

SUN MON TUE WED THUR FRI SAT

Happy Birthday Scott Z!
 10:30 Sunday Mass via Youtube (TR 10:30-11:00am)
 10:45 Sit & Be Fit w/ Tanya (LR 10:45-11:45am)
 11:30 Resident & Family Sunday Brunch (DR)
 1:30 Sing-Along & Rhythm w/ Tanya (LR 1:30-2:15pm)
 2:15 This Day in History w/ Tanya (LR 2:15-2:45pm)
 3:00 Happy Hour: Karaoke & Cocktails (DR 3:00-4:00pm)
3:45 Concert with Grigory! (LR 3:45-4:45pm)
 6:00 Sunday Night Drive-in (LR)

Groundhog Day National Pizza Day!
 10:30 Rise & Shine with Zinnia (LR 10:30am-11:15am)
 10:45 Relaxing Hand Massages w/ Andria (SR 10:45-11:45)
 11:15 Gentle Chair Yoga & Stretching w/ Shelley (LR 11:15-11:45am)
 1:30 Music & Memories w/ Shelley (LR 1:30-2:15pm)
 1:30 Round Robin Story Telling w/ Andria (SR 1:30-2:30pm)
 2:15 Art Appreciation w/ Shelley (LR 2:15-2:45pm)
 3:00 Happy Hour: Margarita Monday (DR 3:00-4:00pm)
3:45 Sounds of The Soul w/ Rhonda! (LR 3:45-4:45pm)
 6:00 Evening Musical (LR)

National Frozen Yogurt Day
 10:15 Out & About with Shamaris & Leroy
 10:30 Morning Yoga & Gentle Stretch w/ Ceasarina (LR 10:30-11:00am)
 11:00 Scents of Serenity w/ Ceasarina (LR 11:00-11:45am)
 1:30 Marvelous Lavender Spa & Massage w/ Ceasarina (LR 1:30-2:45pm)
 3:00 Happy Hour: Tea Tuesday (DR 3:00-4:00pm)
4:00 Music Therapy & Movement w/ Eric (LR 4-4:45pm)
 6:00 Classic Movie Night (LR)

10:30 Music Conservatory of Westchester - Music Therapy (LR 10:30-11:30am)
 11:30 Daily Chronicles & This Day in History w/ Shelley (LR 11:30-11:45am)
 1:30 Eversound Silent Dance Party w/ Shelley (LR 1:30-2:15pm)
 2:15 Show & Tell Reminiscing w/ Shelley (CR 2:15-2:45pm)
 3:00 Happy Hour: Wine Down Wednesday (DR 3:00-4:00pm)
 4:00 Baking Favorite Family Recipes w/ Shelley (DR 4-4:45pm)
 6:00 Evening Musical (LR)

Viva Las Vegas Family Night!
 10:30 Morning Inspirational Meditation w/ Shelley (LR 10:30-11:00am)
 10:45 Relaxing Hand Massages w/ Andria (SR 10:45-11:45)
 11:00 Conversation Ball w/ Shelley (LR 11:00-11:45am)
 1:30 Mindful Travels w/ Shelley (LR 1:30-2:15pm)
 1:30 Story Circle w/ Andria (SR 1:30-2:30pm)
 2:15 Creative Hands w/ Shelley (LR 2:15-2:45pm)
 3:00 Happy Hour: Throwback Thursday (DR 3:00-4:00pm)
3:45 Oldies Jam with Tommy Di! (LR 3:45-4:45pm)
Viva Las Vegas Family Night! (Atrium, Cafe, Dining Room)
 6:00 Classic Movie Night (LR)

Winter Olympics Opening!
 10:30 Finish the Phrase w/ Shelley (LR 10:30-11:15am)
 10:45 Morning Sing-Along w/ Andria (SR 10:45-11:45)
11:15 Tai Chi w/ Thomas (LR 11:15-11:45am)
 1:30 Winter Olympics w/ Shelley (LR 1:30-2:15pm)
 2:15 Shabbat Prayers w/ Shelley (SR 2:15-2:45pm)
 2:15 Textures & Treasures w/ Andria (LR 2:15-2:45pm)
 3:00 Happy Hour: Flash Back Friday (DR 3:00-4:00pm)
4:00 Music Therapy & Movement w/ Eric (LR 4:00-4:45pm)
 6:00 Evening Musical (LR)

Send A Card to A Friend Day!
 10:30 Music & Movement w/ Shelley (LR 10:30-11:00am)
 11:15 Daily Chronicles w/ Shelley (LR 11:15-11:45am)
 1:30 Eversound Silent Dance Party w/ Shelley (LR 1:30-2:15pm)
 2:15 Story Circle: Stories from a Photo (LR 2:15-2:45pm)
 3:00 Happy Hour: Sangria Saturday (DR 3:00-4:00pm)
3:45 Live Acoustic Afternoon w/ Julio! (LR 3:45-4:45pm)
 6:00 Evening Musical (LR)

