

SUN

MON

TUE

WED

THUR

FRI

SAT

1:30 AFTERNOON THEATRE- GROUNDHOG DAY (SIGN UP REQUIRED) (THEATRE) 3:00 Bingo! (THE BISTRO)	1	Groundhog Day 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 BIBLE STUDY WITH MRS. LINDA 2:00 BALANCE/YOGA CLASS (Exercise Room) 2:30 MARK MILLS- MUSICAL ENTERTAINMENT (THE BISTRO) 3:00 SPRINGDALE BRIDGE GROUP (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)	2	HAPPY BIRTHDAY CAROLINE WHITE 9:00 WALKING CLUB 10:30 OLIE BUT A GOODIE MOVIE- DIAL M FOR MURDER (SIGN UP REQUIRED) (THEATRE ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 TALK WITH STEVE NEAL (Private Dining Room) 7:00 BINGO	3	8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 1:30 MONTHLY BIRTHDAY/ ANNIVERSARY PARTY (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 LINE DANCING WITH RENEE (THE BISTRO) 6:00 SPRINGDALE WELCOMES DEBRA & PATRICK (THE BISTRO)	4	HAPPY BIRTHDAY BONNIE STEVENS 9:00 BEAUTY SALON 9:00 WALKING CLUB 10:30 THROW IT IN THE CROCKPOT THURSDAY (ARTS AND CRAFTS ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITNESS STRENGTH CIRCUIT TRAINING (Exercise Room)	5	8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 1:00 FOREFRONT DINING MENU PLANNING COMMITTEE (Private Dining Room) 2:00 FITT CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	6	HAPPY BIRTHDAY HUBERT DAVIS 1:30 AFTERNOON MOVIE- THE LADY IN THE VAN (SIGN UP REQUIRED) (THEATRE)	7
11:00 BUFFET (THE BISTRO) 1:30 AFTERNOON THEATRE-APOLLO 11 (SIGN UP REQUIRED) (THEATRE) 3:00 Bingo! (THE BISTRO)	8	NATIONAL PIZZA DAY 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 BIBLE STUDY WITH MRS. LINDA 12:00 HAPPY NATIONAL PIZZA DAY (THE BISTRO) 1:30 HANDIWORK GROUP (THE PUB) 1:30 RESIDENT COUNCIL MEETING (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 VCU SCHOOL OF DENTISTRY (THE BISTRO) 6:00 MEXICAN TRAIN (COFFEE NOOK)	9	HAPPY BIRTHDAY MARIAN GARRETT HAPPY BIRTHDAY JOAN THOMPSON RECYCLE DAY FOR COTTAGES 9:00 WALKING CLUB 10:30 OLIE BUT A GOODIE MOVIE- GRUMPY OLD MEN (SIGN UP REQUIRED) (THEATRE ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 LADIES SOCIAL (THE PUB) 7:00 BINGO	10	HAPPY BIRTHDAY JOE WHITE NATIONAL PEPPERMINT PATTY DAY 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 12:15 LET'S TALK - DR. RODNEY KIBLER, PhD., L.S.P., L.P.C. (Private Dining Room) 1:00 CONNER PARRISH BLOOMISTRY (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 LINE DANCING WITH RENEE (THE BISTRO)	11	HAPPY BIRTHDAY DENNIS PASQUANTINO 9:00 BEAUTY SALON 9:00 WALKING CLUB 10:30 THROW IT IN THE CROCKPOT THURSDAY (ARTS AND CRAFTS ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITNESS STRENGTH CIRCUIT TRAINING (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM) 6:00 TOM MAY FLUTIST (THE BISTRO)	12	8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 11:30 CJW MEDICAL CENTER LECTURE ON SHOULDER ARTHRITIS (Private Dining Room) 2:00 FITT CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	13	Valentine's Day 1:30 AFTERNOON MOVIE- 50 FIRST DATES (SIGN UP REQUIRED) (THEATRE)	14
1:30 AFTERNOON THEATRE- ETERNITY (SIGN UP REQUIRED) (THEATRE) 3:00 Bingo! (THE BISTRO)	15	President's Day 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 BIBLE STUDY WITH MRS. LINDA 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 SPRINGDALE BRIDGE GROUP (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)	16	9:00 WALKING CLUB 10:30 OLIE BUT A GOODIE MOVIE- THE BLINDSIDE (SIGN UP REQUIRED) (THEATRE ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 1:30 SPRINGDALE BOOK CLUB (Private Dining Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 IT TOUCH TOWN TRAINING WITH JERRY (THE PUB) 7:00 BINGO	17	8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 1:00 LINE DANCING WITH RENEE (THE BISTRO) 1:30 COFFEE AND CHAT WITH REHAB-JESSICA LIVENGOOD, PT (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 WINE & CHEESE (THE PUB)	18	CHOCOLATE MINT DAY 9:00 BEAUTY SALON 9:00 WALKING CLUB 10:30 THROW IT IN THE CROCKPOT THURSDAY (ARTS AND CRAFTS ROOM) 11:30 LUNCH BUNCH- FIREBIRDS 1:00 FITNESS WITH SUE (Exercise Room) 1:00 HAPPY CHOCOLATE MINT DAY (THE BISTRO) 2:00 FITNESS STRENGTH CIRCUIT TRAINING (Exercise Room)	19	8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 12:30 MANDALA PAINTING (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM) 2:00 FITT CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	20	1:30 AFTERNOON MOVIE- SONG SUNG BLUE (SIGN UP REQUIRED) (THEATRE)	21
HAPPY BIRTHDAY SHERRY RITZ HAPPY BIRTHDAY JANE SPAIN 1:30 AFTERNOON THEATRE- RENTAL FAMILY (SIGN UP REQUIRED) (THEATRE) 3:00 Bingo! (THE BISTRO)	22	8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 BIBLE STUDY WITH MRS. LINDA 1:30 HANDIWORK GROUP (THE PUB) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 FOREFRONT DINING SERVICES MEETING (THE BISTRO) 3:00 STEPHANIE MELVIN-MARY KAY REP (Private Dining Room) 6:00 MEXICAN TRAIN (COFFEE NOOK)	23	RECYCLE DAY FOR COTTAGEES 9:00 WALKING CLUB 10:30 DEVOTIONS WITH PASTOR DON (Private Dining Room) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 TOWN HALL MEETING (THE BISTRO) 7:00 BINGO	24	8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 11:30 TEA WITH KIP TEAROOM LUNCH (SIGN UP REQUIRED) 1:00 LINE DANCING WITH RENEE (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 OLIE BUT A GOODIE MOVIE- DEAD POETS SOCIETY(SIGN UP REQUIRED) (THEATRE ROOM)	25	9:00 BEAUTY SALON 9:00 WALKING CLUB 10:30 THROW IT IN THE CROCKPOT THURSDAY (ARTS AND CRAFTS ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITNESS STRENGTH CIRCUIT TRAINING (Exercise Room) 3:30 MEN'S SOCIAL PIZZA & BEER (THE PUB) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM) 6:00 SPRINGDALE WELCOMES BACK JOE LOSCHIAVO (THE BISTRO)	26	HAPPY BIRTHDAY JEAN WELCH 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 2:00 FITT CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	27	1:30 AFTERNOON MOVIE- RUNAWAY JURY (SIGN UP REQUIRED) (THEATRE)	28

February 2026

INDEPENDENT LIVING Sandra Beam, Director of Health Services 804-706-5677

