

February 2026 - TrainView

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Black History Month</p> <p>10:30 Virtual Church Services & Hymns [T]</p> <p>11:00 Daily Chronicles & Trivia [T]</p> <p>4:00 Oshibori-Hand Washing [T]</p>	<p>Groundhog Day</p> <p>10:30 Scarf/Rhythm Sticks Exercises [T]</p> <p>11:00 Monday Trivia [G]</p> <p>11:00 Daily Chronicles & Trivia [T]</p> <p>11:30 Oshibori - hand washing [TP]</p> <p>1:00 Sing-A-Long [T]</p> <p>2:00 Pet Visits with Lucy [TPA]</p> <p>2:30 Bingo [T]</p> <p>4:00 Oshibori-Hand Washing [T]</p>	<p>National Golden Retriever Day</p> <p>10:30 Chair Exercises [T]</p> <p>10:30 Chair Exercises [T]</p> <p>11:00 Daily Chronicles & Trivia [T]</p> <p>11:00 Daily Chronicles & Trivia [T]</p> <p>11:00 Daily Chronicles & Trivia [T]</p> <p>11:30 Oshibori - hand washing [TP]</p> <p>1:00 Spark Challenge [G]</p> <p>3:00 Manicures & Spa [T]</p> <p>4:00 Oshibori-Hand Washing [T]</p>	<p>Rosa Parks Day</p> <p>10:00 Chair Zumba Exercises [T]</p> <p>11:00 Daily Chronicles & Trivia [T]</p> <p>11:30 Oshibori - hand washing [TP]</p> <p>1:00 Book Club with Dr. Bill-Zoom [G]</p> <p>2:30 Bingo [T]</p> <p>2:30 Pet Visits with Bella [TPA]</p> <p>4:00 Oshibori-Hand Washing [T]</p>	<p>10:15 Fitness Class [T]</p> <p>10:45 Flashback Reminisce Games [T]</p> <p>11:00 Daily Chronicles & Trivia [T]</p> <p>11:30 Oshibori - hand washing [TP]</p> <p>2:00 Creative Arts & Crafts [T]</p> <p>4:00 Oshibori-Hand Washing [T]</p>	<p>National Wear Red Day</p> <p>10:30 Chair Dance Exercises [T]</p> <p>11:00 Daily Chronicles & Trivia [T]</p> <p>11:30 Oshibori - hand washing [TP]</p> <p>1:00 Active Game [T]</p> <p>2:30 Happy Hour [TP]</p> <p>4:00 Oshibori-Hand Washing [T]</p>	<p>11:00 Daily Chronicles & Trivia [T]</p> <p>1:00 Movie of choice [TP]</p> <p>3:00 Kinect Bowling [T]</p> <p>4:00 Oshibori-Hand Washing [T]</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Superbowl Sunday 8 10:30 Virtual Church Services & Hymns [T] 11:00 Daily Chronicles & Trivia [T] 4:00 Oshibori-Hand Washing [T] 5:30 Superbowl Seahawks vs. Patriots	National Pizza Day! 9 10:30 Sit & Be Fit! 10:30 Scarf/ Rhythm Sticks Exercises [T] 11:00 Daily Loop 11:00 Monday Trivia [G] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Sing-A-Long [T] 2:30 Bingo [T] 4:00 Oshibori-Hand Washing [T]	10:30 Goat Shine- Goat Therapy [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Spark Challenge [G] 2:30 Craft: Valentine Craft [G] 3:00 Manicures & Spa [T] 4:00 Oshibori-Hand Washing [T]	Thomas Edison's Birthday 10 10:00 Chair Zumba Exercises [T] 11:00 Daily Chronicles & Trivia [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 2:00 Creative Arts & Crafts [T] 4:00 Oshibori-Hand Washing [T] 1:00 Book Club with Dr. Bill-Zoom [G] 2:30 Bingo [T] 4:00 Oshibori-Hand Washing [T]	Hug Day 12 10:15 Fitness Class [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 2:00 Creative Arts & Crafts [T] 4:00 Oshibori-Hand Washing [T]	10:30 Chair Dance Exercises [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Active Game [T] 2:30 Happy Hour [TP] 4:00 Oshibori-Hand Washing [T]	Valentine's Day 14 11:00 Daily Chronicles & Trivia [T] 1:00 Movie of choice [TP] 3:00 Kinect Bowling [T] 4:00 Oshibori-Hand Washing [T]
