



Morningside Community Calendar

FEBRUARY 2026

SUNDAY	MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 BLACK HISTORY MONTH "Snow" FULL MOON TU B'SHEVAT BEGINS 10:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/Severin 1:30 Afternoon Spa & Nails 1:45 Tufts BEI Program 2:00 Walking Group 2:30 Virtual YouTube Concert 4:00 Puzzles/Cards/Games 6:00 Resident Choice	2 Interns from Lesley GROUNDHOG DAY 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Chaboom w/Pam Dance & Movement 1:00 Sm Grp or 1:1 w/staff 2:00 Writing Group 3:00 Reading Out Loud 4:00 m4d radio 1940s 6:00 Musical Movie	3 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Movement & Music 1:00 Men's Group 1:00 Montessori Group w/staff Through Time with Scents 1:30 Jeopardy 2:00 Tuesday Tidbits Group 3:00 Classical Music & Zen Drawing 3:00 Magazines & Moments 4:00 Tuesdays Talks 6:00 Hollywood Classics	4 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Sing Fit Movement 11:15 Guess Who What When 1:00 Creative Expression 1:00 Puzzles/Cards/Games 1:30 Afternoon Ladies Tea 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	5 9:30 Morning Check In 10:00 Walking Club 10:00 WORDLE & Daily Chronicle Reading 10:30 Balance & Fit Class 1:00 Music & Memories 1:00 Reading Group Plants & Animals 1:30 Joel and Dan 2:00 BINGO w/Prizes 2:30 Community Time 3:00 Puzzles/Cards/Games 3:15 Tufts BEI Program 4:00 Lifelong Learners 6:00 Comedy Movie	6 OLYMPICS START 9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle Reading 10:30 Twist & Turn 11:00 Cooking Group 1:00 Montessori Table Activity or Afternoon Games 1:30 Olympics Opening Ceremonies w/Snacks 2:30 Resident Social 3:00 Bananagrams 3:15 Tufts BEI Program 4:00 Mindfulness 6:00 Classic Show	7 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Light & Lively CD 11:00 Walking Group 1:00 Easy Listening CD 1:30 Creative Expression 1:45 Tufts BEI Program 2:30 Writing Group 3:30 Trivia & Armchair Travel 6:00 Resident Choice
8 10:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/Severin 1:30 Afternoon Spa & Nails 1:45 Tufts BEI Program 2:00 Walking Group 2:30 Virtual YouTube Concert 4:00 Puzzles/Cards/Games 6:00 Resident Choice 6:00 SUPERBOWL PATRIOTS	9 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Chaboom w/Pam Dance & Movement 1:00 Sm Grp or 1:1 w/staff 2:00 Writing Group 3:00 Reading Out Loud 4:00 m4d Radio 1950s 6:00 Musical Movie	10 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Movement & Music 1:00 Men's Group 1:00 Montessori Group w/staff Sensory Bins 1:30 Jeopardy 2:00 Tuesday Tidbits Group 3:00 Classical Music & Zen Drawing 3:00 Magazines & Moments 4:00 Tuesdays Talks 6:00 Hollywood Classics	11 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Sing Fit Movement 11:15 Guess Who What When 1:00 Creative Expression 1:00 Puzzles/Cards/Games 1:30 Afternoon Ladies Tea 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	12 9:30 Morning Check In 10:00 Walking Club 10:00 WORDLE & Daily Chronicle Reading 10:30 Balance & Fit Class 1:00 Music & Memories 1:00 Reading Group Plants & Animals 2:00 BINGO w/Prizes 2:30 Community Time 3:00 Puzzles/Cards/Games 3:15 Tufts BEI Program 4:00 Lifelong Learners 6:00 Comedy Movie	13 9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle Reading 10:30 Dance Movement w/Ivy 11:00 Cooking Group 1:00 Montessori Table Activity or Afternoon Games 2:00 1970's playlist 2:00 Cadbury Sing Along 2:30 Resident Social 3:00 Bananagrams 3:15 Tufts BEI Program 4:00 Mindfulness 6:00 Classic Show	14 VALENTINES DAY 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Light & Lively CD 11:00 Walking Group 1:00 Easy Listening CD 1:30 Creative Expression 1:45 Tufts BEI Program 2:30 Writing Group 3:30 Trivia & Armchair Travel 6:00 Resident Choice
15 NCCDP Alz & Dem Staff Education Week Begins 10:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/Severin 1:30 Afternoon Spa & Nails 1:45 Tufts BEI Program 2:00 Walking Group 2:30 Virtual YouTube Concert 4:00 Puzzles/Cards/Games 6:00 Resident Choice	16 PRESIDENTS' DAY 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Chaboom w/Pam Dance & Movement 1:00 Sm Grp or 1:1 w/staff 2:15 Learn about Ramadan with Husain 3:00 Reading Out Loud 4:00 m4d Radio 1960s 6:00 Musical Movie	17 CHINESE NEW YEAR RAMANDAN MARDI GRAS 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Movement & Music 1:00 Men's Group 1:00 Montessori Group w/staff Sing to Me 1:30 Jeopardy 2:00 Tuesday Tidbits Group 2:00 Staff Education Meeting 2:30 MardiGras Celebration 3:00 Classical Music & Zen Drawing	18 LENT BEGINS (ASH WEDNESDAY) 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Sing Fit Movement 11:15 Guess Who What When 1:00 Creative Expression 1:00 Puzzles/Cards/Games 1:30 Afternoon Ladies Tea 2:00 Ash Wednesday Svc 2:00 Staff Education Meeting 2:30 Tunefoolery Musical Group	19 9:30 Morning Check In 10:00 Walking Club 10:00 WORDLE & Daily Chronicle Reading 10:30 Balance & Fit Class 1:00 Music & Memories 1:00 Reading Group Plants & Animals 2:00 BINGO w/Prizes 2:00 Staff Education Meeting 2:30 Community Time 3:00 Puzzles/Cards/Games 3:15 Tufts BEI Program	20 9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle Reading 10:30 Twist & Turn 11:00 Cooking Group 1:00 Montessori Table Activity or Afternoon Games 2:00 1970's playlist 2:00 Cadbury Sing Along 2:00 Staff Education Meeting 2:30 Resident Social 3:00 Bananagrams 3:15 Tufts BEI Program	21 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Light & Lively CD 11:00 Walking Group 1:00 Easy Listening CD 1:30 Creative Expression 1:30 Origami Lesson with Dancers from Ming Hui Academy 1:45 Tufts BEI Program 2:30 Writing Group 3:30 Trivia & Armchair Travel



