

February 2026 Calendar Descriptions

Monday, February 2

10:00 am – 12:00 pm

Art Expression: Pretzels and Poetry: Express yourself with words of love and create a sweet treat for yourself or someone special! Create a Valentine's Day treat to wrap and take home. Then, create a unique display of love creating 'visual poetry' using well-known verses, or write your own from the heart. A multi-sensory and fun program to explore our creativity.

Join any time between 10:00 am and 12:00 pm to complete your Valentine Day surprise!!

1:00 pm

Toss and Talk: A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that's the question you answer, sparking happy memories, great conversations, and meaningful connections.

2:00 pm

GAME DAY! – Family Feud!: Based on the classic TV program, compete to come up with the best list of answers on a variety of topics, such as food, music, TV shows, and other familiar categories. A fun battle of educated guesses and quick thinking. Participants play as a team to rack up points and see who becomes the Family Feud Champion!

Tuesday, February 3

10:00 am

Better Balance: Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

11:00 am

Chair Yoga Bingo: A literal 'twist' on the classic bingo game, players will perform a variety of simple, seated yoga poses and stretches, as shown on their card (and demonstrated by the instructor). Experience healthy movement for your body, while also engaging your mind. An old favorite, done in a new way!

1:00 pm – 3:00 pm

Art Expression – Handmade Valentines: When your valentine is handmade with love – it's something to cherish forever! Join us to create your one-of-a-kind valentine. No experience required for this hand-sewn project. Just your creativity and an open heart!

Join any time between 1:00 pm and 3:00 pm to complete your Valentine!!

Wednesday, February 4

10:00 am

Poetry in Motion: Let words move you—literally. In this soothing session, meaningful poetry is paired with gentle, structured movements to create a rhythmic flow that connects mind, body, and breath. As each verse unfolds, participants are guided through motions that mirror the tone and imagery of the poems, encouraging relaxation, expression, and a renewed sense of calm and connection.

11:00 am

Winter Reflections: A time to pause and reflect on the week and explore the successes we experienced, no matter how small. The practice of storytelling along with simple relaxation techniques to enhance emotional well-being and cultivate a sense of achievement. Sharing and listening to stories helps group members encourage each other to focus on positive reflection and promote resilience. All stories of learning experiences—big or small, old, or new—are welcome as we gather around our “fireside” to relax and recharge.

1:30 pm to 4:30 pm

Free memory screenings: Please contact the Center at 631-223-4000 to schedule an appointment. Appointments are required.

Thursday, February 5

10:00 am

Grounded in Motion: A gentle chair-based movement program that blends stability, mobility, and mindful awareness. Participants stay rooted and supported while exploring safe, accessible exercises designed to improve strength, flexibility, balance, and overall well-being. It's a calm, empowering way to stay active, connected, and confidently in motion.

11:00 am

SNOW MOTION!!! Snow Motion is an upbeat series of movement-based activities that challenge your mind as well as your body. Work as part of a team to complete tasks such as “cocoa toss” and “snowball swap”. A winter themed twist on movement and game day fun!

1:00 pm – 3:00 pm

GAME DAY! – Jeopardy/Trivia!: Based on the classic TV program, compete to test your knowledge on a variety of topics, such as food, music, TV shows, and other familiar categories. Participants can play as individuals or a team to rack up points and see who becomes the Jeopardy Champion!

Join in the fun any time between 1:00 pm and 3:00 pm!!

Friday, February 6

10:00 am

Toss and Talk: A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that's the question you answer, sparking happy memories, great conversations, and meaningful connections.

11:00 am

GAME DAY! – Family Feud!: Based on the classic TV program, compete to come up with the best list of answers on a variety of topics, such as food, music, TV shows, and other familiar categories. A fun battle of educated guesses and quick thinking. Participants play as a team to rack up points and see who becomes the Family Feud Champion!

Monday, February 9

10:00 am

Grounded in Motion: A gentle chair-based movement program that blends stability, mobility, and mindful awareness. Participants stay rooted and supported while exploring safe, accessible exercises designed to improve strength, flexibility, balance, and overall well-being. It's a calm, empowering way to stay active, connected, and confidently in motion.

11:00 am

SNOW MOTION!!! Snow Motion is an upbeat series of movement-based activities that challenge your mind as well as your body. Work as part of a team to complete tasks such as “cocoa toss” and “snowball swap.” A winter themed twist on movement and game day fun!

1:00 pm

GAME DAY! Name that Tune – Love Songs: Using a sharp ear and quick mind, see how fast you can “Name that Tune.” A casual version of a classic game show. Enjoy a good time with others while you compete to see who can name the most tunes. Enhance your auditory and verbal processing skills while sharing musical experiences. Dancing, clapping, and singing along are strongly encouraged!

2:00 pm

Music Bingo: Test your musical memory in this fun twist on a classic game! In Music Bingo, participants listen to short clips of familiar tunes—from oldies to favorites—and match what they hear to their Bingo cards. This lively and interactive activity encourages active listening, memory recall, and social interaction, all while enjoying the joy of music. Sing along, tap your feet, and get ready to call out “Bingo”!

