

CONOVER CENTER FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Birthdays Sherri 2/2 Johnny 2/10 Alex 2/17 Michael N. 2/20</p> 	<p>Anniversaries Andrew 2/6 (1 yr) Angela 2/27 (2yrs)</p>  <p>All Activities Subject to Change</p>	<p>Daily Schedule 8-10 Transportation & Breakfast 10-11 Check-In/Activity 12 Drink Sales 12:15 Lunch 2:30 Snack 3-4 Transportation</p>
<p>2 11-Mental Health Monday: Yerkes-Dodson Law 12:45-Outing: Walmart 1-BINGO 2-Mindfulness Monday : Leaves on a Stream</p>	<p>3 10:30-Bible Study (D)/Cooking Class 11-Craft: Freedom Quilt 12:45 Volunteering: Ashure 1-Black History Month & Civil Rights</p> 	<p>4 11-Participant Council Meeting 12:45-Volunteering: Ashure 1-Goal Group: Maslow's Hierarchy of Needs</p> 	<p>5 10:30-Community Outing: Pin Station Bowling 1-Coping Skills: Stress Management</p> 	<p>6 National Wear Red Day 10:30-Peer Group 11-Community Outing: Library & Park 1-Super Bowl Fun & Games</p> 
<p>9 11-Mental Health Monday: Love Languages & Social Support 12:45-Outing: Walmart 1-BINGO 2-Minfulness Monday: RAIN</p>	<p>10 10:30-Bible Study (D) 11-Outing: Food Bank & Bread Store 12:45-Volunteering: Ashure 1-DBT Group: Radical Acceptance</p>	<p>11 11-Craft: Valentine Cards 12:45-Volunteering: Ashure 1-Goal Group: Your Wisest Self</p> 	<p>12 10:30-Community Outing: Thrift Shopping 11-Craft: Love Bugs 1-Coping Skills: Body Image 2-Guest Speaker: Melanie-Heart Health & Stroke Prevention</p> 	<p>13 Self Love Day 10:30 Cooking Class: Brunch/Peer Group 11-Outing: Library & Park 1-Valentine Party w/Music by ADJV</p> 
<p>16 11-Mentla Health Monday: What is Worry & Productive Worry 12:45-Outing: Walmart 1-BINGO 2-Mindfulness Monday: Squeeze & Relax Script</p>	<p>17 10:30-Bible Study (D)/Cooking Class 11-Craft: I Have a Dream Catcher 11:30-Guest: Pastor Wesley 12:45-Volunteering: Ashure 1-DBT Group: Emotion Regulation</p>	<p>18 11-Volunteering: Meals on Wheels 12:45-Volunteering: Ashure 1-Goal Group: Strength Exploration</p> 	<p>19 10:30-Community Outing: Carolina Theater (\$6.00) 1-Coping Skills: Thinking Errors</p> 	<p>20 10:30-Peer Group 11-Community Outing: Library & Park 1-Jeopardy</p> 
<p>23 11-Mental Health Monday: Forgiveness 12:45-Outing: Walmart 1-BINGO 2-Mindfulness Monday Urge Surfing</p> 	<p>24 10:30-Bible Study (D) 11-Community Outing: Dollar Tree 11- Guest: Libbie 12:45-Volunteering: Ashure 1-DBT Group: Distress Tolerance</p>	<p>25 11-Craft: Unity Wreath/Cooking Class 12:45-Volunteering: Ashure 1-Goal Group: Best Possible Self</p>	<p>26 10:30-Guest: Seniors on the Move 11-Trivia 1-Coping Skills: Gratitude Exercises</p> 	<p>27 10:30-Baking with Carly/Peer Group 11-Community Outing: Library & Park 1-BINGO 2-Birthday Celebrations</p>