>10:30am 30+ Letter Word in a Word<br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Bingo<br>2:30pm Refreshments<br>2:45pm Mind Busters        | <b>3</b><br>10:00am Chair Zumba<br><b>10:30am Men's Group/Match it up!</b><br>LUNCH<br>1:00pm Chair Stretches<br><b>1:30pm Celebrating Black History Month w/ Rita from African Beats</b><br>2:30pm Refreshments<br>2:45pm Mind Busters | <b>4</b><br>10:00am Fusion Fitness<br>10:30am Odd One Out!<br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Bingo<br>2:30pm Refreshments<br>2:45pm Mind Busters  | <b>5</b><br>10:00am Silver Sneaker Fitness<br>10:30am Hangman<br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Stretches<br><b>1:30pm Entertainment w/ Lynn</b><br>2:30pm Refreshments<br>2:45pm Mind Busters                         | <b>6</b><br>10:00am Chair Exercise<br>10:30am Family Feud<br><b>10:30am Sip and Paint w/ Morgan</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Billiards Match<br>2:30pm Refreshments<br>2:45pm Mind Busters                                  |
| <b>9</b><br>10:00am Fusion Fitness<br>10:30am Facts or Fiction<br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Bingo<br>2:30pm Refreshments<br>2:45pm Goodbye Trivia               | <b>10</b><br>10:00am Silver Sneaker Fitness<br>10:30am Celebrity Faces<br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Exercise<br>1:30pm Bull's Eye Toss<br>2:30pm Refreshments<br>2:45pm Goodbye Trivia                        | <b>11</b><br>10:00am Zumba Exercise<br><b>10:30am Yoga w/ Sally</b><br><b>10:30am Making Jewelry with Letty</b><br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Bingo<br>2:30pm Refreshments<br>2:45pm Goodbye Trivia | <b>12</b><br>10:00am Sit and Be Fit<br>10:30am Puzzle Vision<br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Target Frisbee Toss<br>2:30pm Refreshments<br>2:45pm Goodbye Trivia                                 | <b>13</b><br><b>WEAR RED DAY</b><br>10:00am: Chair Exercise<br><b>10:30am: Sweetheart Dance w/ Larry Batter</b><br>LUNCH<br>1:00pm: Chair Stretches<br>1:30pm 30+ Letter Word in a Word<br>2:30pm Refreshments<br>2:45pm Goodbye Trivia         |
| <b>16</b><br>10:00am Zumba Exercise<br>10:30am Presidents' Day Trivia<br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Bingo<br>2:30pm Refreshments<br>2:45pm Mind Busters          | <b>17</b><br>10:00am Sit and Be Fit<br><b>10:30am Men's Group/Wordle</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Golf Match<br>2:30pm Refreshments<br>2:45pm Mind Busters  | <b>18</b><br>10:00am Silver Sneaker Exercise<br>10:30am Buzz Word<br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Bingo<br>2:30pm Refreshments<br>2:45pm Mind Busters   | <b>19</b><br>10:00am Fusion Fitness<br>10:30am Word Memory/ <b>Woodworks w/ Chris</b><br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Mozaic Karaoke-Pass the Mic!<br>2:30pm Refreshments<br>2:45pm Mind Busters | <b>20</b><br>10:00am Chair Exercise<br>10:30am Wheel of Fortune<br>LUNCH<br>1:00pm Sing Along<br><b>1:30pm Tai Chi w/ Jonathon</b><br><b>1:30pm Diamond Art w/ Letty</b><br>2:30pm Refreshments<br>2:45pm Mind Busters                          |
