

February 2026

Richmond Heights Senior Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 The 8 Gates of Jerusalem (TH) 2:00 Auntie Mame (TH) 3:00 Bistro Games (Resident-Led) (B)	9:00 Morning Reflection (SDR) 10:15 Chair Exercise with Resistance Bands (B) 11:00 Indiana Jones: The Temple of Doom (TH) 1:00 Board Game: Hues and Cues (CR) 2:00 Therapy Exercise Circle (B) 2:45 "Thais" by Massenet (TH) 3:00 Art/Craft: Valentine Wreaths (CR)	9:00 Morning Reflection (SDR) 10:15 Holiday Talk Topics (TH) 11:15 Chair Exercise with Weights (B) 1:00 Baking Club: Lava Cake (CR) 2:00 Prize B-I-N-G-O (B) 3:00 Quiddler (B) 3:00 Tai Chi (CR) 4:00 Technology Tuesday with Tricia (TH) 6:00 Karaoke (TH)	9:00 Morning Reflection (SDR) 10:30 Catholic Mass & Communion (TH) 11:15 Devotional Service (LI) 1:00 Garden Club (CR) 2:00 Ice Cream Social (CR) 2:00 Vitality Yoga (B) 3:00 Happy Hour + Live Music with Lamar Pilsing (SDR) 4:00 Board Game: Hues and Cues (B) 6:00 Poker Night (CD)	9:00 Java with Jeremy (SDR) 9:30 Morning Reflection (SDR) 10:00 Tai Chi (CR) 10:15 Whiteboard Game (B) 1:00 Chair Golf (B) 2:00 Prize B-I-N-G-O (B) 3:00 Thirsty Thursday Trivia (B) 4:00 Pictionary (B)	9:00 Morning Reflection (SDR) 9:45 Paint by Number (CR) 11:00 Therapy Exercise Circle (B) 1:00 Board Game: Hues and Cues (B) 3:00 Mahjong (B) 3:30 Activity Planning Meeting (TH) 4:30 Balloon Exercise (B)	9:15 Morning Reflection (SDR) 10:00 Walking Club (B) 11:00 Chair Exercise with Weights (B) 1:00 Parachutes (B) 2:00 Poker Resident-Led (CD) 3:00 Twister (TH) 4:00 Quiddler (B)
10:30 Palms and Passion (TH) 2:00 The Godfather (TH) 3:00 Bistro Games (Resident-Led) (B)	9:00 Morning Reflection (SDR) 10:15 Chair Exercise with Resistance Bands (B) 11:00 Indiana Jones: Raiders of the Lost Ark (TH) 1:00 Shopping Trip: Schnucks (L) 2:00 Therapy Exercise Circle (B) 3:00 Art/Craft: Button Art (CR)	9:00 Morning Reflection (SDR) 10:15 Holiday Talk Topics (TH) 11:15 Chair Exercise with Weights (B) 1:00 Baking Club: Raspberry Fudge (CR) 2:00 Prize B-I-N-G-O (B) 3:00 Quiddler (B) 3:00 Tai Chi (CR) 4:00 Technology Tuesday with Tricia (TH) 6:00 Karaoke (TH)	9:00 Morning Reflection (SDR) 10:30 Catholic Mass & Communion (TH) 11:15 Devotional Service (LI) 1:00 Garden Club (CR) 2:00 Ice Cream Social (CR) 2:00 Vitality Yoga (B) 3:00 Happy Hour + Live Music with Dan Hoerle (SDR) 4:00 Card Game: Pit (B) 6:00 Poker Night (CD)	9:00 Java with Jeremy (SDR) 9:30 Morning Reflection (SDR) 10:00 Tai Chi (CR) 10:15 Whiteboard Game (B) 1:00 Chair Golf (B) 2:00 Prize B-I-N-G-O (B) 3:00 Thirsty Thursday Trivia (B) 4:00 Pictionary (B)	9:00 Morning Reflection (SDR) 9:45 Paint by Number (CR) 11:00 Therapy Exercise Circle (B) 11:30 Lunch Outing: Mellow Mushroom (L) 3:00 Mahjong (B) 3:30 Food Committee Meeting (TH) 4:30 Balloon Exercise (B)	9:15 Morning Reflection (SDR) 10:00 Walking Club (B) 11:00 Chair Exercise with Weights (B) 1:00 Parachutes (B) 2:00 Poker Resident-Led (CD) 2:30 Valentine Chocolate Fountain (CR) 3:00 The Hurricane Heist (TH) 4:00 Quiddler (B)
