

The Worthington *Happenings*

FEBRUARY 2026



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*Winter walks
and starlit nights,
Good books and cozy hours,
Time for friends,
and heartfelt sharing,
Dreams of springtime flowers...
Although it may be short on days,
Each February brings
The simple little gifts we count
Among life's precious things.*

WELCOME TO FEBRUARY!

Welcome to February, a small but mighty month packed full of great happenings to get us through the doldrums of winter. February this year will host the winter Olympics in Italy, Superbowl LX in California, 49ers stadium, and support American History Month along with Black History Month. It also has Groundhog

Day, Valentines Day, President's Day, Mardi Gras, Chinese New Years, and Ash Wednesday. We will celebrate it all in some form or another.

We hope that you join us for some of the fun celebrations we have planned for you this month. We have tried to explain all the events in the body of the newsletter. So, we hope that you take the time to peruse the newsletter and see what we have in store for you. If you still have questions, please feel free to come and talk to Denise, her door is always open.

Also, we have been mighty lucky with no hefty snowstorms as of yet, but they will come. When they do, please make sure that you ask the front desk for help in cleaning off your cars, at least 24 hours in advance of needing it. Also please make sure you walk like a penguin on icy and slippery surfaces. If you are going to cancel appointments, please let the front desk know promptly.

WORTHINGTON HAPPENINGS

GROUND HOG DAY!

Celebrate Groundhog Day at The Worthington on February 2nd with fun that embraces one of winter's most charming traditions. This cozy gathering is all about community, conversation, and a little seasonal superstition as we follow the famous groundhog's annual prediction—will he see his shadow and bring six more weeks of winter, or will an early spring be on the way?

Residents will enjoy themed conversation, playful activities, and light refreshments in a relaxed and cheerful atmosphere. We'll share our own predictions, talk about favorite winter memories, and look ahead to the signs of spring we're most excited to see. Whether you're hoping for snowy days or warmer sunshine, this Groundhog Day celebration is a wonderful opportunity to laugh, connect, and enjoy time together. Join us at The Worthington for a morning filled with warmth, smiles, and good company. **We will do all this at our Cranium Crunch hour in the PDR at 11am.** Come join us, **please sign up so I know how much refreshment is needed.**

VALENTINES' DAY!

Celebrate Valentine's Day at The Worthington on Friday, February 14th with a heartfelt day dedicated to love in all its forms—romantic love, friendship, family, and the connections that make our community special. This Year Valentines Day will be on a Saturday, therefore, we will have some events prior to Saturday to honor the holiday, such as a Valentine craft on the 12th, and celebrating Italy's food culture and the love of chocolate on the 13th. Also sign up for the Nuance chocolate shop visit on the 6th that celebrates the worlds passion with chocolate. On Valentine's Day itself Chef Andrew and Venus are cooking up a Valentine meal and ambience that you will love. ***That's Amore!!!***

VALENTINE'S CHOCOLATE TASTING FUN

Join us at The Worthington on Thursday, February 13th at 2:30 pm for a special Valentine's Day chocolate tasting celebration. Spend the afternoon sampling a variety of delicious chocolates while enjoying relaxed conversation and warm company in a festive setting. Whether you're a lifelong chocolate lover or just looking for a sweet way to celebrate the season, this event is sure to delight.

This gathering is all about slowing down, savoring the moment, and sharing laughter with friends. Come treat yourself, discover new flavors, and enjoy a cozy Valentine's Day experience filled with sweetness and smiles. No reservations needed—just bring your love of chocolate and enjoy the fun!

WINTER OLYMPICS 2026

The 2026 Winter Olympics — officially the Milano Cortina 2026 Olympic Winter Games — are scheduled to take place in northern Italy from February 6 to 22, 2026 with events hosted across Milan (Milano) and Cortina d'Ampezzo, two iconic Italian cities blending urban culture with alpine tradition. These Games will feature 116 medal events across 16 winter sport disciplines, making them one of the most comprehensive Winter Olympics to date.

