

# MERIT Centre North

*February* 2026 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>National Groundhog Day</b>  8:00 Coffee Brews & News  8:30 Daily chronicle discussions – Ground Hog's Day predictions for late winter/early spring  9:00 Groundhog Workout  10:00-11:00- Monday Mornings at Main Library  11:30 Lunch  12:30 DIY Valentine's Card  1:30 Snack  2:00 Scrabble  3:00 Murdle Puzzles/Brain Games	<b>3</b> <b>Carrot Cake Day</b>  8:00 Coffee Brews & News  9:00 Spoonerisms  10:00 Pool Noodle Table Hockey  11:00 Get Fit with Paul Eugene  11:30 Lunch  12:30 Scenic Drive- Airport/Nelson Park Harbor in French Island (walking if weather permits)  1:30 Snack  2:00 Cardio Drumming  3:00 Brain Games	<b>4</b> <b>Thank A Mail Carrier Day</b>  8:00 Coffee Brews & News  9:00 Make Chex Mix  10:00 Manicures and Hand Massages  11:00 Exercise  11:30 Lunch  12:30- Tiny Valentines with Alison  1:30 Snack  2:00 Would You Rather  3:00 Brain Games	<b>5</b> <b>National Weather Person's Day</b>  8:00 Coffee Brews & News  9:00 Game Day Pennants/ Make Football Brownies  11:00 Exercise  11:30 Lunch  12:30 Scenic Drive to La Crosse Weather Station (walking if weather permits)  1:30 Snack  2:00 Weather Sayings & Poems  3:00 Brain Games	<b>6</b> <b>Olympic Games Day</b>  8:00 Coffee Brews & News  9:00 Daily chronicle discussions- Superbowl & Olympics  11:00 Exercise  11:30 Lunch  12:30 Dollar General in West Salem  1:30 Snack  <b>Olympic Game Stations</b> -Cornhole -Giant Bowling -Put Put Golf -Ring Toss -Basketball -Table Hockey

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9</b> <b>National Pizza Day</b>  8:00 Coffee Brews & News  9:00 Daily chronicle discussions about current events  10:00-11:00- Monday Mornings at Main Library  11:00 Exercise  11:30 Lunch <i>Pizza Party</i>  12:30 Create Valentines for PH Tenants / MC Participants  1:30 Snack  2:00 Headbandz Game  3:00 Brain Games	<b>10</b> <b>Umbrella Day</b>  8:00 Coffee Brews & News  9:00 White board Hot Seat Game  10:00 Karaoke  11:00 Exercise  11:30 Lunch  12:30- Joyce Kaskenmaki: Solace Artist Reception and Talk   Viterbo University Gallery (Fine Arts Center 3 <sup>rd</sup> Floor)  2:00 Snack  2:30 Origami Blossom Hearts  3:00 Brain Games	<b>11</b> <b>National Guitar Day</b>  8:00 Coffee Brews & News  9:00 All About Guitars  9:15 Manicures and Hand Massages  10:00- Floyd's Senior Moments: John Fuchs, musician @ Onalaska Library (depart @ 930)  11:00 Exercise  11:30 Lunch  12:30- Music of Bruce Greenwood  1:30 Snack  2:00 Whiteboard Missing Letters word game  3:00 Brain Games	<b>12</b> <b>Abraham Lincoln's Birthday</b>  8:00 Coffee Brews & News  9:00 Cardboard Tube Penguin Craft  10:00 Folded Fan Heart Wreaths  11:00 Exercise  11:30 Lunch  1:00- Music Café @ South Side Neighborhood Center (depart at 12:30)  2:30 Snack  3:00 Abraham Lincoln's Beard Short Story  3:30 Abraham Lincoln's Quotes	<b>13</b> <b>Galentine's Day</b>  8:00 Coffee Brews & News  9:00 Good News Discussion  10:00- Deliver Valentine's to Tenants at Prairie Home in Holmen  11:00 Exercise  11:30 Lunch  <b>MCN Valentine's Party</b>  -Valentine Bingo -Valentine Scavenger Hunt -Cupid's Love Potion