10:30 Helena: First Pilgrim to the Holy Land (TH) 2:00 The Sound of Music (TH) 3:00 Bistro Games (Resident-Led) (B)	9:00 Morning Reflection (SDR) 10:15 Chair Exercise with Resistance Bands (B) 11:00 Indiana Jones: The Last Crusade (TH) 1:00 Shopping Trip: Walmart (L) 2:00 Therapy Exercise Circle (B) 2:45 "An American in Paris" (TH) 3:00 Art/Craft: Mardi Gras Table Centerpiece (CR)	9:00 Morning Reflection (SDR) 10:15 Holiday Talk Topics (TH) 11:15 Chair Exercise with Weights (B) 1:00 Mardi Gras Mask Decorating (CR) 2:00 Prize B-I-N-G-O (B) 3:00 Quiddler (B) 3:00 Tai Chi (CR) 4:00 Technology Tuesday with Tricia (TH) 6:00 Karaoke (TH)	9:00 Morning Reflection (SDR) 10:30 Catholic Mass & Communion (TH) 11:15 Devotional Service (LI) 1:00 Garden Club (CR) 2:00 Ice Cream Social (CR) 2:00 Vitality Yoga (B) 3:00 Happy Hour + Live Music with Chad Evans (SDR) 4:00 Board Game: Hues and Cues (B) 6:00 Poker Night (CD)	9:00 Java with Jeremy (SDR) 9:30 Morning Reflection (SDR) 10:00 Tai Chi (CR) 10:15 Whiteboard Game (B) 1:00 Chair Golf (B) 2:00 Prize B-I-N-G-O (B) 3:00 Thirsty Thursday Trivia (B) 4:00 Pictionary (B)	9:00 Morning Reflection (SDR) 9:45 Paint by Number (CR) 11:00 Therapy Exercise Circle (B) 1:00 Resident Outing: Science Center (L) 3:00 Mahjong (B) 4:30 Balloon Exercise (B)	9:15 Morning Reflection (SDR) 10:00 Walking Club (B) 11:00 Chair Exercise with Weights (B) 1:00 Parachutes (B) 2:00 Poker Resident-Led (CD) 3:00 The Confederate (TH) 4:00 Quiddler (B)
10:30 Journey Through the Bible Lands (TH) 2:00 The Way We Were (TH) 3:00 Bistro Games (Resident-Led) (B)	9:00 Morning Reflection (SDR) 10:15 Chair Exercise with Resistance Bands (B) 11:00 Indiana Jones: Kingdom of the Crystal Skull (TH) 1:00 Shopping Trip: Target (L) 2:00 Therapy Exercise Circle (B) 3:00 Art/Craft: Flower Pipe Cleaners (CR)	9:00 Morning Reflection (SDR) 10:15 Holiday Talk Topics (TH) 11:15 Chair Exercise with Weights (B) 1:00 Baking Club: Floral Cupcakes (CR) 2:00 Prize B-I-N-G-O (B) 3:00 Quiddler (B) 3:00 Tai Chi (CR) 4:00 Technology Tuesday with Tricia (TH) 6:00 Karaoke (TH)	9:00 Morning Reflection (SDR) 10:30 Catholic Mass & Communion (TH) 11:15 Devotional Service (LI) 1:00 Garden Club (CR) 2:00 Ice Cream Social (CR) 2:00 Vitality Yoga (B) 3:00 Happy Hour + Live Music with Micah Turnbough (SDR) 4:00 Board Game: Rummikub (B) 5:30 Family Casino Night (SDR)	9:00 Java with Jeremy (SDR) 9:30 Morning Reflection (SDR) 10:00 Tai Chi (CR) 10:15 Whiteboard Game (B) 1:00 Chair Golf (B) 2:00 Prize B-I-N-G-O (B) 3:00 Resident Council Meeting (TH) 4:00 Pictionary (B)	9:00 Morning Reflection (SDR) 9:45 Paint by Number (CR) 11:00 Monthly Birthday Celebration (B) 11:00 Therapy Exercise Circle (B) 1:00 Resident Outing: Art Museum (L) 3:00 Mahjong (B) 4:30 Balloon Exercise (B)	9:15 Morning Reflection (SDR) 10:00 Walking Club (B) 11:00 Chair Exercise with Weights (B) 1:00 Parachutes (B) 2:00 Poker Resident-Led (CD) 3:00 Steel Magnolias (TH) 4:00 Quiddler (B)