Athletes from countries around the world will compete in classic winter sports like alpine skiing, figure skating, ice hockey, snowboarding, and ski mountaineering — with new additions such as ski mountaineering and expanded events in freestyle skiing and mixed-team competitions designed to bring fresh energy to the program. Milan and Cortina's venues span cosmopolitan arenas and snowy Alpine landscapes, offering a rich backdrop for elite competition.

One of the charming and youthful elements of Milano Cortina 2026 is the pair of official mascots, Tina and Milo, two stoat siblings created through a public design contest and embodying the spirit of the host cities and the joy of sport. Tina represents the Olympic Games and Milo the Paralympics, celebrating diversity, resilience, and playful curiosity. In the lead-in to the Games, a remarkable Olympic torch relay traced a 12,000-km route beginning in

Olympia, Greece, and passing through communities across Italy before reaching Milan for the opening ceremony, symbolizing unity and the timeless Olympic tradition. We will be having documentaries of Italy and things related to the Olympics all month long! **Also join us for the Opening Ceremonies in the Activities Room on Friday the 6th at 2pm.**

WORTHINGTON SPECIAL ACTIVITIES

SUPERBOWL LX PARTY

Join us at The Worthington for a Super Bowl LX Watch Party on Sunday, February 8th at 4:30 PM in the TH. Doors open at 4:00 for pre-game social time, with the game shown live on the big screen. Whether you're a lifelong football fan, a halftime-show watcher, or just here for the commercials and company, this is a relaxed, fun way to enjoy the big game together.

Game-day snacks and refreshments will be provided, along with a few optional extras. Feel free to wear your team colors—or just bring your game-day spirit. Come early for the best seats and settle in for an afternoon of football, fun, and good company.

FAT TUESDAY

Celebrate Fat Tuesday at The Worthington with a breakfast full of color, music, and Mardi Gras cheer on Tuesday, February 17th. Join us for a festive gathering inspired by the spirit of New Orleans—think lively atmosphere, good company, and a chance to enjoy the fun traditions that make Fat Tuesday such a joyful occasion. Guests are encouraged to wear purple, green, and gold or add a festive mask or beads to get into the spirit.

We'll enjoy themed refreshments, music to set the mood, and lighthearted activities throughout the program. This is a relaxed, social celebration meant for laughter, conversation, and a little indulgence before the season turns. Come celebrate, socialize, and let the good times roll at The Worthington.

PRESIDENT'S DAY AND PRESIDENT'S BIRTHDAYS

Celebrate Presidents' Day at The Worthington with a special honoring the birthdays and legacies of Abraham Lincoln and George Washington. This meaningful gathering recognizes two of America's most influential presidents and reflects on the leadership, values, and history that helped shape our nation. Through shared stories and conversation, we'll take a moment to appreciate the impact these figures continue to have on American life.

Residents will enjoy a relaxed, educational, and social atmosphere with light refreshments and time to connect with friends and neighbors. An opportunity to remember the past, spark discussion, and celebrate our shared history together. **Join us at The Worthington for an engaging Presidents' Day observance centered on reflection, learning, and community on February 16th.** We will embrace the Presidential theme at our Cranium crunch hour.

INFORMATION MEETING WITH PAM

Join us at The Worthington for an Information Meeting with PAM (People Always Matter) on February 11th at 2:30 pm in the TH. This meeting is designed to provide clear, helpful information about PAM's services, values, and the support they offer, with a focus on people, dignity, and compassionate care. It will be presented in a relaxed, easy-to-follow format with time to listen, learn, and ask questions.

