



February 2026

The Carlisle Palm Beach Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Donuts & Daily Chronicle 1</p> <p>11:00 Chair Exercise</p> <p>2:00 Classic Movie Matinee</p> <p>2:30 Ice Cream Sundae Social</p> <p>3:30 Mix & Mingle Happy Hour!</p>	<p>10:15 Mindful Meditations & Yoga 2</p> <p>10:45 Read & Refresh</p> <p>11:00 Brain Boosters: Word Games</p> <p>12:30 Pet Therapy with Kara & Sparky!</p> <p>1:30 Culture Club: Art History Around The World</p> <p>2:30 Creative Craft Corner</p> <p>4:00 Sip & Savor Happy Hour</p>	<p>10:15 Tai Chi Tuesday 3</p> <p>10:45 Read & Refresh</p> <p>11:00 Aromatherapy & Hand Massage</p> <p>2:00 Chair Exercises with Quan</p> <p>2:30 Tea Party & Trivia</p> <p>3:30 Bingo & Bubbly Happy Hour</p>	<p>9:45 Holy Spirit Catholic Church 4</p> <p>10:15 Pool Noodle Tennis</p> <p>11:00 Carlisle Social Scoop & Discussion</p> <p>1:30 Creative Craft Corner</p> <p>2:30 Nicole Hulett Live!</p> <p>3:30 Mocktails & Name That Tune</p>	<p>10:15 Chair Aerobics 5</p> <p>10:45 Read & Refresh</p> <p>11:00 Nail Salon & Spa</p> <p>1:00 Peace by Piece Puzzles</p> <p>2:00 Seated Exercises with Quan</p> <p>3:00 Happy Hour & Pub Games!</p> <p>4:00 Afternoon Gardening Group</p>	<p>10:00 Friday Morning Dance Workout! 6</p> <p>10:45 Read & Refresh</p> <p>11:00 Creativity Corner: Crafts & Word Games</p> <p>1:30 Valentine's Day Card Making Pen Pal Program</p> <p>2:00 Drama Club</p> <p>3:00 Sip & Savor Happy Hour</p>	<p>10:00 The Brainy Bunch: Word Games & Trivia 7</p> <p>11:00 Chair Aerobics</p> <p>1:00 Classic Movie Matinee</p> <p>1:30 Drum Circle with Karen!</p> <p>2:00 Mixology 101: Make Your Own Mocktails</p> <p>3:00 Mix & Mingle Happy Hour!</p>
<p>10:00 Donuts & Daily Chronicle 8</p> <p>11:00 Chair Exercise</p> <p>2:00 Classic Movie Matinee</p> <p>2:30 Ice Cream Sundae Social</p> <p>3:30 Mix & Mingle Happy Hour!</p>	<p>10:15 Mindful Meditations & Yoga 9</p> <p>10:45 Read & Refresh</p> <p>11:00 Brain Boosters: Word Games</p> <p>12:30 Pet Therapy with Kara & Sparky!</p> <p>1:30 Culture Club: Famous Landmarks Around The World</p> <p>2:30 Creativity Corner: Word Games & Crafts</p> <p>4:00 Sip & Savor Happy Hour</p>	<p>10:15 Tai Chi Tuesday 10</p> <p>10:45 Read & Refresh</p> <p>11:00 Aromatherapy & Hand Massage</p> <p>2:00 Chair Exercises with Quan</p> <p>2:30 Tea Party & Trivia</p> <p>3:30 Bingo & Bubbly</p>	<p>9:45 Holy Spirit Catholic Church 11</p> <p>10:15 Pool Noodle Tennis</p> <p>11:00 Carlisle Social Scoop & Discussion</p> <p>1:30 Creative Craft Corner</p> <p>2:30 Live Music with KNR Entertainment!</p> <p>3:30 Mocktails & Meditation</p>	<p>10:00 Healing Hounds Certified Therapy Dogs 12</p> <p>10:15 Chair Aerobics</p> <p>10:45 Read & Refresh</p> <p>11:00 Nail Salon & Spa</p> <p>1:00 Peace by Piece Puzzles</p> <p>2:00 Seated Exercises with Quan</p> <p>3:00 Happy Hour & Pub Games!</p> <p>4:00 Afternoon Gardening Group</p>	<p>10:00 Friday Morning Dance Workout! 13</p> <p>10:45 Read & Refresh</p> <p>11:00 Famous Couples Throughout History</p> <p>1:00 Sweetheart Soiree Valentine's Day Party</p> <p>1:30 Valentine's Day Cookie Decorating!</p> <p>3:00 Sip & Savor Happy Hour</p>	<p>10:00 The Brainy Bunch: Word Games & Trivia 14</p> <p>11:00 Chair Aerobics</p> <p>1:00 Classic Movie Matinee</p> <p>2:00 Mixology 101: Make Your Own Mocktails</p> <p>2:00 Cupid's Corner Valentine's Day Sing-Along: Nicole Hulett Live!</p> <p>3:00 Mix & Mingle Happy Hour!</p>
<p>10:00 Donuts & Daily Chronicle 15</p> <p>11:00 Chair Exercise</p> <p>2:00 Classic Movie Matinee</p> <p>2:30 Ice Cream Sundae Social</p> <p>3:30 Mix & Mingle Happy Hour!</p>	<p>President's Day 16</p> <p>10:15 Mindful Meditations & Yoga</p> <p>10:45 Read & Refresh</p> <p>11:00 Brain Boosters: Word Games</p> <p>12:30 Pet Therapy with Kara & Sparky!</p> <p>1:30 Culture Club: Celebrating America's Presidents</p> <p>2:30 Armchair Travel: Washington, D.C.</p> <p>4:00 Sip & Savor Happy Hour</p>	<p>Happy Mardi Gras! 17</p> <p>10:15 Tai Chi Tuesday</p> <p>10:45 Read & Refresh</p> <p>11:00 Aromatherapy & Hand Massage</p> <p>2:00 Chair Exercises with Quan</p> <p>2:30 Tea Party & Trivia</p> <p>3:30 Happy Hour & History of Mardi Gras</p>	<p>9:45 Holy Spirit Catholic Church 18</p> <p>10:15 Pool Noodle Tennis</p> <p>11:00 Carlisle Social Scoop & Discussion</p> <p>1:30 Creative Craft Corner</p> <p>2:30 Nicole Hulett Live!</p> <p>3:30 Mocktails & Memories</p>	<p>10:15 Chair Aerobics 19</p> <p>10:45 Read & Refresh</p> <p>11:00 Nail Salon & Spa</p> <p>1:00 Peace by Piece Puzzles</p> <p>2:00 Seated Exercises with Quan</p> <p>3:00 Happy Hour & Pub Games!</p> <p>4:00 Afternoon Gardening Group</p>	<p>10:00 Friday Morning Dance Workout! 20</p> <p>10:45 Read & Refresh</p> <p>11:00 Brain Boosters: Game Show</p> <p>1:30 Art Therapy</p> <p>2:00 Drama Club</p> <p>3:00 Sip & Savor Happy Hour</p>	<p>10:00 The Brainy Bunch: Word Games & Trivia 21</p> <p>11:00 Chair Aerobics</p> <p>1:30 Karen's Cabaret Live!</p> <p>2:00 Mixology 101: Make Your Own Mocktails</p> <p>3:00 Mix & Mingle Happy Hour!</p> <p>4:00 Retro Music Concert Series</p>



