

# FEBRUARY 2026

Catholic Charities		FEBRUARY 2026					
The Carl Gellert & Cella Berta Gellert Foundation Adult Day Services, San Mateo County 787 Walnut Street, San Carlos, CA 94070 650.592.9325		Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4	5	6	7	8	
<b>Current Event</b> Ring Toss Floor Bowling Aroma Therapy Groundhog Day		<b>Caregiver Support Group</b> News & Views Tic Tac Golf Bocceball Aroma Therapy Scarves Exercise		<b>Burlingame Memory Café</b> Mindbenders Cup Bowling Pickleball Dominoes Water Bottle Exercise		<b>Pet Therapy</b> Charades Soccer Tournament Corn Hole Aroma Therapy Sing Along	
9 Mad Gabs Pickleball Spin The Arrow Poetry Group Chair Zumba		10 Crosswords Target Games Floor Bowling Pictionary Drumming Circle		11 Corn Hole Volleyball Outburst Sing Along Abstract Art Collage		12 <b>Pet Therapy</b> Fun Facts Ring Toss Putt Putt Golf Aromatherapy Exercise Bands	
16 <b>PROGRAM CLOSED</b>		17 <b>Chinese New Year</b> Outburst Kickball Horseshoes Soccer Tournament Name That Tune Mardi Gras		18 <b>Belmont Memory Café</b> Drumming Circle Chair Volleyball Bocceball Password Parachute Ash Wednesday - Lent Begins		19 <b>Pet Therapy</b> Ring Toss Pickleball Find The Difference Scarves Exercise	
23 Deal Or No Deal Target Games Pickleball Poetry Group Chair Zumba		24 Truth or Myth Corn Hole Ring Toss Parachute Water Bottle Exercise		25 Pictionary Target Games Parachute Chair Zumba Chair Volleyball		26 <b>Pet Therapy</b> Senior Trivia Bocceball Fun Corn Hole Water Coloring Exercise Bands	
27 Golden Tones Chorus Trivia Pursuit Chair Yoga Colored Pins Bowling Kickball Pool Noodle Exercise		2/12 Lincoln's Birthday		2/17 - Chinese New Year Day		2/22 - Washington Birthday	
Milton R. 2/7		Lincoln's Birthday 2/12		Presidents Day 2/16		Chinese New Year 2/17	
Washington's Birthday 2/22		Goodbye February Hello March		Program partially funded by:		SAN MATEO COUNTY HEALTH All together better.	

Activities at the Catholic Charities Adult Day Services are provided five (5) days per week. We offer a variety of activities that spark excitement in our senior's lives. They are based on our senior's capabilities, physical health and behavioral status and of course, their personal preferences. We schedule activities that encourage our seniors to create, communicate, reminisce and celebrate as well as special activities to stimulate our younger population.

- REMINDERS:**
- Caregiver Support Group - FIRST Tue each month
  - Memory Café (Burlingame) - first Wed each month
  - Memory Café (Belmont) - third Wed each month
  - Golden Tones Chorus - last FRI each month