Residents and family members are welcome to attend and gain a better understanding of how PAM supports individuals and communities. The meeting will allow for open discussion, thoughtful conversation, and the opportunity to connect directly with representatives who are happy to explain programs and resources in a straightforward, respectful way. This is a great chance to become informed, feel empowered, and learn more about services that truly put people first.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 pm Movie – AR 7 pm Movie – AR 1	GROUND HOG DAY! 9 am DR. MIKE IS HERE 9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – PDR 1:30 pm Tai Chi with Yvonne – AR 2:30 pm Ken Burns America Doc- AR 7 pm Ground Hog Movie - AR 2	9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Italy Unpacked Doc - AR 1:30 pm The Witches of the Orient Doc - AR 2:45 pm Bingo - TH 3	8:30 am Walmart Run 9 am Stretch Video – AR 10 am Reader’s Theatre - AR 11 am Exercise with Erin – AR 1:15 pm Drumming with Shari – AR 2:30 pm Let’s Play Scopa - AR 7 pm TV Series - AR 4	9 am Seated Ballet– AR 10 am Ambassador’s Meeting - SR 11:30 am – 2 pm Out to Lunch: Blacked Eye Peas 2:30 pm Explore Historic Places of the Civil Rights Movement Doc - AR 3:30 pm M and M - TH 5	BUBBLE GUM DAY! 9 am King Soopers Run 9 am Exercise Video – AR 10 am Coffee and News – PDR 11 am Trip to Nuance Chocolate 2 pm 2026 Winter Olympics Opening Ceremony on NBC - AR 7 pm Movie - AR 6	9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR 7
2 pm Movie – AR 4:30 pm – Superbowl LX Party - TH 7 pm Movie – AR 8	9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – PDR 1:30 pm Tai Chi with Yvonne – AR 2:30 pm Ken Burns America Doc - AR 7 pm Nature Series - AR 9	9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Italy Unpacked Doc - AR 1:30 pm The Great Ecstasy of Woodcarver Steiner Doc - AR 2:45 pm Bingo - TH 10	9 am Stretch Video – AR 10 am Reader’s Theatre - AR 11 am Exercise with Erin – AR 1:15 pm Sit Dance with Shari – AR 2:30 pm Information Meeting PAM (People Always Matter) - TH 7 pm TV Series - AR 11	ABRAHAM LINCOLN’S B-DAY 9 am Seated Ballet– AR 10 am Kevin Cook - AR 11 am Valentine Craft - AR 1:30 pm Word Spiel - AR 2:30 pm Explore Historic Places of the Civil Rights Movement Doc - AR 3:30 pm Fit Group Exercise - AR 12	9 am Exercise Video – AR 10 am Coffee and News – PDR 11 am Rummikub 1:30 pm Celebrate the Italian Delight Tortoni – AR 2:30 pm Chocolate Tasting Fun - TH 7 pm Movie - AR 13	VALENTINE’S DAY 9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR 14
2 pm Movie – AR 7 pm Movie – AR 15	PRESIDENT’S DAY 9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – PDR 1:30 pm Tai Chi with Yvonne – AR 2:30 pm Ken Burns America Doc- AR 7 pm Nature Series - AR 16	MARDI GRAS (FAT TUESDAY) 9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Italy Unpacked Doc - AR 1:30 pm Singing Bowls - DR 2:45 pm Bingo – TH 17	ASH WEDNESDAY 9 am Stretch Video – AR 10 am Reader’s Theatre - AR 11 am Exercise with Erin – AR 1:15 pm Drumming with Shari – AR 2:30 pm Reader’s Theatre presents their play-TH 7 pm TV Series - AR 18	9 am Seated Ballet– AR 10 am Chinese New Year – Understanding the Chinese Zodiac Doc - AR 11 am Jim Willard - AR 2:30 pm Explore Historic Places of the Civil Rights Movement Doc - AR 3:30 pm M and M - TH 19	9 am King Soopers Run 9 am Exercise Video – AR 10 am Coffee and News – PDR 10 – 11 am Blood Pressure Clinic 11 am Rummikub 1:30 pm Wine and Cheese in Lobby 7 pm Movie - AR 20	9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR 21
GEORGE WASHINGTON’S B-DAY 12 pm Closing Winter Olympics Ceremony on NBC- AR 2 pm Movie – AR 7 pm Movie – AR 22	9 am Exercise – AR 10 am Word Games - AR 11 am Cranium Crunches – PDR 1:30 pm Tai Chi with Yvonne – AR 2:30 pm Ken Burns America Doc- AR 7 pm Nature Series - AR 23	9 am Exercise with Erin – AR 10 am Current Events – PDR 11 am Italy Unpacked Doc - AR 1:30 pm Jeopardy - TH 2:45 pm Bingo – TH 24	9 am Stretch Video – AR 10 am Reader’s Theatre - AR 11 am Exercise with Erin – AR 1:15 pm Sit Dance with Shari – AR 2:30 pm Birthday Party - DR 7 pm TV Series - AR 25	9 am Seated Ballet – AR 10 am Child in Post Day Doc - AR 11 am insert Speaker, Ken Ohara talks about hibernators 1:30 pm King of Motown Doc - AR 2 pm – Townhall Meeting - TH 3:30 pm Fit Group Exercise - AR 26	8 am Men’s Breakfast - PDR 9 am Exercise Video – AR 10 am Coffee and News – PDR 11 am Rummikub - AR 2 pm Book Club - PDR 7 pm Movie - AR 27	9 am Exercise with Brynn – AR 10 am Bingo – TH 11 am Wii Bowling – AR 2 pm Movie – AR 7 pm Movie - AR 28

