

YOUR HAPPY HEART STARTS HERE

Making time for a heart-healthy lifestyle can seem overwhelming. But the good news is that making a few small and simple changes can lead to better habits that require little effort when you remember your "heart".

Hydrate – Drink more water! Eight glasses of water a day is still the recommended amount. Carry a water bottle with you. Add a squeeze of lemon, a slice of cucumber or some fresh mint to make it more refreshing. Limit your intake of caffeine and sugary drinks like soda pop and juice.

Eat – More fresh fruits and vegetable in every color, at every meal. Limit saturated fats and added salt in your diet. Select fish or lean meats instead of high fatty ones. Eating healthy doesn't mean dieting or giving up all the foods you love.

Action – Add at least thirty minutes of exercise daily and you are on the right track to lowering your risk of high blood pressure, heart disease, stroke, diabetes and certain cancers. Try walking or dancing to your favorite music. Get your body moving.

Reduce – Stress in your life. Play more, worry less. Cut down on alcohol intake. If you smoke, QUIT now! Tobacco use and alcohol consumption may worsen health conditions associated with arrhythmias, cholesterol levels and other diseases listed above.

Thankful – Spend time thinking about what makes you happiest. Concentrate on all the joy in your life. Share your happy heart with others around you. Being social also gives your brain a boost!

HAPPY BIRTHDAY

Jane H. Feb. 13

Queen Anne Manor would like to introduce our new team members.

Carissa Brumell, our new Executive Director, Annette, our new Resident Care Coordinator, I hope you get a chance to introduce yourself.

Families and residents are welcome to join the Queen's Resident meeting will be held on **February 7 at 11:00 a.m.** will be held in the Activity Room.

Chinese New Year Gala, Feb. 16, Resident Party at 2:00 p.m.

THANK YOU for your continued support and patience while our 'refresh' is in progress.



HOPE YOU HAVE A SWEET MONTH!

HOMEMADE SCENTED SUGAR SCRUBS



A SWEET TREAT...NOT TO EAT

Items Needed:

2 cups white or brown sugar
1 cup coconut or mineral oil
Essential oil of your choice, scent to your liking
8 mini plastic tubs or small jars with airtight lids
Assorted ribbon to tie bow around vessel

Directions:


Mix sugar and oil together in a medium sized bowl. Sprinkle 8-15 drops of essential oil, depending on the scent intensity you want, stir well. Spoon into containers, decorate and give to someone special for Valentine's Day.

To Use:

Place ½ teaspoon in palm, massage into both hands and rinse off with warm water. Enjoy the scent and softness for hours.