Superbowl Sunday!
 10:30 Sunday Mass via Youtube (TR 10:30-11:00am)
 10:45 Sit & Be Fit w/ Tanya (LR 10:45-11:45am)
 11:30 Resident & Family Sunday Brunch (DR)
 1:30 Sing-Along & Rhythm w/ Tanya (LR 1:30-2:15pm)
 2:15 This Day in History w/ Tanya (LR 2:15-2:45pm)
 3:00 Happy Hour: Social Sunday (DR 3:00-4:00pm)
3:45 A.J Freeman Sings Songs from The Golden Age! (LR 3:45-4:45pm)
 6:00 SuperBowl KickBack! (LR)

10:30 Rise & Shine with Zinnia (LR 10:30am-11:15am)
 10:45 Relaxing Hand Massages w/ Andria (SR 10:45-11:45)
 11:15 Gentle Chair Yoga & Stretching w/ Shelley (LR 11:15-11:45am)
 1:30 Music & Memories w/ Shelley (LR 1:30-2:15pm)
 1:30 Round Robin Story Telling w/ Andria (SR 1:30-2:30pm)
 2:15 Art Appreciation w/ Shelley (LR 2:15-2:45pm)
 3:00 Happy Hour: Margarita Monday (DR 3:00-4:00pm)
 4:00 Bowling w/ Shelley (LR 4:00-4:45pm)
 4:00 Puzzles & Sorting w/ Andria (SR 4:00-4:45pm)
 6:00 Evening Musical (LR)

10:15 Out & About with Shamaris & Leroy
 10:30 Morning Yoga & Gentle Stretch w/ Ceasarina (LR 10:30-11:00am)
 11:00 Scents of Serenity w/ Ceasarina (LR 11:00-11:45am)
 1:30 Marvelous Lavender Spa & Massage w/ Ceasarina (LR 1:30-2:45pm)
 3:00 Happy Hour: Tea Tuesday (DR 3:00-4:00pm)
4:00 Music Therapy & Movement w/ Eric (LR 4-4:45pm)
 6:00 Classic Movie Night (LR)

10:30 Music Conservatory of Westchester - Music Therapy (LR 10:30-11:30am)
 11:30 Daily Chronicles & This Day in History w/ Shelley (LR 11:30-11:45am)
 1:30 Eversound Silent Dance Party w/ Shelley (LR 1:30-2:15pm)
 2:15 Show & Tell Reminiscing w/ Shelley (CR 2:15-2:45pm)
 3:00 Happy Hour: Wine Down Wednesday (DR 3:00-4:00pm)
 4:00 Baking Favorite Family Recipes w/ Shelley (DR 4-4:45pm)
 6:00 Evening Musical (LR)

Abraham Lincoln's Birthday!
 10:30 Morning Inspirational Meditation w/ Shelley (LR 10:30-11:00am)
 10:45 Relaxing Hand Massages w/ Andria (SR 10:45-11:45)
 11:00 Conversation Ball w/ Shelley (LR 11:00-11:45am)
 1:30 Mindful Travels w/ Shelley (LR 1:30-2:15pm)
 1:30 Story Circle w/ Andria (SR 1:30-2:30pm)
 2:15 Creative Hands w/ Shelley (LR 2:15-2:45pm)
 3:00 Happy Hour: Throwback Thursday (DR 3:00-4:00pm)
4:00 Thats Entertainment with Gigi! (ER 4:00-4:45pm)
 6:00 Classic Movie Night (LR)

Get A Different Name Day
 10:30 Finish the Phrase w/ Shelley (LR 10:30-11:15am)
 10:45 Morning Sing-Along w/ Andria (SR 10:45-11:45)
11:15 Tai Chi w/ Thomas (LR 11:15-11:45am)
 1:30 Rhythm & Reminiscence w/ Shelley (LR 1:30-2:15pm)
 2:15 Shabbat Prayers w/ Shelley (SR 2:15-2:45pm)
 2:15 Textures & Treasures w/ Andria (LR 2:15-2:45pm)
 3:00 Happy Hour: Flash Back Friday (DR 3:00-4:00pm)
4:00 Music Therapy & Movement w/ Eric (LR 4:00-4:45pm)
 6:00 Evening Musical (LR)

Valentine's Day Happy Birthday Carolee!
 10:30 Music & Movement w/ Shelley (LR 10:30-11:00am)
 11:15 Famous Love Letters w/ Shelley (LR 11:15-11:45am)
 1:30 Heart Art w/ Shelley (LR 1:30-2:15pm)
 2:15 Story Circle: Love Poems with Shelley (LR 2:15-2:45pm)
 3:00 Happy Hour: Sangria Saturday (DR 3:00-4:00pm)
3:45 Lend Me Your Ears Music w/ Mariana! (LR 3:45-4:45pm)
 6:00 Evening Musical (LR)

