

MERIT Centre South

February 2026 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 National Groundhog Day 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 Carrot Cake Day 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 Thank A Mail Carrier Day 8:00 Coffee Brews & News 9:00 Make Chex Mix 10:00 Manicures and Hand Massages, Facials 11:00 Exercise 11:30 Lunch 12:30: Music of Bruce Greenwood 1:30 Snack 2:00 Board Games 3:00 Brain Games	5 National Weather Person's Day 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 Olympic Games Day 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 Olympic Game Stations -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 ST Tenants / MC Participants 1:30 Snack 3:00 Brain Games	10 Umbrella Day 8:00 Coffee Brews & News 9:00 Daily chronicle discussions 10:00 Facials, Aromatherapy, Meditation 11:00 Exercise 11:30 Lunch 12:30- Joyce Kaskenmaki: Solace Artist Reception and Talk Viterbo University Gallery (Fine Arts Center 3 rd Floor) 1:30 Snack 2:00 Create Valentines for ST Tenants / MC Participants 3:00 Brain Games	11 National Guitar Day 8:00 Coffee Brews & News 9:00 All About Guitars 9:00 Manicures and Hand Massages, Facials 10:00- Floyd's Senior Moments: John Fuchs, musician @ Onalaska Library (depart @ 930) 11:00 Exercise 11:30 Lunch 12:30: Tiny Valentines with Allison 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 Daily chronicle discussions 10:00 Make Search and Find Bottles 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
16 <i>Presidents Day</i> 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 12:30 US Government Trivia 1:00 Sticky Word Builder Whiteboard Game 1:30 Snack 3:00 Brain Games	17 <i>Mardi Gras "Fat Tuesday"</i> MCN Mardi Gras Party -Mardi Gras Cuisine -Mask Decorating -Mardi Gras Parade <i>Play traditional jazz and R&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> 11:00 Exercise 11:30 Lunch 12:30 Culvers 1:30 Snack	18 <i>Battery Day</i> 8:00 Coffee Brews & News 9:00 Daily chronicle discussions about current events Manicures and Hand Massages 10:00- Floyd's Senior Moments: David Jones @ Onalaska Library (depart at 930) 11:00 Exercise 11:30 Lunch 1:30 Snack 3:00 Brain Games	19 <i>Chocolate Mint Day</i> 8:00 Coffee Brews & News 9:00 Spaghetti Marshmallow Tower Challenge 10:00 Make Sensory Heat Pads with essential oils 11:00 Exercise 11:30 Lunch 1:00- Music Café @ South Side Neighborhood Center 1:30 Snack 3:00 Brain Games	20 <i>Comfy Day</i> <i>Love Your Pet Day</i> 8:00 Coffee Brews & News 9:00 Walking Club 10:00 Humane Society Pet Visits 11:00 Exercise 11:30 Lunch 12:30- Bingo @ MCN 1:30 Snack 2:00 Remember When Trivia 3:00 Brain Games

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 <i>Banana Bread Day</i> 8:00 Coffee Brews & News Create a MERIT Centre Recipe Book (participants bring a recipe from home to share) 10:00-11:00- Monday Mornings at Main Library 11:00 Exercise 11:30 Lunch 1:00- The Game Guy (joined by MCS) 2:00 Snack 2:30 Ball Drumming 3:00 Brain Games	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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