



Traditional Calendar

February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 TU B'SHEVAT BEGINS AT SUNSET 10:00 Morning Stretch 11:00 Sunday Saxophone 1:30 Trivia Showdown 2:30 Mandalas and Mindfulness 3:15 Beginner Resistance Bands Exercise 4:00 Scattergories 6:30 Evening Film: Fatherhood	2 GROUNDHOG DAY Full Snow Moon 9:45 Mindful Meditation 10:15 History Fact or Fiction 10:30 Chaboom Chair Dance 11:00 Lecture & Dialogue: African American Inventors 1:30 Beginner Weight Conditioning 2:15 Group NYT Crosswords 4:00 Symphony Experience Pictures at an Exhibition Oslo Philharmonic: 6:30 Evening Film: Jay Kelly	3 9:30 Stretch and Strengthen 10:00 Psych Talks: Psychology Behind Manifestation 10:30 NYT Wordle 11:00 Hot Cocoa Cafe 1:30 Resident Forum 2:30 Art Hour: Venetian Masks for Mardi Gras 3:30 Resident Social – February Birthdays 6:30 Evening Film: Just Go With It	4 9:30 Gentle Yoga with Stacy 10:00 Love Songs Music Appreciation 10:30 Sing FIT 11:00 Author Spotlight: Gwendolyn Brooks 2:00 Modern Jeopardy Challenge 3:00 Community Prize Bingo 4:30 Nature Documentary: Winter in the Wild 6:30 Max Original Series: The Residence 7&8	5 9:30 Stretch and Strengthen 10:00 Travelogue: America's Chinatowns 11:00 New Resident Getting to Know You Group 1:30 Joel and Dan Concert 3:00 Quiz & Sip Social 3:15 BEI Brain Games Program 3:30 Afternoon Poker 6:30 Evening Film: The Children's Train	6 WINTER OLYMPICS BEGIN 9:30 Tai Chi with Rachel 10:00 Great Art Explained: Starry Night 10:45 Guided Positive Meditation 11:00 Monthly Lunch Grand Gusto 12:00 Olympics Opening Ceremony Coverage 1:30 Forever Fit Balance 3:15 BEI Brain Games Program 6:30 Evening Film: The Starling	7 10:00 Morning Stretch 10:30 Short Story Hour 1:30 Current Events Discussion 1:30 BEI Brain Games Program 3:00 Expressive Arts Project 6:30 Throwback Comedy Special: Carol Burnett Finale Special
8 Super Bowl LX 10:00 Morning Stretch 11:00 Sunday Saxophone 1:30 Football Trivia Showdown 2:30 Mandalas and Mindfulness 3:15 Beginner Resistance Bands Exercise 3:15 BEI Brain Games Program 4:00 Scattergories 6:30 Go Pats! Superbowl Coverage	9 9:45 Mindful Meditation 10:15 History Fact or Fiction 10:30 Chaboom Chair Dance 10:45 John Clark Guest Lecture: Jive Music 4:30 Beginner Weight Conditioning 2:15 Group NYT Crosswords 4:00 Symphony Experience: André Rieu - Romantic Paradise 6:30 Evening Film: Table 19	10 9:30 Stretch and Strengthen 10:00 Psych Talks: How to Unlock your Communication Superpower 10:30 Anagrams Challenge 11:00 Hot Cocoa Cafe 2:00 Art Hour: Ramadan Ornaments Painting 3:30 Italian Inspired Social Hour -For the Olympics 6:30 Evening Film: Moonlight	11 9:30 Gentle Yoga with Stacy 10:15 Olympic Opening Ceremony Music Appreciation 10:30 Sing FIT 11:00 Romantic Poetry for Sharing 1:30 Resident Engagement Meeting with Rachel 3:00 Olympic Community Prize Bingo 4:30 Nature Documentary: Polar Night 6:30 Boyd's PBS Special: WBCN and the American Revolution	12 9:30 Olympic Sit and Be Fit 9:30 Outing to the BSO 10:00 Travelogue: Icons of China 11:00 New Resident Getting to Know You Group 2:00 Valentines and Famous Sweetheart's Trivia Challenge 3:00 Chocolate and Wine Bar Social for Valentines Day 3:15 BEI Brain Games Program 4:00 Afternoon Poker 6:30 Evening Film: The Life List	13 9:30 Tai Chi with Rachel 10:00 Great Museums: New Orleans Museum of Music 10:30 Dance Movement with Ivy 10:45 Guided Positive Meditation 1:30 Forever Fit Balance 2:00 Cadbury Sing Along 3:00 Ken Burns: American Revolution Ep.6 3:15 BEI Brain Games Program 6:30 Evening Film: Nonnas	14 VALENTINE'S DAY 10:00 Morning Stretch 10:30 Literary Games 11:30 Valentines Day Luncheon 1:30 Current Events Discussion 1:30 BEI Brain Games Program 3:00 Expressive Arts Project in Pub 6:30 Evening Film: The Way We Were
15 10:00 Morning Stretch 11:00 Sunday Saxophone 1:30 Trivia Showdown 2:30 Salute to Broadway: Rogers and Hammerstein 3:15 Beginner Resistance Bands Exercise 3:15 BEI Brain Games Program 4:00 Scattergories	16 PRESIDENTS DAY SHROVE MONDAY 9:45 Mindful Meditation 10:15 History Fact or Fiction 10:30 Chaboom Chair Dance 11:00 Lecture & Dialogue: Black History Month 1:30 Beginner Weight Conditioning 2:15 Learn about Ramadan with Husain	17 CHINESE NEW YEAR BEGINS, RAMADAN BEGINS, MARDI GRAS 9:30 Stretch and Strengthen 10:00 Psych Talks: What Hallucinations Reveal about our Minds 11:00 Hot Cocoa Cafe 1:30 Food for Thought	18 ASH WEDNESDAY 9:30 Gentle Yoga with Stacy 10:15 New Orleans Jazz Music Appreciation 10:30 Sing FIT 11:00 Star Spotlight: Figure Skater Dorothy Hamill 2:00 Milano-Cortina Winter Olympics Trivia Challenge 2:00 Receiving Ashes for Ash Wednesday	19 9:30 Olympic Sit and Be Fit 10:00 Travelogue: A Musical Journey Through Beijing 11:00 New Resident Getting to Know You Group 11:30 Lunch Outing: Frank Pepe's Pizzeria 2:00 February Jeopardy Trivia Challenge 3:00 Quiz & Sip Social	20 9:30 Tai Chi with Rachel 10:00 Great Art Explained: Hunters in the Snow 10:45 Guided Positive Meditation 1:30 Forever Fit Balance 2:00 Cadbury Sing Along 3:00 Ken Burns American Revolution Ep. 5 Reprise	21 10:00 Morning Stretch 10:30 Short Story Hour 1:30 Origami Lesson with Dancers from Ming Hui Academy 1:30 BEI Brain Games Program 3:00 Current Events Discussion



