

FEB 2026

ALPINE HOUSE

SUN

MON

TUE

WED

THU

FRI

SAT

01

DBT & Yoga

02

Rec Activity

03

04

House activity

05

Rec Therapy
4-5:30 pm

06

07

Rec Therapy
1-2:30 pm

08

DBT & Yoga

09

Rec Activity

10

11

House activity

12

Rec Therapy
4-5:30 pm

13

14

Rec Therapy
1-2:30 pm

15

DBT & Yoga

16

Rec Activity

17

18

House activity

19

Rec Therapy
4-5:30 pm

20

21

Rec Therapy
1-2:30 pm

22

DBT & Yoga

23

Rec Activity

24

25

House activity

26

Rec Therapy
4-5:30 pm

27

28

Rec Therapy
1-2:30 pm