FEBRUARY 2026

The Worthington

All activities are subject to change.



OUT TO LUNCH

Please join us for a special lunch trip on Thursday, February 5th. This month we will travel to Black Eyed Peas. Black Eyed Pea is a cozy eatery known for its welcoming atmosphere and hearty comfort food. Featuring a diverse menu of classic American dishes, the restaurant specializes in dishes made with fresh ingredients and homestyle recipes. Whether you're in the mood for savory meatloaf, flavorful chili, or a delightful salad, Black Eyed Pea offers something for everyone, making it a perfect spot for family gatherings or casual dining with friends. Please sign up quickly since this is always a popular event. We always have fun and it's a great way to break up the winter doldrums.

TRIP TO NUANCE CHOCOLATE

Join us for a special outing to Nuance Chocolate on February 6 at 11:00 AM, where we'll experience the art of fine, small-batch chocolate making in the heart of Old Town Fort Collins. Nuance Chocolate is known for creating authentic, thoughtfully crafted chocolate made straight from ethically sourced cacao beans. This visit offers a wonderful opportunity to see how chocolate is transformed from bean to bar using traditional methods and careful craftsmanship.

At Nuance Chocolate, premium cacao beans from ethical growers around the world are gently roasted in small batches, then ground for up to three days



to develop rich flavors, aromas, and smooth textures. Guests will have the chance to enjoy a sampler tray, sip French-style hot chocolate, and browse a variety of treats including single-origin bars and handcrafted truffles. This relaxed and sensory-rich trip is perfect for chocolate lovers and those who enjoy learning something new while indulging a little. Join us for a sweet, flavorful, and memorable experience.

KEVIN COOK

Kevin will be at the Worthington for his 2nd installment of his Colorado Nature series. This installment is entitled "Kind not Size, A Nest Helper, and Unexpected Venom" and he said, "Slurring names imposes misunderstanding that becomes culturally accepted. And who would expect a snake could help an owl raise offspring? Speaking of snakes invokes images of venom, but no one associates venom with mammals even though we have one." Please come and join the experience on February 12th at 10 AM. Also remember our fun guy, Jim Willard, will be here the following Thursday at 11 am to take you down memory lane with music, facts and trivia of years gone by. Join him in the AR, it's always a blast.

DOCS OF THE MONTH

The Worthington invites residents to explore powerful stories and global history through a thoughtfully curated lineup of documentaries celebrating Black history, American history, the 2026 Olympics, and Chinese New Year. These programs are designed to be engaging, reflective, and accessible, offering both education and meaningful conversation in a relaxed group setting.