| <b>23</b><br>10:00am Silver Sneaker Fitness<br>10:30am Matching the Antonyms<br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Bingo<br>2:30pm Refreshments<br>2:45pm Goodbye Trivia | <b>24</b><br>10:00am Fusion Fitness<br>10:30am Family Feud<br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Fitness Ball Exercise<br>1:30pm Bowling<br>2:30pm Refreshments<br>2:45pm Goodbye Trivia                                     | <b>25</b><br>10:00am Sit and Be Fit<br>10:30am Finish the Analogies<br><b>10:30am Men's Group</b><br>LUNCH Out Trip<br>1:00pm Chair Stretches<br>1:30pm Bingo<br>2:30pm Refreshments<br>2:45pm Goodbye Trivia                                    | <b>26</b><br>10:00am Zumba Exercise<br>10:30am Scattergories<br><b>10:30am Men's Group</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Rephrase That!<br>2:30pm Refreshments<br>2:45pm Goodbye Trivia                                      | <b>27</b><br>10:00am Chair Exercise<br><b>10:30am Entertainment w/ Carl Lindquist</b><br><b>10:45am Dancing to the 50's w/ Notre Dame!</b><br>LUNCH<br>1:00pm Chair Stretches<br>1:30pm Hangman<br>2:30pm Refreshments<br>2:45pm Goodbye Trivia |

# Lunch Menu - February 2026

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
| <br><b>WINTER</b>                  |                                |   |   |    |
| 2<br>CHICKEN ESCAROLE RICE SOUP<br>CHICKEN CAESAR WRAP<br>STEAMED BROCCOLI<br>GARLIC BREAD<br>STRAWBERRY POKE CAKE  | 3<br>BEEF ORZO SOUP<br>OPEN FACE TURKEY SANDWICH<br>MASHED POTATOES<br>COLLARD GREENS<br>BANANA CREAM PIE        | 4<br>TURKEY & RICE SOUP<br>HAMBURGER OR HOT DOG<br>THREE BEAN SALAD<br>BAKED BEANS<br>TAPIOCA PUDDING  | 5<br>CHEESE SOUP<br>TERIYAKI CHICKEN<br>THAI STYLE VEGETABLE SALAD<br>WHITE RICE<br>APPLE CRUMB PIE  | 6<br>TURKEY NOODLE SOUP<br>COUNTRY FRIED CHICKEN<br>CUTLET<br>POTATOES O'BRIEN<br>CALIFORNIA BLEND VEGGIES<br>RED VELVET CUPCAKES |
| 9<br>ITALIAN WEDDING SOUP<br>HOMESTYLE BEEF STEW<br>RICE PILAF<br>BROCCOLI/CORN BREAD<br>PINEAPPLE UPSIDE DOWN CAKE | 10<br>BEEF BARLEY SOUP<br>EGGPLANT ROLLATINI<br>CLASSIC STUFFING<br>ROASTED BRUSSEL SPROUTS<br>CHOCOLATE PUDDING | 11<br>POTATO LEEK SOUP<br>VEGETABLE QUICHE<br><br>GARDEN SALAD<br>BLUEBERRY PIE | 12<br>BUTTERNUT SQUASH SOUP<br>CHEESE TORTELLINI WITH<br>PRIMAVERA SAUCE<br>SAVORY COUSCOUS<br>ROASTED VEGETABLE MEDLEY<br>PUMPKIN SPICE COFFEE CAKE | 13<br>CREAM OF BROCCOLI SOUP<br>MOROCCAN STYLE CHICKEN<br>COCONUT RICE<br>SAUTEED RATATOUILLE<br>CHERRY PIE                       |
| 16<br>POTATO SOUP<br>SWEET & SOUR CHICKEN<br>FRIED RICE<br>JAPANESE BLEND VEGGIES<br>PEACHES                        | 17<br>TURKEY NOODLE SOUP<br>MEATLOAF W/GRAVY<br>MASHED POTATOES<br>CAULIFLOWER<br>BLUEBERRY COBBLER              | 18<br>POTATO LEEK SOUP<br>HAMBURGER OR HOT DOG<br>MACARONI SALAD<br>BAKED BEANS<br>CHOCOLATE CAKE  | 19<br>CHICKEN & RICE SOUP<br>HERB ROASTED TURKEY<br>W/GRAVY<br>GREEN BEANS<br>GARLIC BREAD<br>PUMPKIN PIE  | 20<br>MINESTRONE SOUP<br>BEEF BURGUNDY<br>RED SMASHED POTATOES<br>SAUTEED MIXED VEGGIES<br>PUMPKIN CHEESECAKE                     |
| 23<br>EGG DROP SOUP<br>CITRUS SPICED COD<br>SESAME NOODLES/EGG ROLL<br>ASIAN BLEND VEGGIES<br>PEANUT BUTTER BROWNIE | 24<br>ITALIAN WEDDING SOUP<br>MANICOTTI W/MARINARA SAUCE<br>TOasted ORZO<br>GARLIC TOAST<br>AMBROSIA SALAD       | 25<br>POTATO LEEK SOUP<br>HAWAIIAN CHICKEN<br>BAKED BEANS<br>CREAMY COLESLAW<br>LEMON PIE  | 26<br>PASTA FAGIOLI SOUP<br>CHICKEN PARMESAN<br>CAPELLINI<br>RATATOUILLE<br>CHOCOLATE CREAM PIE  | 27<br><b>PIZZA DAY</b><br>QUINOA VEGETABLE SOUP<br>CHEESE PIZZA<br>GARDEN SALAD<br>VANILLA CAKE W/CHOC ICING                      |