

February 2026 Older Adult Program Activity Calendar



Monday		Tuesday		Wednesday		Thursday		Friday	
2	9:30-11 Breakfast 11-11:45 Nutrition Workshop 12-12:45 Lunch 1-2 Yoga (AR)	3	9:30-11 Breakfast 11-11:45 Bingo 12-12:45 Lunch 1-1:45 Strength & Balance (AR)	4	9:30-11 Breakfast 11-11:45 Price is Right 12-12:45 Lunch 1-2 Jeffrey Parker Art Display	5	9:30-11 Breakfast 11-11:45 Older Adult Winter Olympics 12-12:45 Lunch 12:45pm Bingo	6	No Older Adult Activities
9	9:30-11 Breakfast 11-11:45 Power of Goodness Workshop (AR) 12-12:45 Lunch 1-2 Yoga (AR)	10	9:30-11 Breakfast 11-11:45 Bingo 12-12:45 Lunch 1-1:45 Strength & Balance (AR)	11	Basic Needs Pantry 9:30-11 Breakfast 11-11:45 Brain Games 12-12:45 Lunch 1-1:45 Crochet Group	12	Food Sense Orders Due 11-2 Join Us For Our Valentine's Day Party 	13	No Older Adult Activities
16	We are Closed in Honor of 	17	9:30-11 Breakfast 11-11:45 Bingo 12-12:45 Lunch 1-1:45 Strength & Balance (AR)	18	9:30-11 Breakfast 11-11:45 American Heart Month Presentation 12-12:45 Lunch	19	9:30-11 Breakfast 11-11:45 Matthew Davis Art Display 12-12:45 Lunch 12:45 Bingo	20	No Older Adult Activities
23	9:30-11 Breakfast 11-11:45 CNY Alzheimer's Awareness Presentation 12-12:45 Lunch 1-2 Yoga (AR)	24	9:30-11 Breakfast 11-11:45 Bingo 12-12:45 Lunch 1-1:45 Strength & Balance (AR)	25	Basic Needs Pantry 9:30-11 Breakfast 11-11:45 Healthy Homes Presentation 12-12:45 Lunch 1-1:45 Senior Planet	26	* Food Sense Orders Pickup 9:30-11 Breakfast 11-11:45 Check It! Challenge 12-12:45 Lunch 12:45 Bingo	27	No Older Adult Activities

Reminders

Food Sense Orders are Due Thursday, February 12th by 11am.

Food Sense Pickup is 11-1pm on Thursday, February 26th (Orders not picked up will be donated to our pantry. We cannot store orders)

For more information on "Check it with Danielle" call Danielle our Community Health Advocate at 315-400-2988

Older Adult Program Participants can attend pantry Wednesday, February 11th OR February 25th. Pantry will be open 10am - 1pm, closed during lunch time

Ar refers to UPSTAIRS Activity Room