

MERIT Centre North

February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>National Groundhog Day</i> 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	3 <i>Carrot Cake Day</i> 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	4 <i>Thank A Mail Carrier Day</i> 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	5 <i>National Weather Person's Day</i> 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	6 <i>Olympic Games Day</i> 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 <i>Olympic Game Stations</i> -Cornhole -Giant Bowling -Put Put Golf -Ring Toss -Basketball -Table Hockey

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 National Pizza Day 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 Pizza Party 12:30 Create Valentines for PH Tenants / MC Participants 1:30 Snack 2:00 Headbandz Game 3:00 Brain Games	10 Umbrella Day 8:00 Coffee Brews & News 9:00 White board Hot Seat Game 10:00 Karaoke 11:00 Exercise 11:30 Lunch <u>12:30- Joyce Kaskenmaki: Solace Artist Reception and Talk Viterbo University Gallery</u> (Fine Arts Center 3 rd Floor) 2:00 Snack 2:30 Origami Blossom Hearts 3:00 Brain Games	11 National Guitar Day 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	12 Abraham Lincoln's Birthday 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	13 Galentine's Day 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 MCN Valentine's Party -Valentine Bingo -Valentine Scavenger Hunt -Cupid's Love Potion

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

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

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