Tuesday, February 10

10:00 am

GAME DAY! Valentine’s Day Trivia: Give your brain a workout with a lively mix of seasonally themed trivia and clever word challenges! Challenge your thinking and sharpen your attention. Think creatively and explore facts new and old about Valentine’s Day. Engage in friendly conversation that supports mental agility and social connections.

11:00 am

GAME DAY! – Jeopardy!: Based on the classic TV program, compete to test your knowledge on a variety of topics, such as food, music, TV shows, and other familiar categories. Participants can play as individuals or a team to rack up points and see who becomes the Jeopardy Champion!

1:00 pm – 3:00 pm

Art Expression: Winter Soap Making - Join any time between 1:00 and 3:00pm to complete your project!!: Create your own custom soaps with pleasant winter scents and colors. A variety of designs and “add-ins” are available to create a unique and personalized soap. A hands-on, sensory-rich experience with a soothing takeaway. Bring your creation home for yourself or make a gift for someone dear to you!

Wednesday, February 11

10:00 am

GAME DAY! Name that Tune – Love Songs: Using a sharp ear and quick mind, see how fast you can “Name that Tune”. A casual version of a classic game show. Enjoy a good time with others while you compete to see who can name the most tunes. Enhance your auditory and verbal processing skills while sharing musical experiences. Dancing, clapping, and singing along are strongly encouraged!

11:00 am

Music Bingo: Test your musical memory in this fun twist on a classic game! In Music Bingo, participants listen to short clips of familiar tunes—from oldies to favorites—and match what they hear to their Bingo cards. This lively and interactive activity encourages active listening, memory recall, and social interaction, all while enjoying the joy of music. Sing along, tap your feet, and get ready to call out “Bingo”!

1:30 pm to 4:30 pm

Free memory screenings: Please contact the Center at 631-223-4000 to schedule an appointment. Appointments are required.

Thursday, February 12

10:00 am – 2:00 pm

SPECIAL EVENT! – AFA HEALTH SCREENING DAY

Come in from the cold and take advantage of a variety of FREE health screenings and informational resources available to all. Memory Screenings, Blood Pressure Screenings, Balance Screenings and more!

Friday, February 13

10:00 am – 12:00 pm

Art Expression: Pretzels and Poetry: Express yourself with words of love and create a sweet treat for yourself or someone special! Create a Valentine’s Day treat to wrap and take home. Then, create a unique display of love creating ‘visual poetry’ using well-known verses, or write your own from the heart. A multi-sensory and fun program to explore our creativity.

Join any time between 10:00 am and 12:00 pm to complete your Valentine Day surprise!!

Monday, February 16

Happy President’s Day! No programs scheduled.

Tuesday, February 17

10:00 am

GAME DAY! President's Day Trivia: Give your brain a workout with a lively mix of seasonally themed trivia and clever word challenges! Challenge your thinking and sharpen your attention. Think creatively and explore facts new and old about President's Day. Engage in friendly conversation that supports mental agility and social connections.

11:00 am

GAME DAY! – Jeopardy – Black History Month!: Based on the classic TV program, compete to test your knowledge on a variety of topics, such as food, music, TV shows, and other familiar categories. Participants can play as individuals or a team to rack up points and see who becomes the Jeopardy Champion!

1:00 pm

SNOW MOTION!!! Snow Motion is an upbeat series of movement-based activities that challenge your mind as well as your body. Work as part of a team to complete tasks such as "cocoa toss" and "snowball swap". A winter themed twist on movement and game day fun!

2:00 pm

Grounded in Motion: A gentle chair-based movement program that blends stability, mobility, and mindful awareness. Participants stay rooted and supported while exploring safe, accessible exercises designed to improve strength, flexibility, balance, and overall well-being. It's a calm, empowering way to stay active, connected, and confidently in motion.

Wednesday, February 18

10:00 am – 12:00 pm

Art Expression: Paper Quilling Picture Frames: Join us for the ancient art of paper quilling. Paper quilling is the art of rolling and shaping strips of paper to form 3-D designs. Using basic techniques, create a one-of-a-kind picture frame which is sure to be a conversation piece in your home or a wonderful gift for a loved one. No prior experience is required to join the group.

Join any time between 10:00 am and 12:00 pm to complete your project!!

1:30 pm to 4:30 pm

Free memory screenings: Please contact the Center at 631-223-4000 to schedule an appointment. Appointments are required.

Thursday, February 19

10:00 am

GAME DAY! February Trivia: Give your brain a workout with a lively mix of seasonally themed trivia and clever word challenges! Challenge your thinking and sharpen your attention. Think creatively and explore facts new and old about the shortest month of the year. Engage in friendly conversation that supports mental agility and social connections.