Announcements

2/6- Bus Ride

2/13- Lunch Outing

2/20- Science Center

2/27- Art Museum

2/25- Family Casino Night

This month we have a variety of engaging activities planned.

Please note that all activities are subject to change, so be sure to keep an eye on updates and announcements.

Locations

WR = Wii Room

TH = Theater

SDR = Symphony Dining Room

PDR = Private Dining Room

LI = Library

CR = Community Room

CD = Card Room

B = Bistro

L = Lobby

February 2026

Allegro Richmond Heights Memory Care



Announcements!

Cherry & Jerry perform on Valentines Day - Saturday, February 14th at 2:00PM

February Outings:

St. Louis Art Museum - Tuesday, February 3rd at 1:00PM

St. Louis History Museum - Tuesday, February 17th at 1:00PM

All Activities Are Subject to Change

Locations

SDR = Symphony Dining Room
SD = Scenic Drive
LR = Living Room
FR = Family Room
E = Ensemble
DR = Dining Room
AR = Activity Room
SLN = Salon
P = Patio
O = Outing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
● 9:30 Spiritual Music & Hymns (AR) ● 10:00 Gentle Stretch (AR) ● 10:30 Virtual Catholic Mass (AR) ● 1:00 Concert Series: Dolly Parton (LR) ● 2:00 Sunday Snacks & Social (LR) ● 3:00 Sunday Movie Matinee (LR) ● 5:00 Evening Wind Down (LR) 1	● AD Groundhog Day ● 9:30 Morning Connections (E) ● 10:00 Today's News (LR) ● 10:30 Foodies Club (DR) ● 1:00 Crafting Corner: Mosaic Paintings (AR) ● 2:00 Plant Patrol (E) ● 2:45 Movin' with Aaron! (AR) ● 3:30 Golden Oldies Hour (AR) ● 5:00 Card Games & Puzzles (AR) 2	● 9:30 Morning Connections (E) ● 10:00 Dancing Through the Decades! (AR) ● 10:45 Sensory Sensations (E) ● 1:00 Outing to St. Louis Art Museum (O) ● 2:30 BINGO! (AR) ● 3:30 Spa-La-La (SLN) ● 4:00 The Support Circle (FR) ● 5:00 Evening Wind Down (LR) 3	● 9:30 Morning Connections (E) ● 10:00 Stretch & Breathe: Chair Yoga (AR) ● 10:30 Canvas Karaoke (AR) ● 1:00 Travelogue: Peru (AR) ● 2:00 Crunch Time! ● 2:30 Keep It Up! (AR) ● 3:00 Live Music! (SDR) ● 5:00 Card Games & Puzzles (AR) 4	● 9:30 Morning Connections (E) ● 10:00 Movin' with Aaron! (CR) ● 10:30 Game On! Board Games (AR) ● 1:00 Discovery Hour: The Deep Sea (LR) ● 2:00 Pop, Pop, Popcorn! (AR) ● 2:30 Story Circle (AR) ● 3:30 Ready, Set, Puzzle (AR) ● 5:00 Evening Wind Down 5	● 9:30 50's Music Friday (AR) ● 10:00 Balance & Motion Exercise (AR) ● 10:30 Making No-Sew Blankets (AR) ● 12:30 Movie Matinee & Popcorn (LR) ● 2:00 Weekend Warm-Up (AR) ● 2:30 BINGO! (AR) ● 3:30 Sensory Sensations (E) ● 5:00 Card Games & Puzzles (AR) 6	● 9:30 Morning Melodies ● 10:00 Gentle Stretch (AR) ● 10:30 Classic TV Comedies (AR) ● 12:30 This Week in History (AR) ● 1:00 Activity Cart (E) ● 2:00 Ice Cream Social (AR) ● 3:00 Golden Oldies Sing-Along (LR) ● 5:00 Cinema Saturday (LR) 7