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22 10:00 Donuts & Daily Chronicle 11:00 Chair Exercise 2:00 Classic Movie Matinee 2:30 Ice Cream Sundae Social 3:30 Mix & Mingle Happy Hour!	23 10:15 Mindful Meditations & Yoga 10:45 Read & Refresh 11:00 Brain Boosters: Word Games 12:30 Pet Therapy with Kara & Sparky! 1:30 Culture Club: Famous Creators From Around The World 2:30 Creativity Corner: Word Games & Crafts 4:00 Sip & Savor Happy Hour	24 10:15 Tai Chi Tuesday 10:45 Read & Refresh 11:00 Aromatherapy & Hand Massage 2:00 Chair Exercises with Quan 2:30 Tea Party & Trivia 3:00 Bingo & Bubbly	25 9:45 Holy Spirit Catholic Church 10:15 Pool Noodle Tennis 11:00 Carlisle Social Scoop & Discussion 1:30 Creative Craft Corner 2:30 Live Music with KNR Entertainment! 3:30 Mocktails & Meditation	26 10:15 Chair Aerobics 10:45 Read & Refresh 11:00 Nail Salon & Spa 1:00 Peace by Piece Puzzles 2:00 Seated Exercises with Quan 3:00 Happy Hour & Pub Games! 4:00 Afternoon Gardening Group	27 10:00 Friday Morning Dance Workout! 10:45 Read & Refresh 11:00 Brain Boosters: Game Show 1:30 Art Therapy 2:00 Drama Club 3:00 Sip & Savor Happy Hour	28 10:00 The Brainy Bunch: Word Games & Trivia 11:00 Chair Aerobics 1:00 Classic Movie Matinee 2:00 Mixology 101: Make Your Own Mocktails 2:00 Steve Michaels Live! 3:00 Mix & Mingle Happy Hour!

Location Key

- MC Music Room
- MC Art Studio
- MC VFW Hall

- MC Living Room
- MC Courtyard
- MC 2nd Living Room

Activities are subject to change. Please consult daily schedule for most up-to-date activities.