

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

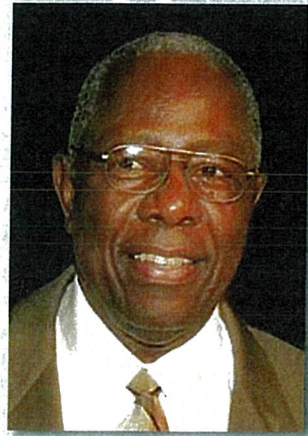
Saturday



February 2026

The Loft Activities

<p>Exercise 1st fl 11:00 Craft 2:00 Bingo 3:00 Games 3rd fl 3:00 Rosary 2nd fl 6:00 Hand massage 6:30 Sunday Movie <small>Tu B'Shevat Begins</small></p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Trivia 2:00 Rusty Strings 3:00 Craft 6:30 Bingo <small>Groundhog Day</small></p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Trivia 2:00 Illusionist (dining rm) Lynn Billie 3:00 Let's Talk (bring pic)</p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Trivia 2:00 Bingo 3:00 Nails</p>	<p>9:30 Shopping w/ WG 10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Trivia 2:00 Bingo</p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Trivia 2:00 Bingo 3:00 Craft</p>	<p>10:30 Exercise on 11:00 Craft 2:00 Ice Cream Social 3:00 Craft / Game 6:30 Movie</p>
<p>10:30 Church 2:00 Bingo 3:00 Game 3rd fl 3:00 Rosary 2nd Fl 6:00 Hand massage 6:30 Sunday Movie</p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Bingo 3:00 Craft</p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Game 3:00 Craft</p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Trivia 2:00 Bingo 3:00 Craft</p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Trivia 2:00 Bingo 3:00 Craft 6:30 Luke Jackson</p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 2:00 Valentine's Day Party</p>	<p>10:30 Exercise on 11:00 Craft 2:00 Ice Cream Social 3:00 Craft / Game 6:30 Movie <small>Valentine's Day</small></p>
<p>Exercise 1st fl 11:00 Craft 2:00 Bingo 3:00 Games 3rd fl 3:00 Rosary 2nd fl 6:00 Hand massage 6:30 Sunday Movie</p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Trivia 2:00 Bingo 3:00 Craft <small>Presidents' Day (U.S.)</small></p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Trivia 2:00 Nails 3:00 Craft <small>Parade Begins Mardi Gras Chinese New Year (Year of the Horse)</small></p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 2:00 Bingo at WG 3:00 Craft</p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 2:00 Bingo 3:00 Craft</p>	<p>10:30 Exercise on 1st FL 11:00 Cooking w/ Dietary 1:30 Trivia 2:00 Bingo 3:00 Craft</p>	<p>10:30 Exercise on 11:00 Craft 2:00 Ice Cream Social 3:00 Craft / Game 6:30 Movie</p>
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Notable Quotable

“It took me 17 years to get 3,000 hits in baseball. I did it in one afternoon on the golf course.”

~ Hank Aaron, born Feb. 5, 1934



February Horoscopes and Birthdays

In astrology, those born between February 1–18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, creative dreamers,

they are charitable helpers who go with the flow.

February Birthday’s at the Loft Happy Birthday!!!!

February 14th Diana

February 14th Violet

February 15th Maria

February 24th Muriel

Chasing Winter Glory *(cont. from pg. 1)*

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Fans will relive the thrill of skiing down glittering slopes, the elegance of figure skating routines, and the exhilaration of sledding through icy tracks. From alpine skiing and snowboarding to speed skating and bobsled, the Games celebrate the full spectrum of winter sports, each steeped in history and tradition.

The Milan-Cortina Olympics offer a rare combination: breathtaking scenery, rich cultural experiences, and the universal language of sport. As nations gather to compete, cheer, and share in this global festival, the event promises to leave lasting memories for athletes and spectators alike. The 2026 Winter Olympics are shaping up to be a heartwarming celebration of skill, spirit, and wintertime joy.

Trekkies Rejoice

This year, *Star Trek* celebrates an incredible milestone: 60 years of exploring strange new worlds. Since its first broadcast in 1966, the franchise has captivated audiences of all ages with its stories of courage, friendship, and hope for a better future.

For longtime fans, the anniversary is a chance to reconnect with cherished memories. Special events are planned across the country, including fan conventions, commemorative exhibits, and even themed

museum displays showcasing costumes and props. Streaming services will highlight favorite episodes and launch new series like *Star Trek: Starfleet Academy*.

A themed cruise in late February offers a fun way to join fellow fans, but the celebrations extend far beyond the ocean. Whether revisiting the adventures of Captain Kirk or discovering new stories, the 60th anniversary is a joyful reminder of the optimism and imagination that *Star Trek* has inspired for decades.

The Loft

February 2026

Celebrating February

Time Management Month

Spunky Old Broads Day
February 1

Groundhog Day
February 2

Periodic Table Day
February 7

Valentine’s Day
February 14

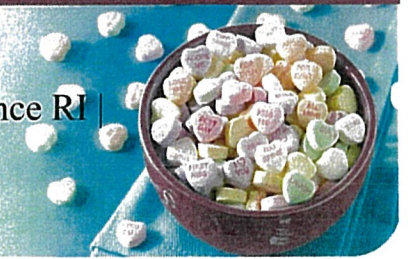
Random Acts of Kindness Week
February 15–21

Chinese New Year
(Year of the Horse)
February 17

Mardi Gras
February 17

Tell a Fairy Tale Day
February 26

The Loft | 30 Alexander Ave East Providence RI | 401-438-4456 |



Message from the Administrator

As we welcome the month of February, we are reminded that this time of year is often associated with love, kindness, and meaningful connections. While Valentine’s Day traditionally celebrates romantic love, it also offers us a wonderful opportunity to recognize love for our families, our friends, our colleagues, and our community as a whole.

Thank you for being an essential part of our community and for the many ways you share kindness and love throughout the year. I wish you a joyful and meaningful February.

Warmest Regards,
Jamie

The Long Sleep

Karolina Olsson of Sweden became known as the “Sleeping Beauty of Oknö” at the age of 14 when she fell into a deep sleep on February 22, 1876, and did not awake for 32 years. How did she survive? Family members diligently spoon-fed her sweetened milk each day. Over the years, they sometimes observed her sleepwalking or crawling. Her family and much of her small remote village believed the girl bewitched.

When Olsson finally awoke, she looked in the mirror and burst into tears. She hardly recognized herself, yet she seemed to have aged only to her mid-20s. Doctors examined her to find no lasting physical or mental damage, only that her mind was still that of a 14-year-old. She had amazingly, inexplicably “hibernated,” though today’s doctors suggest she might have been in a state of catatonia.