

Happy Valentine's Day!



LETTER FROM THE ADMINISTRATOR

Last month brought a new year and a new president for

our Resident Council. I'd like to thank Laura D. for all of her hard work as the president last year and introduce Jim B. our new Resident Council President.

While my door is always open for residents to come and provide feedback/ suggestions, Jim wanted to stress that he is also happy to have residents come to him as needed.

Suggestions for a new activity, different lunch outing location, or how we could improve building

aesthetics are all great examples of ideas you could bring to Jim or at our next resident council meeting.

Our resident council meetings are held the **2nd Wednesday of every month at 3pm in the Living Room**. Each month, every resident that attends resident council will be entered into a raffle to win a free lunch at our next lunch outing!

I hope you're able to come and share your input, together we will keep Alder Bay an amazing place to live.

Meghan Gallagher



Jim B., Resident Council President



STAFF

Hannah B.
Jonell S.

February 06
February 16

FEATURED UPCOMING EVENTS

COGNITIVE PACKET REVIEW MONDAYS AT 3:00

Meghan introduced us to a few different ways to stimulate our brain to keep cognitively in tip top shape last month. This month we will continue exercising our brains by engaging in a brain game packet every Monday and also reviewing the packet from the week prior. The brain games in these packets range from Sudoku to crossword puzzles. They are fun and great for our brains!

PAJAMA DAY FEBRUARY 14

We haven't had this fun day come up on the calendar for far too long! When you wake up don't worry about changing, just come on down to breakfast and wear your pajamas! It's a day of comfort and ease. Pajama day is always a hit!

BEAR RIVER CASINO LUNCH FEBRUARY 22

This month we are going to Bear River Casino for a lunch outing. We love the view from the dining room there, and the menu is delicious! We will spend a little time after to take a chance at winning it big! If gambling doesn't suit you, there is a wonderful lounge next to a cozy fireplace where you can relax for the short amount of time before we leave. We will be loading the bus at 11:30, see you there!

Our Featured Resident

Noreen was a sophomore in high school when she tried out for a play called, "Mother was a Freshman." She got a lead role as the mother's daughter. A senior named Darrel, who she had never met, auditioned and got the part as Noreen's boyfriend. Noreen's opening words as the boys came onto stage were, "What took you so long?!" She has probably said that over 100 times in the last 63 years. Darrel was in the Air Force for twenty-two years. Together they had five children in a short six and a half years. They had four boys, and the last child was a girl, finally! Darrel's career in the Air Force had them moving all over the world. They had moved almost thirty-five different times. The children were always with, except for when Darrel was in combat. They got to see the world together. Noreen had a stroke eleven years ago during a surgery. When she woke up and came to, Darrel was sitting by her bedside and he said, "Noreen this wasn't your stroke, this was our stroke." He has faithfully been taking care of her ever since. She considers him her main man. **Welcome to Alder Bay, Darrel and Noreen!**

RESIDENT CARE COORDINATOR CORNER

For the month of February, we would like to feature all the couples we have living here at Alder Bay. Happy Valentines to all!

BARNEY AND LAVONNE

This couple met in Iowa. It was a very small farming community and they went to school together. They have been married for 70 years!



MORE FROM THE RESIDENT CARE COORDINATOR CORNER

JIM AND ISOBEL

These two met at a birthday party and shortly thereafter were onto dating! Jim and Isobel have been married for 62 years!

BARBARA AND NAN

These two are up with technology and met online in a women's book club. For three months they exchanged emails before meeting and couldn't wait to see each other in person! They have been happily married for 23 years.



HAROLD AND OLGA

This couple met at a church campground at Lake Sequoia. They knew each other for three years before getting married. They have been married for 72 years!

DARRELL AND NOREEN

Being our newest residents, we have featured them as our residents of the month! (right)



GEORGE AND BARBARA

They met through mutual friends. George is 103 years old and Barbara is 100 years old! They have been married for over 20 years.



UPCOMING ACTIVITIES

FEBRUARY 01

1:15 Target Outing

FEBRUARY 06

3:00 Make Valentines

FEBRUARY 07

3:00 Black Jack

FEBRUARY 08

11:30 Fiesta Grill
Edith's 100th

FEBRUARY 13

3:00 Baking Cookies

FEBRUARY 14

PAJAMA DAY

— Resident Council

6:00 Valentine Social

6:00 Accordionaires

FEBRUARY 15

ERRAND DAY

3:00 Root Beer
Float Social

FEBRUARY 20

3:00 Indoor Garden

FEBRUARY 21

3:00 Cherry Pie Social

FEBRUARY 22

11:30 Bear River Casino

FEBRUARY 27

3:00 March
Centerpieces

FEBRUARY 28

3:00 Black Jack



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FEBRUARY – WORD SEARCH

F	I	G	R	A	N	D	O	M	Q	S	M	O	Z	L
N	P	M	M	W	S	T	F	U	B	R	E	P	D	N
P	N	Z	M	F	R	U	T	E	Y	E	C	A	R	E
G	T	H	O	I	K	P	P	S	B	C	J	U	C	O
V	A	L	E	N	T	I	N	E	M	R	T	C	L	P
R	K	M	E	A	Z	N	N	J	R	X	U	W	K	H
I	O	Z	U	C	L	K	O	D	U	B	D	A	T	N
A	F	S	X	E	I	T	Q	S	N	Y	O	U	R	W
Y	H	V	E	L	K	H	H	V	K	E	G	W	G	Y
C	K	J	Y	S	S	T	S	Y	O	H	S	E	L	X
H	U	V	H	V	D	A	T	A	L	E	S	S	G	G
V	K	P	L	O	V	E	W	O	N	A	E	F	L	G
T	G	A	I	D	E	R	E	D	V	R	W	S	F	J
M	L	H	M	D	P	B	T	U	J	T	A	T	T	S
M	R	M	O	I	W	M	F	O	O	T	B	A	L	L

CUPID
DOG
EYE CARE
FEBRUARY
FOOTBALL

HEALTHY
HEART
KINDNESS
LOVE
PINK

RANDOM
RED
ROSES
SUPERBOWL
VALENTINE