Chinese New Year Celebration!
 10:30 Sunday Mass via Youtube (TR 10:30-11:00am)
 10:45 Sit & Be Fit w/ Tanya (LR 10:45-11:45am)
 11:30 Resident & Family Sunday Brunch (DR)
 1:30 Sing-Along & Rhythm w/ Tanya (LR 1:30-2:15pm)
 2:15 Luna New Year Around the World w/ Tanya (LR 2:15-2:45pm)
 3:00 Happy Hour: Social Sunday (DR 3:00-4:00pm)
3:45 Music w/ James Dower! (LR 3:45-4:45pm)
 6:00 Sunday Night Drive-in (LR)

President's Day Dog Biscuit Appreciation Day
 10:30 Rise & Shine with Zinnia (LR 10:30am-11:15am)
 10:45 Relaxing Hand Massages w/ Andria (SR 10:45-11:45)
 11:15 Gentle Chair Yoga & Stretching w/ Shelley (LR 11:15-11:45am)
 1:30 Music & Memories w/ Shelley (LR 1:30-2:15pm)
 1:30 Round Robin Story Telling w/ Andria (SR 1:30-2:30pm)
 2:15 Art Appreciation w/ Shelley (LR 2:15-2:45pm)
 3:00 Happy Hour: Margarita Monday (DR 3:00-4:00pm)
 4:00 Balloon Volley Ball w/ Shelley (LR 4:00-4:45pm)
 4:00 Puzzles & Sorting w/ Andria (SR 4:00-4:45pm)
 6:00 Evening Musical (LR)

Beginning of Ramadan Mardi Gras!
 10:15 Out & About with Shamaris & Leroy
 10:30 Morning Yoga & Gentle Stretch w/ Ceasarina (LR 10:30-11:00am)
 11:00 Scents of Serenity w/ Ceasarina (LR 11:00-11:45am)
 1:30 Carnival Mask Creations w/ Cece (LR 1:30-2:15pm)
 2:15 Move & Groove Mardi Gras w/ Cece (LR 2:15-2:45pm)
 3:00 Happy Hour: Tea Tuesday (DR 3:00-4:00pm)
4:00 Music Therapy & Movement w/ Eric (LR 4-4:45pm)
 6:00 Classic Movie Night (LR)

Ash Wednesday
10:30 Music Conservatory of Westchester - Music Therapy (LR 10:30-11:30am)
 11:30 Daily Chronicles & This Day in History w/ Shelley (LR 11:30-11:45am)
 1:30 Eversound Silent Dance Party w/ Shelley (LR 1:30-2:15pm)
 2:15 Show & Tell Reminiscing w/ Shelley (CR 2:15-2:45pm)
 3:00 Happy Hour: Wine Down Wednesday (DR 3:00-4:00pm)
 4:00 Baking Favorite Family Recipes w/ Shelley (DR 4-4:45pm)
 6:00 Evening Musical (LR)

10:30 Morning Inspirational Meditation w/ Shelley (LR 10:30-11:00am)
 10:45 Relaxing Hand Massages w/ Andria (SR 10:45-11:45)
 11:00 Conversation Ball w/ Shelley (LR 11:00-11:45am)
 1:30 Mindful Travels w/ Shelley (LR 1:30-2:15pm)
 1:30 Story Circle w/ Andria (SR 1:30-2:30pm)
 2:15 Creative Hands w/ Shelley (LR 2:15-2:45pm)
 3:00 Happy Hour: Throwback Thursday (DR 3:00-4:00pm)
3:45 A.J Freeman Sings Songs from The Golden Age! (LR 3:45-4:45pm)
 6:00 Classic Movie Night (LR)

Love Your Pet Day
 10:30 Finish the Phrase w/ Shelley (LR 10:30-11:15am)
 10:45 Morning Sing-Along w/ Andria (SR 10:45-11:45)
11:15 Tai Chi w/ Thomas (LR 11:15-11:45am)
 1:30 Rhythm & Reminiscence w/ Shelley (LR 1:30-2:15pm)
 2:15 Shabbat Prayers w/ Shelley (SR 2:15-2:45pm)
 2:15 Textures & Treasures w/ Andria (LR 2:15-2:45pm)
 3:00 Happy Hour: Flash Back Friday (DR 3:00-4:00pm)
4:00 Music Therapy & Movement w/ Eric (LR 4:00-4:45pm)
 6:00 Evening Musical (LR)