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16</b> <i>Presidents Day</i> <b>8:00 Coffee Brews &amp; News</b> <b>9:00 Daily chronicle discussions about current events</b> <b>10:00-11:00- Monday Mornings at Main Library</b> <b>11:00 Exercise</b> <b>11:30 Lunch</b> <b>12:30 US Government Trivia</b> <b>1:00 Sticky Word Builder Whiteboard Game</b> <b>1:30 Snack</b> <b>3:00 Brain Games</b>	<b>17</b> <i>Mardi Gras "Fat Tuesday"</i> <b>MCN Mardi Gras Party</b> <b>-Mardi Gras Cuisine</b> <b>-Mask Decorating</b> <b>-Mardi Gras Parade</b> <i>Play traditional jazz and R&amp;B music.</i> <i>Share the history of Mardi Gras, its colors (purple for justice, green for faith, and gold for power)</i> <i>Ask if anyone has personal stories of the celebration</i> <b>11:00 Exercise</b> <b>11:30 Lunch</b> <b>12:30 Culvers</b> <b>1:30 Snack</b>	<b>18</b> <i>Battery Day</i> <b>8:00 Coffee Brews &amp; News</b> <b>9:00 Playing Cards Heart Wreath/ Manicures and Hand Massages</b> <b>10:00- Floyd's Senior Moments: David Jones @ Onalaska Library (depart at 930)</b> <b>11:00 Chair Yoga</b> <b>11:30 Lunch</b> <b>12:30- Activity with Alison</b> <b>1:30 Snack</b> <b>2:00 Dominos</b> <b>3:00 Wii Bowling</b>	<b>19</b> <i>Chocolate Mint Day</i> <b>8:00 Coffee Brews &amp; News</b> <b>9:00 Make Sensory Heat Pads with essential oils</b> <b>10:00 Nerf Gun Target Practice</b> <b>11:00 Dance Workout</b> <b>11:30 Lunch</b> <b>1:00- Music Café @ South Side Neighborhood Center</b> <b>1:30 Snack</b> <b>2:00 Spaghetti Marshmallow Tower Challenge</b> <b>3:00 Brain Games</b>	<b>20</b> <i>Comfy Day Love Your Pet Day</i> <b>8:00 Coffee Brews &amp; News</b> <b>9:00 Walking Club</b> <b>10:00 Humane Society Pet Visits</b> <b>11:00 Exercise</b> <b>11:30 Lunch</b> <b>12:30- Bingo @ MCN</b> <b>1:30 Snack</b> <b>2:00 Remember When Trivia</b> <b>3:00 Brain Games</b>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>23</b> <b><i>Banana Bread Day</i></b>  <b>8:00 Coffee Brews &amp; News</b>  <b>9:00 Bake Banana Bread</b>  <b>10:00-11:00- Monday Mornings at Main Library</b>  <b>11:00 Exercise</b>  <b>11:30 Lunch</b>  <b>12:00 Music &amp; Word Games</b>  <b>1:00- The Game Guy (joined by MCS)</b>  <b>2:00 Snack</b>  <b>2:30 Create Heart Paper Flowers</b>	<b>24</b> <b><i>Tortilla Chip Day</i></b>  <b>8:00 Coffee Brews &amp; News</b>  <b>9:00 Morning Stretch</b>  <b>10:00 Group Crossword Puzzles</b>  <b>11:00 Exercise</b>  <b>11:30 Lunch</b>  <b>12:30 Creation Space @ Spirituality Center</b>  <b>1:30 Snack</b>  <b>2:00 Cardio Drumming</b>  <b>3:00 Card Tournaments</b>	<b>25</b> <b><i>Chocolate Covered Nut Day</i></b>  <b>8:00 Coffee Brews &amp; News</b>  <b>9:00 Daily chronicles</b>  <b>10:00 – Floyd’s Senior Moments: The Nine Devines of Chippewa Falls Darius Husain @ Onalaska Library (depart @ 930)</b>  <b>11:00 Exercise</b>  <b>11:30 Lunch</b>  <b>12:30 Manicures and Hand Massages</b>  <b>1:30 Snack</b>  <b>2:00 Board Games</b>  <b>3:00 White Board Jeopardy</b>	<b>26</b> <b><i>National Small Dog Day</i></b>  <b>8:00 Coffee Brews &amp; News</b>  <b>9:00 All About Dogs Trivia</b>  <b>10:00 Walking Club</b>  <b>11:00 Exercise</b>  <b>11:30 Lunch</b>  <b>1:00- Music Café @ South Side Neighborhood Center</b>  <b>2:00 Snack</b>  <b>3:00 Balloon Volleyball</b>	<b>27</b> <b><i>National Polar Bear Day</i></b>  <b>8:00 Coffee Brews &amp; News</b>  <b>9:00 Board Games</b>  <b>10:00 Human Society Pet Visits</b>  <b>11:00 Exercise</b>  <b>11:30 Lunch</b>  <b>12:30 Bingo @ MCS</b>  <b>1:30 Snack</b>  <b>2:00 Polar Bear Documentary</b>  <b>3:00 Card Memory Match Game</b>

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