10:30 Virtual Church Services & Hymns [T] 11:00 Daily Chronicles & Trivia [T] 4:00 Oshibori-Hand Washing [T]	Happy Birthday Lexie! 16 Washington's Birthday 10:30 Scarf/ Rhythm Sticks Exercises [T] 11:00 Monday Trivia [G] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Sing-A-Long [T] 2:30 Bingo [T] 4:00 Oshibori-Hand Washing [T]	Chinese New Year- Year of the Fire Horse Mardi Gras 10:30 Chair Exercises [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Spark Challenge [G] 2:00 Mardi Gras Party-Music-Tom Paquin [DR] 3:00 Manicures & Spa [T] 4:00 Oshibori-Hand Washing [T]	Ash Wednesday 18 10:00 Catholic Communion Services [CR] 10:00 Chair Zumba Exercises [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Kinnect Bowling [T] 1:00 Book Club with Dr. Bill-Zoom [G] 2:30 Bingo [T] 2:30 Pet Visits with Bella [TPA] 4:00 Oshibori-Hand Washing [T]	Happy Birthday Connie! 19 10:15 Olympic Exercises [T] 10:45 Flashback Reminisce Games [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 11:30 Oshibori - hand washing [TP] 2:00 Creative Arts & Crafts [T] 4:00 Oshibori-Hand Washing [T]	National Love Your Pet Day 20 10:30 Chair Dance Exercises [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Active Game [T] 2:30 Happy Hour [TP] 4:00 Oshibori-Hand Washing [T]	11:00 Daily Chronicles & Trivia [T] 1:00 Movie of choice [TP] 3:00 Kinect Bowling [T] 4:00 Oshibori-Hand Washing [T]
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
National Margarita Day 22	10:30 Scarf/Rhythm Sticks Exercises [T] 10:30 Virtual Church Services & Hymns [T] 11:00 Daily Chronicles & Trivia [T] 4:00 Oshibori-Hand Washing [T]	10:30 Chair Exercises [T] 11:00 Monday Trivia [G] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Sing-A-Long [T] 1:30 Lake Rose Strings-Violin Duo [DR] 2:30 Bingo [T] 4:00 Oshibori-Hand Washing [T]	Happy Birthday Carole B.! 23 10:30 Chair Exercises [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Spark Challenge [G] 3:00 Manicures & Spa [T] 4:00 Oshibori-Hand Washing [T]	Happy Birthday Lorraine R! 24 10:00 Chair Zumba Exercises [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Kinect Bowling [T] 1:00 Book Club with Dr. Bill-Zoom [G] 2:30 Bingo [T] 4:00 Oshibori-Hand Washing [T]	National Chili Day 25 10:15 Fitness Class [T] 10:45 Flashback Reminisce Games [T] 11:00 Daily Chronicles & Trivia [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Active Game [T] 2:00 Open House: "A Sweet Place to Call Home"- Music with Lars Carlson [CR] 2:30 Happy Hour [TP] 4:00 Oshibori-Hand Washing [T]	10:30 Chair Dance Exercises [T] 11:00 Daily Chronicles & Trivia [T] 11:30 Oshibori - hand washing [TP] 1:00 Kinect Bowling [T] 2:00 Creative Arts & Crafts [T] 4:00 Oshibori-Hand Washing [T]	National Pancake Day! 28 11:00 Daily Chronicles & Trivia [T] 1:00 Movie of choice [TP] 3:00 Kinect Bowling [T] 4:00 Oshibori-Hand Washing [T]



Trails of Orono
ASSISTED LIVING & MEMORY CARE

Schedule is subject to change.

ALL all
CR CR
DR DR
G Gathering Room
T Trailview
TP Trailview and Pineview
TPA Trailview, Pineview, Assisted Living

Happy Birthday to
2/10 Sara Chambers
2/19 Constance Batdorf
2/25 Lorraine Roden