



FEBRUARY 2026

Office Hours: M-W-F 10:00 AM - 1:00 PM

Phone: (916) 972-9722



<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
1 3: 00 Sunday Support	2 2:00 Bowling	3 <u>NL COPY DUE</u> 10:00 Hand & Foot 12:30 Billards 3:00 Board Meeting	4	5 8:30 Red Hawk Casino 9:00 Walking Group 1:30 Book Club	6	7 8:30 Lido Breakfast 10:00 Facilitators' Meeting 2:00 Recovery Session 6:00 Hand & Foot
8 SUPER BOWL! 3:00 Sunday Support	9 2:00 Bowling	10 10:00 Hand & Foot 12:30 Billiards	11 1:30 Bunco	12 9:00 Walking Group 1:00 Line Dance 4:00 Applebee's	13 DL Member Luncheon DL Out & About	14 2:00 Recovery Session 6:00 Hand & Foot
15 3:00 Sunday Support	16 <u>OFFICE CLOSED</u> <u>PRESIDENT'S DAY</u> 2:00 Bowling	17 10:00 Hand & Foot 12:30 Billiards	18 4:00 3rd Wednesday Dinner	19 9:00 Walking Group 10:30 Senior Crafts 2:00 Poker	20 8:30 NL CIRCULATION 6:00 Karaoke & Komedy	21 11:30 Membership Luncheon
22 12:00 Wonderful Chinese Restaurant 3: 00 Sunday Support	23 2:00 Bowling	24 10:00 Hand & Foot 12:30 Billiards	25	26 9:00 Walking Group 1:00 Line Dance 4:00 Applebee's	27	28 6:00 MEXICAN TRAIN DOMINOS
						DL Deadline for Reservation DT Day of Event NL Newsletter Schedule