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6:30 Evening at the Ballet: Cinderella	3:00 Group NYT Crosswords 4:00 Symphony Experience: Louisiana Philharmonic 6:30 Evening Film: The Alabama Solution	2:30 Mardi Gras Cajun Celebration with Trivia, Music and Cajun Bites 3:30 Virtual Concert: The Savoy Family Cajun Band 6:30 Evening Film: Little Miss Sunshine	3:00 Olympic Community Prize Bingo 4:30 Nature Documentary: Forests of Our World 6:30 Boyd's PBS Special: Apocalypse!	3:15 BEI Brain Games Program 3:30 Afternoon Poker 6:30 Evening Film: Winner	3:15 BEI Brain Games Program 6:30 Evening Film: Blazing Saddles	6:30 Evening Film: As Good as It Gets
22 WINTER OLYMPICS ENDS 10:00 Morning Stretch 11:00 Sunday Saxophone 1:30 Trivia Showdown 2:30 Mandalas and Mindfulness 3:15 Beginner Resistance Bands Exercise 3:15 BEI Brain Games Program 4:00 Scattegories 6:30 Evening Film: Uncut Gems Closing ceremony coverage TBD	23 9:45 Mindful Meditation 10:15 History Fact or Fiction 10:30 Chaboom Chair Dance 11:00 Lecture & Dialogue: Harlem Renaissance 1:30 Beginner Weight Conditioning 2:15 Group NYT Crosswords 4:00 Symphony Experience: Southeast Asian Golden Age Symphony 6:30 Evening Film: Downton Abbey the New Era	24 9:30 Stretch and Strengthen 10:00 Psych Talks: What We Learn Before We're Born 10:30 Anagrams Challenge 11:00 Olympic Recap Discussion: Bring your Thoughts! 1:30 Film Selection Meeting 3:00 Savory Bar Bites Social Hour 6:30 Evening Film: High Anxiety	25 9:30 Gentle Yoga with Stacy 10:15 Healing Power of Classic Music-Music Appreciation 10:30 Sing FIT 11:00 Asian Short Stories for Sharing 1:30 Resident Roundtable 2:30 Cambridge Library Visit 3:00 Community Prize Bingo 4:30 Nature Documentary: The Moors-Hidden Wonders 6:30 Boyd's PBS Special: America Inc	26 9:30 Stretch and Strengthen 10:00 Travelogue: Culinary Delights of China 11:00 New Resident Getting to Know You Group 2:00 Chinese New Year Shen Yun Viewing 3:00 Sake and Spring Rolls Social for Lunar NY 3:15 BEI Brain Games Program 3:30 Afternoon Poker 6:30 Evening Film: Wake Up Dead Man	27 9:30 Tai Chi with Rachel 10:00 MET Exhibition Tour: Siena Rise of Painting 10:45 Guided Positive Meditation 11:00 Porter Square Errands Outing 1:30 Forever Fit Balance 2:00 Cadbury Sing Along 3:00 Ken Burns American Revolution Ep. 6 Reprise 3:15 BEI Brain Games Program 6:30 Evening Film: Garden State	28 10:00 Morning Stretch 10:30 Poetry Session 1:30 Current Events Discussion 1:30 BEI Brain Games Program 3:00 Expressive Arts Project 6:30 Evening Film: In the Line of Fire
		All programs are subject to change. Please see dailies for updates. Wellness Arts and Culture Physical Fitness Continued Learning Entertainers/Lectures Music	Happy Birthday! Cathy C 2/11 Robert G 2/13 Sally B 2/15 			*Subject to change

Enjoy a month celebrating Black History, Chinese New Year, the Winter Olympics and more!!

Happy Valentine's Day

