

WEEKS HOUSE - FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>12:45 PM - Music & Movement with Steve</p> <p>3 PM - Mahjong</p> <p>6 PM - Virtual Meditation</p>	<p>3</p> <p>11 AM - Anagrams</p> <p>1 PM - Creative Connections</p> <p>2:30 PM - Blackjack 21</p> <p>3:30 PM - BINGO</p>	<p>4</p> <p>11 AM - Short Story Discussion</p> <p>2 PM - Gentle Seated Yoga</p>	<p>5</p> <p>11 AM - Meditation & Energy Healing</p> <p>1 PM - Muscle Conditioning</p>	<p>6</p> <p>11:30 AM - The Weekly Torah</p> <p>2 PM - CPR with Newton Public Health</p> <p>4 PM - Game Afternoon</p>
<p>9</p> <p>3 PM - Karaoke!</p> <p>6 PM - Virtual Evening Meditation</p>	<p>10</p> <p>10:30 AM - Breakfast Club</p> <p>1 PM - Creative Connections</p> <p>2:30 PM - Scrabble</p> <p>3:30 PM - BINGO</p>	<p>11</p> <p>10:30 AM - Blood Pressure Clinic</p> <p>12:30 PM - Black History Month Celebration</p> <p>2 PM - Gentle Seated Yoga</p> <p>3 PM - Game Day with Alex</p>	<p>12</p> <p>11 AM - Meditation & Energy Healing</p> <p>12:30 PM - The Age Stage: Newton at Home</p> <p>2 PM - Muscle Conditioning</p> <p>SPECIAL TIME</p>	<p>13</p> <p>11:30 AM - The Weekly Torah</p> <p>4 PM - Game Afternoon</p>
<p>16</p> <p><i>Presidents' Day NCDF Offices Closed</i></p> <p>3 PM - Mahjong</p> <p>6 PM - Virtual Evening Meditation</p>	<p>17</p> <p>11:30 AM - BINGO</p> <p>1 PM - Creative Connections</p> <p>3:30 PM - Valentine's Day Celebration</p>	<p>18</p> <p>11 AM - Short Story Discussion</p> <p>12:30 PM - Mardi Gras Celebration</p> <p>2 PM - Gentle Seated Yoga</p>	<p>19</p> <p>11 AM - Meditation & Energy Healing</p> <p>1 PM - Muscle Conditioning</p>	<p>20</p> <p>11:30 AM - The Weekly Torah</p> <p>12:30PM - The Age Stage: The Carroll Center</p> <p>4 PM - Game Afternoon</p>
<p>23</p> <p>3 PM - Mahjong</p> <p>6 PM - Virtual Evening Meditation</p>	<p>24</p> <p>10:30 AM - Breakfast Club</p> <p>1 PM - Creative Connections</p> <p>2:30 PM - Anagrams</p> <p>3:30 PM- BINGO</p>	<p>25</p> <p>11 AM - Short Story Discussion</p> <p>2 PM - Gentle Seated Yoga</p> <p>3 PM - Game Day with Alex</p>	<p>26</p> <p>11 AM - Meditation & Energy Healing</p> <p>1 PM - Muscle Conditioning</p>	<p>27</p> <p>11:30 AM - The Weekly Torah</p> <p>4 PM - Game Afternoon</p>