On Mondays at 2:30 PM, we'll feature the Ken Burns American Revolution documentary series, offering a deep and human look at defining moments in the American revolution. Tuesdays at 11:00 AM bring Italy Unpacked, a cultural journey through Italy's history, food, and landscapes. Additional special screenings include The Witches of the Orient on Tuesday, February 3rd at 1:30 PM, a remarkable story of perseverance and teamwork, and The Great Ecstasy of Woodcarver Steiner on February 20th at 1:30 PM, an artistic and visually striking documentary.

In honor of Black History Month, we will Explore Historic Places of the Civil Rights Movement on Thursdays at 2:30 PM, highlighting the people and locations that shaped the fight for equality. On February 26th, we'll present two powerful documentaries: Child in Post Day at 10:00 AM, followed by King of Motown at 11:00 AM, celebrating the legacy and cultural impact of Motown music. We will also recognize Chinese New Year with Understanding the Chinese Zodiac on Thursday, February 19th at 10:00 AM, offering insight into tradition, symbolism, and cultural meaning.

This month-long documentary series is an opportunity to learn, reflect, and connect through stories that span cultures, generations, and milestones in human history. Join us at The Worthington for engaging afternoons of film, discussion, and shared discovery.

READERS THEATRE

If you haven't heard, we have a Readers theatre group that has been having fun on Wednesday mornings at 10 AM. Worthington volunteer, Michelle Shaub has been leading the fun. Residents are really enjoying the experience of play acting and are excited to write a play about life here at The Worthington. If you are interested in joining or watching, they would love to have you. Please feel free to try, it's a great experience.

GAMES YOU MAY ENJOY THIS MONTH

Come and learn a new game this month. Game playing is a great way to engage and keep your brain health at it's optimum. Come learn the Italian card game of Scopa, learn how to play rummikub and word spiel or join us for word games such as crossword or hangman. Also, Bingo and Cranium crunches offer fun with brain exercise.

GRIEF SUPPORT FOR THOSE WHO HAVE LOST CHILDREN

There is a monthly grief support group meeting in the Sunroom on the 2nd Tuesday of each month at 6:30 PM. Anyone is welcome that has had the specific hardship and emotional turmoil of losing a child. This grief is one of the hardest to overcome and support groups are wonderful in sharing the burden. Resident, Ruth Billington is leading the group and she welcomes you to join if you need to. She assures you that everything shared in the meeting is confidential. Any questions, please ask Ruth or Denise.

TRIPS OF THE MONTH

Wednesday, February 4th at 8:30 am
Walmart Run

Thursday, February 5th at 11:30 am
Out to Lunch: Black Eyed Pea

Friday, February 6th at 9 am
King Soopers Run

Friday, February 6th at 11 am
Nuance Chocolate in Old Town

Friday, February 20th at 9 am
King Soopers Run





Families enjoying our holiday buffet.



Larimer County Garden club throws a tea for residents.



Residents have a lot to talk about.



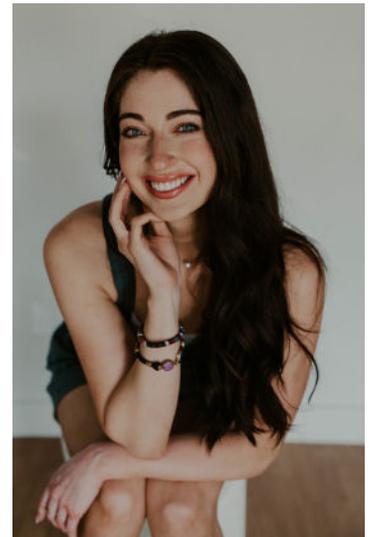
Rummikub time!



Piano hour at the Worthington.



Activity punch card winner breakfast.



Our new front desk person, Alyssa.