10:30 Music & Movement w/ Shelley (LR 10:30-11:00am)
 11:15 Daily Chronicles w/ Shelley (LR 11:15-11:45am)
 1:30 Eversound Silent Dance Party w/ Shelley (LR 1:30-2:15pm)
 2:15 Story Circle: Stories from a Photo (LR 2:15-2:45pm)
 3:00 Happy Hour: Sangria Saturday (DR 3:00-4:00pm)
3:45 Howard Cohen on the Cello! (LR 3:45-4:45pm)
 6:00 Evening Musical (LR)

George Washington's Birthday Happy Birthday Mary Cary Al!
 10:30 Sunday Mass via Youtube (TR 10:30-11:00am)
 10:45 Sit & Be Fit w/ Tanya (LR 10:45-11:45am)
 11:30 Resident & Family Sunday Brunch (DR)
 1:30 Sing-Along & Rhythm w/ Tanya (LR 1:30-2:15pm)
 2:15 This Day in History w/ Tanya (LR 2:15-2:45pm)
 3:00 Happy Hour: Social Sunday (DR 3:00-4:00pm)
3:45 Lend Me Your Ears Music w/ Mariana! (LR 3:45-4:45pm)
 6:00 Sunday Night Drive-in (LR)

10:30 Rise & Shine with Zinnia (LR 10:30am-11:15am)
 10:45 Relaxing Hand Massages w/ Andria (SR 10:45-11:45)
 11:15 Gentle Chair Yoga & Stretching w/ Shelley (LR 11:15-11:45am)
 1:30 Music & Memories w/ Shelley (LR 1:30-2:15pm)
 1:30 Round Robin Story Telling w/ Andria (SR 1:30-2:30pm)
 2:15 Art Appreciation w/ Shelley (LR 2:15-2:45pm)
 3:00 Happy Hour: Margarita Monday (DR 3:00-4:00pm)
 4:00 Bowling w/ Shelley (LR 4:00-4:45pm)
 4:00 Puzzles & Sorting w/ Andria (SR 4:00-4:45pm)
 6:00 Evening Musical (LR)

10:15 Out & About with Shamaris & Leroy
 10:30 Morning Yoga & Gentle Stretch w/ Ceasarina (LR 10:30-11:00am)
 11:00 Scents of Serenity w/ Ceasarina (LR 11:00-11:45am)
 1:30 Marvelous Lavender Spa & Massage w/ Ceasarina (LR 1:30-2:45pm)
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 1:30 Mindful Travels w/ Shelley (LR 1:30-2:15pm)
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 3:00 Happy Hour: Throwback Thursday (DR 3:00-4:00pm)
4:00 Thats Entertainment with Gigi! (ER 4:00-4:45pm)
 6:00 Classic Movie Night (LR)

10:30 Finish the Phrase w/ Shelley (LR 10:30-11:15am)
 10:45 Morning Sing-Along w/ Andria (SR 10:45-11:45)
11:15 Tai Chi w/ Thomas (LR 11:15-11:45am)
 1:30 Rhythm & Reminiscence w/ Shelley (LR 1:30-2:15pm)
 2:15 Shabbat Prayers w/ Shelley (SR 2:15-2:45pm)
 2:15 Textures & Treasures w/ Andria (LR 2:15-2:45pm)
 3:00 Happy Hour: Flash Back Friday (DR 3:00-4:00pm)
4:00 Music Therapy & Movement w/ Eric (LR 4:00-4:45pm)
 6:00 Evening Musical (LR)

10:30 Music & Movement w/ Shelley (LR 10:30-11:00am)
 11:15 Daily Chronicles w/ Shelley (LR 11:15-11:45am)
 1:30 Stories Circle: Stories from a Photo w/ Shelley (LR 1:30-2:00pm)
2:00 Oldies Jam with Tommy Di! (LR 2:00-3:00pm)
 3:00 Happy Hour: Sangria Saturday (DR 3:00-4:00pm)
 4:00 Puzzles & Sorting w/ Shelley (DR 4-4:45pm)
 6:00 Evening Musical (LR)

This is a projected calendar for the month of February 2026. For a more detailed schedule, please refer to the daily activity sheet. For any further questions or comments, please contact:
 Shamaris Mercado,
 Life Enrichment Manager.
 SMercado@KensingtonSL.com

Bus Schedule
 Outing Days- AL ☺ Haven Tuesdays, KClub ☺ Connections Wednesdays
Medical Appointment Days- Monday, Thursday, ☺ Fridays
Errand Days- Wednesday Afternoons
Sign up for outings are located at the concierge desk
 For further information on scheduling transportation for medical appointments ☺ errands please contact
 Jennifer Blair, Transportation
 Transportatn@KensingtonSL.com

Location Key
 LR- Living Room
 DR- Dining Room
 SR- Sun Room
 TR- Tranquility Room



February 2026

Haven Calendar

The Kensington White Plains 100 Maple Avenue White Plains, NY, 10601