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 <p>100 Crockett St. Seattle, WA 98109 206-282-5001</p>		<p>AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support</p>	<p>Location Keys Activity Room ACT Anna's Garden Reflections AGR Anna's Garden Transitions AGT Bus B Dining Room D Library LI Lobby L Private Dining Room PDR Theatre TH</p>	<p>9:00 PE Fitness Fun [ACT] 1 10:00 AE QAM Writing Group [ACT] 1:30 PE Bowling [ACT] 3:00 PE Decorating the Queen (Flower Arranging) [D] 3:30 CC Children Story Time w/ Seattle Learning Center's Children [ACT] 6:00 Thursday Night Movie - "Shoot Me" [TH]</p>	<p>Groundhog Day 2 9:00 PE Fitness Fun [ACT] 9:45 TED TALKS [TH] 10:15 Conversation Cafe' with Carissa (ED) [L] Bridge Club [D] 12:30 LL High Tea @ the Queen [D] 2:00 Friday Night Movie - "Miss Sloane" [TH]</p>	<p>Encourage Family Participation 3 Family Day 9:00 PE Fitness Fun [ACT] 10:30 Smoothie Mornings [L] 1:00 CE Poetry in Motion [ACT] 1:45 Entertainment - Bonnie & Nic [D] 3:30 Balloon Volleyball [ACT] 6:00 Saturday Night Movie - "Chasing Ice" [TH]</p>
<p>9:00 PE Fitness Fun [ACT] 4 10:00 Art w/Lynette [ACT] 1:00 SS Hymn Singing w/ Lynette [AGT] 1:45 Special Entertainment - Flute Trio [D] 2:30 Pudding in the Parlor [L] 3:00 NFL Super Bowl - Resident party [TH] 6:00 Sunday Night Movie - "Kingdom of the Apes" [TH]</p>	<p>9:00 PE Fitness Fun [ACT] 5 10:00 CE Resident's Reading Group [LI] 10:30 LL Smoothie Mornings [L] 1:45 Bells w/Lynette [ACT] 3:30 Margarita Monday [L] 6:00 Monday Night Movie - "Where Eagles Dare" [TH]</p>	<p>9:00 PE Fitness Fun [ACT] 6 10:00 Shopping Trip - Fred Meyer [B] 10:30 PE Manicures w/Linda [ACT] 1:30 Trip - Scenic Drive [B] 3:30 CE "Around the World with Linda" - Current & World Events [TH] 6:00 Tuesday Night Movie - "Get On Up" [TH]</p>	<p>Doctor Runs 7 9:00 PE Fitness Fun [ACT] 10:30 LL Smoothie Mornings [L] 11:00 ALL RESIDENT MEETING (MEET THE QUEEN'S STAFF) [ACT] 1:30 Bingo [ACT] 2:30 ALL STAFF MEETING [ACT] 3:15 CE Wine & Cheese + Trivia [L] 6:00 Wednesday Night Movie - "10 Cloverfield Lane" [TH]</p>	<p>9:00 PE Fitness Fun [ACT] 8 10:00 AE QAM Writing Group [ACT] 11:00 SS Bible Study/Prayer Group w/Rev. Mindi [LI] 1:00 LL Walk with Linda [ACT] 3:00 PE Decorating the Queen (Flower Arranging) [D] 3:30 CC Children Story Time w/Seattle Learning Center's Children [ACT] 6:00 Thursday Night Movie - "Murdoch Mysteries: Once Upon a Murdoch Christmas" [TH]</p>	<p>9:00 PE Fitness Fun [ACT] 9 9:45 TED TALKS [TH] 10:30 AE Live Music w/ Lynette [AGR] 10:30 Time w/Tots - Enjoying time with Seattle Learning Center tots [ACT] 12:30 Bridge Club [D] 1:00 LL Float your Boat [L] 6:00 Friday Night Movie - "Globe Trekker: Poland" [TH]</p>	<p>Encourage Family Participation 10 Family Day 9:00 PE Fitness Fun [ACT] 10:30 Smoothie Mornings [L] 1:00 CE Poetry in Motion [ACT] 1:45 Entertainment - Cheryl [D] 3:30 Balloon Volleyball [ACT] 6:00 Saturday Night Movie - "Rush Hour 2" [TH]</p>
<p>9:00 PE Fitness Fun [ACT] 11 10:00 Art w/Lynette [ACT] 1:00 SS Hymn Singing w/ Lynette [AGT] 2:30 Pudding in the Parlor [L] 6:00 Sunday Night Movie - "The Gambler" [TH]</p>	<p>9:00 PE Fitness Fun [ACT] 12 10:00 CE Resident's Reading Group [LI] 10:30 LL Smoothie Mornings [L] 1:45 Bells w/Lynette [ACT] 3:30 Margarita Monday [L] 6:00 Monday Night Movie - "Passengers" [TH]</p>	<p><i>Happy Birthday Jane H.