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SUNDAY	MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		3:00 Magazines & Moments 4:00 Tuesdays Talks 6:00 Hollywood Classics	3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	4:00 Lifelong Learners 6:00 Comedy Movie	4:00 Mindfulness 6:00 Classic Show	6:00 Resident Choice
22 OLYMPICS END 10:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/Severin 1:30 Afternoon Spa & Nails 1:45 Tufts BEI Program 2:00 Walking Group 2:30 Olympics Closing Ceremonies w/Snacks 4:00 Puzzles/Cards/Games 6:00 Resident Choice	23 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Chaboom w/Pam Dance & Movement 1:00 Sm Grp or 1:1 w/staff 2:00 Writing Group 3:00 Reading Out Loud 4:00 m4d Radio 1970s 6:00 Musical Movie	24 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Movement & Music 1:00 Men's Group 1:00 Montessori Group w/staff Reminisce with Me 1:30 Jeopardy 2:00 Tuesday Tidbits Group 3:00 Classical Music & Zen Drawing 3:00 Magazines & Moments 4:00 Tuesdays Talks 6:00 Hollywood Classics	25 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Sing Fit Movement 11:15 Guess Who What When 1:00 Creative Expression 1:00 Puzzles/Cards/Games 1:30 Afternoon Ladies Tea 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	26 9:30 Morning Check In 10:00 Walking Club 10:00 WORDLE & Daily Chronicle Reading 10:30 Balance & Fit Class 1:00 Music & Memories 1:00 Reading Group Plants & Animals 2:00 BINGO w/Prizes 2:00 Chinese New Year Shen Yun Viewing 2:30 Community Time 3:00 Puzzles/Cards/Games 3:15 Tufts BEI Program 4:00 Lifelong Learners 6:00 Comedy Movie	27 9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle Reading 10:30 Dance Movement w/Ivy 11:00 Cooking Group 1:00 Montessori Table Activity or Afternoon Games 2:00 1950's playlist 2:00 Cadbury Sing Along 2:30 Resident Social 3:00 Bananagrams 3:15 Tufts BEI Program 4:00 Mindfulness 6:00 Classic Show	28 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Light & Lively CD 11:00 Walking Group 1:00 Easy Listening CD 1:30 Creative Expression 1:45 Tufts BEI Program 2:30 Writing Group 3:30 Trivia & Armchair Travel 6:00 Resident Choice

Programs subject to change, please use the daily sheets for updates!

Mind & Spirit Support

Creative Expression

Physical Fitness

Brain Fitness

Entertainers/Instructors

Music

Cooking & Social



Here are the 12 Key Principles of Montessori Inspired Lifestyle®

1. The activity should have a purpose and capture interest.
2. Invite the person to participate.
3. Offer choice whenever possible.
4. Demonstrate more.
- Talk less.
5. Physical Skills. Focus on what the person can do.
6. Match your speed to theirs. Slow down!
7. Use visual hints, cues, or templates.
8. Give the person something to hold.
9. Go from simple to more complex.
10. Break a task down into steps.
11. To end, ask: “Did you enjoy doing this?” and “Would you like to do this again?”
12. There is no right or wrong way to do an activity. Think Engagement.