

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026

Southern Plaza Retirement Community – Independent Living

<p>1 9:30 Praise and Worship – EC 9:45 Doug Forsberg to speak. 1:30 Bingo w/Keith – AR1 6:00 Prayer Group– NSR2</p> <p>Tu B'Shevat Begins</p>	<p>Ground Hog Day (Go on a Ground Hog Hunt) 9:30 Exercise Group- CTR3 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 6:00 Caregiver Support Group- AL 2nd floor Chapel 6:30 SNU Student Game Night- EC</p> <p></p>	<p>2 10:00 Quarter Bingo- AR1 10:30- Go to the Thunder Blue Basketball Game(sign up at front desk) 1:30 Positive Movement Exercise Class w/Angela- CTR3 6:30 Games with Austyn- AR1</p>	<p>3 9:30 Exercise Group – CTR3 10:00 Shopping-Walmart Market 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 2:00 Renew Life Transition Group- PDR 3:00 Devotions w/Dan- EC 3:45 Prayer & Share- NSR2 4:00 InJoy Choir Practice- EC</p>	<p>4 9:00 Bible Study with Helen-PDR 10:00 Crafts w/Caitlyn- AR3 11:00 John's Devotions-EC 2:00 Medicare Education-Scam Prevention Class w/Arbuckle Fried Pies- AR1(sign up at the front desk w/pie order by 2/3 4:00 InJoy Choir Practice- EC 6:30 Diamond Dotz Craft Group- AR1</p>	<p>5 Wear Red Day</p>	<p>6 9:30 Exercise Group- CTR3 10-3 Anita Lee – Handmade Jewelry- PDR ??? 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 3:00 Music by The Baritones- EC</p>	<p>7</p>
<p>Super Bowl Sunday</p> <p>9:30 Praise and Worship – EC 9:45 Doug Forsberg to speak. 1:30 Bingo w/Keith – AR1 6:00 Prayer Group– NSR2</p>	<p>8 9:30 Exercise Group- CTR3 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 11:00 Eat Out-Poblano Grill 2:00 Veterans Coffee w/Synergy- EC 6:00 Caregiver Support Group- AL 2nd floor Chapel 6:30 SNU Student Game Night- EC</p>	<p>9 8:00 Men's Breakfast Out 10:00 Pop Bingo- AR1 3:00 Music by Brett Mitchell- EC</p>	<p>10 9:30 Exercise Group – CTR3 10:00 Dollar Tree/Braums 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 2:00 Renew Life Transition Group- PDR 2:00 Valentines Party- EC (Wear your Red & Pink) 3:45 Prayer & Share- NSR2 4:00 InJoy Choir Practice- EC</p>	<p>11 9:30 Exercise Group – CTR3 10:00 Valentines Day Crafts with Hallie/Synergy Home Care- AR3 11:00 John's Devotions-EC 2:00 Music by Chuck Wetstone- EC 4:00 InJoy Choir Practice- EC 6:30 Diamond Dotz Craft Group- AR1</p>	<p>12 9:00 Bible Study with Helen-PDR 10:00 Valentines Day Crafts with Hallie/Synergy Home Care- AR3 11:00 John's Devotions-EC 2:00 Music by Chuck Wetstone- EC 4:00 InJoy Choir Practice- EC 6:30 Diamond Dotz Craft Group- AR1</p>	<p>13 Valentine's Day</p>	<p>14 9:30 Positive Movement Exercise Class w/Angela- CTR3 2:00 Saturday Matinee-Plaza Room</p> <p></p>
<p>Random Acts of Kindness Week</p> <p>9:30 Praise and Worship – EC 9:45 Doug Forsberg to speak. 1:30 Bingo w/Keith – AR1 6:00 Prayer Group– NSR2</p>	<p>15 9:30 Exercise Group- CTR3 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 1:00 Resident Assoc Mtg- EC 2:00 Resident Dietary Mtg- EC 6:00 Caregiver Support Group- AL 2nd floor Chapel 6:30 SNU Student Game Night- EC</p>	<p>16 Mardi Gras 10:00 Snack Bingo- AR1 1:30 Positive Movement Exercise Class w/Angela- CTR3 2:00 Music by Oklahoma Senior Ms. Oklahoma Group & a Mardi Gras Treat- EC 6:30 Games with Austyn- AR1 Elaine Mc. Birthday</p>	<p>17 9:30 Exercise Group – CTR3 10:00 Shopping-Walmart 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 1:30 Odessey Leadership Kids- Indoor Snowball fight & Hot Cocoa- Lobby</p>	<p>18 9:30 Exercise Group – CTR3 10:00 Shopping-Walmart 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 1:30 Odessey Leadership Kids- Indoor Snowball fight & Hot Cocoa- Lobby</p>	<p>19 9:00 Bible Study with Helen-PDR 10:00 Coffee and Conversation- AR1 11:00 John's Devotions-EC 12:45 Blood Pressure & Blood Sugar Checks- AR1 2:00 Bingo w/Leslie/Refuge Hospice- AR1 3:00 Guy Talk w/Lewis McClain- PDR 4:00 InJoy Choir Practice- EC 6:30 Diamond Dotz Craft Group-AR1</p>	<p>20 Nat'l Caregivers Day</p>	<p>21 9:30 Exercise Group- CTR3 10:00 Mitford w/Merlene- AR1 10:30 Lunch & Shopping w/Lorna Luigi's Italian/Marshall's & Ross 10:45 Piano w/Merlene-Lobby 1:00 Bunco w/Anne- NSR3</p>
<p>22 9:30 Praise and Worship – EC 9:45 Doug Forsberg to speak. 1:30 Bingo w/Keith – AR1 6:00 Prayer Group– NSR2</p>	<p>National Cupcake Day</p> <p>9:30 Exercise Group- CTR3 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 1:30 Resident Birthday Party 2:00 entertainment- EC 6:00 Caregiver Support Group- AL 2nd floor Chapel 6:30 Book Discussion Group-PDR 6:30 SNU Student Game Night- EC</p>	<p>23 Bus Driver Appreciation Day</p> <p>10:00 Sweets Bingo- AR1 1:00 Sing a Long with Judy- EC 1:30 Positive Movement Exercise Class w/Angela- CTR3 2:00 Coloring and Cookies- AR1 6:30 Games with Austyn- AR1</p> <p></p>	<p>24 9:30 Exercise Group – CTR3 10:00 Dollar General/Braums 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 2:00 Renew Life Transition Group- PDR 3:00 Devotions w/Dan- EC 3:45 Prayer & Share- NSR2 4:00 InJoy Choir Practice- EC</p>	<p>25 9:00 Bible Study with Helen-PDR 10:00 Crafts with Melanie- AR3 11:00 John's Devotions-EC 1:00 Wheelchair & Walker checks-EC 2:00 Let's Laugh!! Watch I Love Lucy- Plaza Rm 4:00 InJoy Choir Practice- EC 6:30 Diamond Dotz Craft Group-AR1</p>	<p>26 9:30 Exercise Group- CTR3 10:00 Mitford w/Merlene- AR1 10:45 Piano w/Merlene-Lobby 2:00 Music by Kelly Almond- EC</p>	<p>27 2:00 Saturday Matinee-Plaza Room</p>	<p>28</p>

Type the name, address, and other information about your community/company here.