● 9:30 Spiritual Music & Hymns (AR) ● 10:00 Gentle Stretch (AR) ● 10:30 Virtual Catholic Mass (AR) ● 1:00 Concert Series: The Beatles Anthology (LR) ● 2:00 Sunday Snacks & Social (LR) ● 3:00 Sunday Movie Matinee (LR) ● 5:00 Evening Wind Down (LR) 8	● 9:30 Morning Connections (E) ● 10:00 Sing-Along with Tom! (AR) ● 1:00 Crafting Corner: Button Art (AR) ● 2:00 Plant Patrol (E) ● 2:45 Movin' with Aaron! (AR) ● 3:30 Golden Oldies Hour (AR) ● 5:00 Card Games & Puzzles (AR) 9	● 9:30 Morning Connections (E) ● 10:00 Dancing Through the Decades! (AR) ● 10:45 Sensory Sensations (E) ● 1:00 Scenic Adventures (SD) ● 2:30 BINGO! (AR) ● 3:00 Disco Dance Party (AR) ● 3:30 Spa-La-La (SLN) ● 5:00 Evening Wind Down (LR) 10	● 9:30 Morning Connections (E) ● 10:00 Stretch & Breathe: Chair Yoga (AR) ● 10:30 Canvas Karaoke (AR) ● 1:00 Travelogue: Greece (AR) ● 2:00 Crunch Time! ● 2:30 Keep It Up! (AR) ● 3:00 Live Music! (SDR) ● 5:00 Card Games & Puzzles (AR) 11	● 9:30 Morning Connections (E) ● 10:00 Movin' with Aaron! (CR) ● 10:30 Game On! Board Games (AR) ● 1:00 Discovery Hour: Stonehenge (LR) ● 2:00 Pop, Pop, Popcorn! (AR) ● 2:30 Story Circle (AR) ● 3:30 Ready, Set, Puzzle (AR) ● 5:00 Evening Wind Down 12	● 9:30 50's Music Friday (AR) ● 10:00 Balance & Motion Exercise (AR) ● 10:30 Let's Cook! Oreo Balls (DR) ● 12:30 Movie Matinee & Popcorn (LR) ● 2:00 Weekend Warm-Up (AR) ● 2:30 BINGO! (AR) ● 3:30 Sensory Sensations (E) ● 5:00 Card Games & Puzzles (AR) 13	● AD Valentine's Day ● 9:30 Morning Melodies ● 10:00 Gentle Stretch (AR) ● 10:30 Classic TV Comedies (AR) ● 12:30 This Week in History (AR) ● 1:00 Activity Cart (E) ● 2:00 Music with Cherry & Jerry (LR) ● 3:00 Golden Oldies Sing-Along (LR) ● 5:00 Cinema Saturday (LR) 14
● 9:30 Spiritual Music & Hymns (AR) ● 10:00 Gentle Stretch (AR) ● 10:30 Virtual Catholic Mass (AR) ● 1:00 Concert Series: Beach Boys ● 2:00 Sunday Snacks & Social (LR) ● 3:00 Sunday Movie Matinee (LR) ● 5:00 Evening Wind Down (LR) 15	● 9:30 Morning Connections (E) ● 10:00 Today's News (LR) ● 10:30 Foodies Club (DR) ● 1:00 Crafting Corner: Collage Art (AR) ● 2:00 Plant Patrol (E) ● 2:45 Movin' with Aaron! (AR) ● 3:30 Golden Oldies Hour (AR) ● 5:00 Card Games & Puzzles (AR) 16	● 9:30 Morning Connections (E) ● 10:00 Dancing Through the Decades! (AR) ● 10:45 Sensory Sensations (E) ● 1:00 Outing to St. Louis History Museum (O) ● 2:30 BINGO! (AR) ● 3:00 Bean Bag Toss (AR) ● 3:30 Spa-La-La (SLN) ● 5:00 Evening Wind Down (LR) 17	● 9:30 Morning Connections (E) ● 10:00 Stretch & Breathe: Chair Yoga (AR) ● 10:30 Canvas Karaoke (AR) ● 1:00 Travelogue: Turkey (AR) ● 2:00 Crunch Time! ● 2:30 Keep It Up! (AR) ● 3:00 Live Music! (SDR) ● 5:00 Card Games & Puzzles (AR) 18	● 9:30 Morning Connections (E) ● 10:00 Movin' with Aaron! (CR) ● 10:30 Game On! Board Games (AR) ● 1:00 Discovery Hour: Black History Month (LR) ● 2:00 Pop, Pop, Popcorn! (AR) ● 2:30 Story Circle (AR) ● 3:30 Ready, Set, Puzzle (AR) ● 5:00 Evening Wind Down 19	● 9:30 50's Music Friday (AR) ● 10:00 Balance & Motion Exercise (AR) ● 10:30 Making No-Sew Blankets (AR) ● 12:30 Movie Matinee & Popcorn (LR) ● 2:00 Weekend Warm-Up (AR) ● 2:30 BINGO! (AR) ● 3:30 Sensory Sensations (E) ● 5:00 Card Games & Puzzles (AR) 20	● 9:30 Morning Melodies ● 10:00 Gentle Stretch (AR) ● 10:30 Classic TV Comedies (AR) ● 12:30 This Week in History (AR) ● 1:00 Activity Cart (E) ● 2:00 Ice Cream Social (AR) ● 3:00 Golden Oldies Sing-Along (LR) ● 5:00 Cinema Saturday (LR) 21
● 9:30 Spiritual Music & Hymns (AR) ● 10:00 Gentle Stretch (AR) ● 10:30 Virtual Catholic Mass (AR) ● 1:00 Concert Series: Joan Baez (LR) ● 2:00 Sunday Snacks & Social (LR) ● 3:00 Sunday Movie Matinee (LR) ● 5:00 Evening Wind Down (LR) 22	● 9:30 Morning Connections (E) ● 10:00 Sing-Along with Tom! (AR) ● 1:00 Crafting Corner: Jewelry Making (AR) ● 2:00 Plant Patrol (E) ● 2:45 Movin' with Aaron! (AR) ● 3:30 Golden Oldies Hour (AR) ● 5:00 Card Games & Puzzles (AR) 23	● 9:30 Morning Connections (E) ● 10:00 Dancing Through the Decades! (AR) ● 10:45 Sensory Sensations (E) ● 1:00 Scenic Adventures (SD) ● 2:30 BINGO! (AR) ● 3:00 Disco Dance Party (AR) ● 3:30 Spa-La-La (SLN) ● 5:00 Evening Wind Down (LR) 24	● 9:30 Morning Connections (E) ● 10:00 Stretch & Breathe: Chair Yoga (AR) ● 10:30 Canvas Karaoke (AR) ● 1:00 Travelogue: Nepal (AR) ● 2:00 Crunch Time! ● 2:30 Keep It Up! (AR) ● 3:00 Live Music! (SDR) ● 5:00 Card Games & Puzzles (AR) 25	● 9:30 Morning Connections (E) ● 10:00 Movin' with Aaron! (CR) ● 10:30 Game On! Board Games (AR) ● 1:00 Discovery Hour: Galapagos (LR) ● 2:00 Pop, Pop, Popcorn! (AR) ● 2:30 Story Circle (AR) ● 3:30 Ready, Set, Puzzle (AR) ● 5:00 Evening Wind Down 26	● 9:30 50's Music Friday (AR) ● 10:00 Balance & Motion Exercise (AR) ● 10:30 Let's Cook! Rice Krispie Treats (DR) ● 12:30 Movie Matinee & Popcorn (LR) ● 2:00 Weekend Warm-Up (AR) ● 2:30 BINGO! (AR) ● 3:30 Sensory Sensations (E) ● 5:00 Card Games & Puzzles (AR) 27	● 9:30 Morning Melodies ● 10:00 Gentle Stretch (AR) ● 10:30 Classic TV Comedies (AR) ● 12:30 This Week in History (AR) ● 1:00 Activity Cart (E) ● 2:00 Ice Cream Social (AR) ● 3:00 Golden Oldies Sing-Along (LR) ● 5:00 Cinema Saturday (LR) 28