11:00 am

GAME DAY! – Family Feud!: Based on the classic TV program, compete to come up with the best list of answers on a variety of topics, such as food, music, TV shows, and other familiar categories. A fun battle of educated guesses and quick thinking. Participants play as a team to rack up points and see who becomes the Family Feud Champion!

1:00 pm – 3:00 pm

Explore Black History Month through the ARTS + MINDS Program:

AFA Long Island is proud to offer a new experience of art expression and appreciation through the ARTS + MINDS program. We will collectively observe a work of art, share our impressions, and learn a bit of history about the piece and artist. Through conversation and stories, participants will be inspired and guided to create their own art, connecting with their own creativity in a meaningful way. This month, we will honor Black History with our chosen artwork and celebrate the common themes that connect us all.

Friday, February 20

10:00 am

Better Balance: Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

11:00 am

Chair Yoga Bingo: A literal ‘twist’ on the classic bingo game, players will perform a variety of simple, seated yoga poses and stretches, as shown on their card (and demonstrated by the instructor). Experience healthy movement for your body, while also engaging your mind. An old favorite, done in a new way!

Monday, February 23

10:00 am

Toss and Talk: A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that’s the question you answer, sparking happy memories, great conversations, and meaningful connections.

11:00 am

Better Balance: Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

1:00 pm

GAME DAY!! Wheel of Fortune: You’ve got to spin it to win it! Just like the popular game show, you’ll spin the wheel to earn points as you guess letters to a word puzzle on the board. Test your knowledge, language, and processing skills while enjoying some friendly competition.

2:00 pm

Winter Reflections: A time to pause and reflect on the week and explore the successes we experienced, no matter how small. The practice of storytelling along with simple relaxation techniques to enhance emotional well-being and cultivate a sense of achievement. Sharing and listening to stories helps group members encourage each other to focus on positive reflection and promote resilience. All stories of learning experiences—big or small, old, or new—are welcome as we gather around our “fireside” to relax and recharge.

Tuesday, February 24

10:00 am

Poetry in Motion: Let words move you—literally. In this soothing session, meaningful poetry is paired with gentle, structured movements to create a rhythmic flow that connects mind, body, and breath. As each verse unfolds, participants are guided through motions that mirror the tone and imagery of the poems, encouraging relaxation, expression, and a renewed sense of calm and connection.

11:00 am

Music in Motion: Join us for a series of gentle movements designed to relax the muscles of your body through structured exercise. The blend of movement and music focuses on coordination, flexibility, and relaxation. Followed by upbeat music and dance moves to enhance your skills and elevate your mood. Sitting or standing; this activity is great for everyone.

1:00 pm – 3:00 pm

Art Expression: Paper Quilling Picture Frames: Join us for the ancient art of paper quilling. Paper quilling is the art of rolling and shaping strips of paper to form 3-D designs. Using basic techniques, create a one-of-a-kind picture frame which is sure to be a conversation piece in your home or a wonderful gift for a loved one. No prior experience is required to join the group.

Join any time between 1:00 pm and 3:00 pm to complete your project!!

Wednesday, February 25

10:00 am

SPECIAL PRESENTATION – PREVENTING THE FINANCIAL EXPLOITATION OF SENIORS:

Hosted by AFA, the Suffolk County District Attorney, and the Babylon Town Clerk’s Office. Learn how to recognize and protect yourself and your loved ones from identity theft and financial exploitation. Join us for this informative session regarding the many different types of scams that target older citizens and how to prevent yourself or your loved ones from being manipulated by scammers.

1:30 pm to 4:30 pm

Free memory screenings: Please contact the Center at 631-223-4000 to schedule an appointment. Appointments are required.

Thursday, February 26

10:00 am

GAME DAY! Music Trivia: Give your brain a workout with a lively mix of music themed trivia and clever word challenges! Challenge your thinking and sharpen your attention. Think creatively and explore facts new and old about the music throughout the years. Engage in friendly conversation that supports mental agility and social connections.

11:00 am

GAME DAY! Name that Tune: Using a sharp ear and quick mind, see how fast you can “Name that Tune.” A casual version of a classic game show. Enjoy a good time with others while you compete to see who can name the most tunes. Enhance your auditory and verbal processing skills while sharing musical experiences. Dancing, clapping, and singing along are strongly encouraged!

1:00 pm – 3:00 pm

THE SQUEAKY CLEAN BAND! – Live Concert!

Join us for a live performance of well-loved songs! Suzanne Smithline and Glenn Paul Manion perform all your favorite Holiday tunes and classic pop songs. Feel free to sing along, tap your feet, clap your hands or dance to your favorites.

Friday, February 27

10:00 am – 12:00 pm

Explore Black History Month through the ARTS + MINDS Program:

AFA Long Island is proud to offer a new experience of art expression and appreciation through the ARTS + MINDS program. We will collectively observe a work of art, share our impressions, and learn a bit of history about the piece and artist. Through conversation and stories, participants will be inspired and guided to create their own art, connecting with their own creativity in a meaningful way. This month, we will honor Black History with our chosen artwork and celebrate the common themes that connect us all.