</i> 13 9:00 PE Fitness Fun [ACT] 10:00 CC Shopping Trip - Dollar Tree [B] 10:30 AE Coloring My World [ACT] 11:00 Meditation Therapy with Zsanett [ACT] 1:30 Trip - Scenic Drive [B] 3:30 CC Valentine craft w/ Grandma & Seattle Learning Center's Children [ACT] 6:00 Tuesday Night Movie - "Keeping up with the Joneses" [TH]</p>	<p>Valentine's Day 14 Doctor Runs 9:00 PE Fitness Fun [ACT] 10:30 LL Smoothie Mornings [L] 11:30 Men's Luncheon [PDR] 1:30 Bingo [ACT] 3:15 CE Wine & Cheese + Trivia [L] 4:30 SPECIAL VALENTINE ENTERTAINMENT - Tom Lyons [D] 6:00 Wednesday Night Movie - "Date Night" [TH]</p>	<p>9:00 PE Fitness Fun [ACT] 15 10:00 AE QAM Writing Group [ACT] 1:30 PE Bowling [ACT] 3:00 PE Decorating the Queen (Flower Arranging) [D] 3:30 CC Children Story Time w/ Seattle Learning Center's Children [ACT] 6:00 Thursday Night Movie - "What If" [TH]</p>	<p>Chinese New Year 16 9:00 PE Fitness Fun [ACT] 9:45 TED TALKS [TH] 10:15 Conversation Cafe' with Carissa (ED) [L] Bridge Club [D] 12:30 LL Chinese New Year Gala (Resident Party) [ACT] 6:00 Friday Night Movie - "Midsummer Murders" [TH]</p>	<p>Encourage Family Participation 17 Family Day 9:00 PE Fitness Fun [ACT] 10:30 Smoothie Mornings [L] 1:00 CE Poetry in Motion [ACT] 1:45 Entertainment - Blak N Blu's [D] 3:30 Balloon Volleyball [ACT] 6:00 Saturday Night Movie - "Growing Up Smith" [TH]</p>
<p>9:00 PE Fitness Fun [ACT] 18 10:00 Art w/Lynette [ACT] 1:00 SS Hymn Singing w/ Lynette [AGT] 2:30 Pudding in the Parlor [L] 6:00 Sunday Night Movie - "All is Lost" [TH]</p>	<p>Presidents' Day 19 9:00 PE Fitness Fun [ACT] 10:00 CE Resident's Reading Group [LI] 10:30 LL Smoothie Mornings [L] 1:45 Bells w/Lynette [ACT] 3:30 Margarita Monday [L] 6:00 Monday Night Movie - "Brooklyns Finest" [TH]</p>	<p>9:00 PE Fitness Fun [ACT] 20 10:00 Shopping Trip - Goodwill [B] 10:30 PE Manicures w/Linda [ACT] 1:30 Trip - Scenic Drive [B] 2:00 Food Committee [D] 3:30 CE "Around the World with Linda" - Current & World Events [TH] 6:00 Tuesday Night Movie - "Tangerine" [TH]</p>	<p>Doctor Runs 21 9:00 PE Fitness Fun [ACT] 10:30 LL Smoothie Mornings [L] 12:30 SS Catholic Communion Service [LI] 1:30 Bingo [ACT] 3:15 CE Wine & Cheese + Trivia [L] 6:00 Wednesday Night Movie - "Sex and the City" [TH]</p>	<p>9:00 PE Fitness Fun [ACT] 22 10:00 AE QAM Writing Group [ACT] 1:00 LL Walk with Linda [ACT] 2:30 CE Resident Council Meeting [ACT] 3:00 PE Decorating the Queen (Flower Arranging) [D] 3:30 CC Children Story Time w/Seattle Learning Center's Children [ACT] 6:00 Thursday Night Movie - "The Salt of the Earth" [TH]</p>	<p>9:00 PE Fitness Fun [ACT] 23 9:45 TED TALKS [TH] 10:30 AE Live Music w/Lynette [AGR] 10:30 Time w/Tots - Enjoying time with Seattle Learning Center tots [ACT] 12:30 Bridge Club [D] 1:00 LL Float your Boat [L] 2:30 Karaoke/Happy Hour [ACT] 6:00 Friday Night Movie - "Leonard Cohen Live in London" [TH]</p>	<p>Encourage Family Participation 24 Family Day 9:00 PE Fitness Fun [ACT] 10:30 Smoothie Mornings [L] 1:00 CE Poetry in Motion [ACT] 1:45 Entertainment - Steve Flynn w/Birthday party [D] 3:30 Balloon Volleyball [ACT] 6:00 Saturday Night Movie - "Eastern Canada Travel Guide" [TH]</p>
<p>9:00 PE Fitness Fun [ACT] 25 10:00 Art w/Lynette [ACT] 1:00 SS Hymn Singing w/Lynette [AGT] 2:30 Pudding in the Parlor [L] 3:00 CC Bonnie & the pups [L] 6:00 Sunday Night Movie - "Dark Passage" [TH]</p>	<p>9:00 PE Fitness Fun [ACT] 26 10:00 CE Resident's Reading Group [LI] 10:30 LL Smoothie Mornings [L] 1:45 Bells w/Lynette [ACT] 2:00 Book Mobile [D] 3:30 Margarita Monday [L] 6:00 Monday Night Movie - "Dinner at Eight" [TH]</p>	<p>9:00 PE Fitness Fun [ACT] 27 10:00 Shopping Trip - Wal Mart [B] 10:30 AE Coloring My World [ACT] 1:30 Trip - Scenic Drive [B] 3:30 CC Cookie Decorating w/ Grandma & Seattle Learning Center's Children [ACT] 6:00 Tuesday Night Movie - Your Choice - Netflix [TH]</p>	<p>Doctor Runs 28 9:00 PE Fitness Fun [ACT] 10:30 LL Smoothie Mornings [L] 11:30 Ladies Luncheon [ACT] 1:30 Bingo [ACT] 3:15 CE Wine & Cheese + Trivia [L] 6:00 Wednesday Night Movie - Your Choice, Netflix [TH]</p>			