

Arbor Rose Senior Care  
6033 E Arbor Ave  
Mesa, AZ 85206

Postage  
Information



FEBRUARY 2018

6033 E. Arbor Ave. Mesa, AZ 85206 \* (480) 654-8200 \* (480) 981-9379 \* [www.arborroseseniorcare.com](http://www.arborroseseniorcare.com)



### Celebrating February

**Library Lovers Month**  
**Bird-Feeding Month**  
**Spunky Old BROADS Month**

**Groundhog Day**  
*February 2*

**Weatherman's Day**  
*February 5*

**XXIII Winter Olympics**  
*February 9–25*

**Mardi Gras**  
*February 13*

**Valentine's Day**  
*February 14*

**Canada Flag Day**  
*February 15*

**Chinese New Year**  
*February 16*

**Presidents' Day**  
*February 19*

**Curling Is Cool Day**  
*February 23*

**International Sword  
Swallowers Day**  
*February 24*

### February Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Norman Rockwell (painter) – February 3, 1894  
Charles Lindbergh (pilot) – February 4, 1902  
Hank Aaron (ballplayer) – February 5, 1934  
Thomas Edison (inventor) – February 11, 1847  
Susan B. Anthony (activist) – February 15, 1820  
Michael Jordan (athlete) – February 17, 1963  
Sidney Poitier (actor) – February 20, 1924  
George Handel (composer) – February 23, 1685  
Levi Strauss (inventor) – February 26, 1829  
John Steinbeck (author) – February 27, 1902

### Birthstone – Amethyst



For thousands of years, the amethyst, the most striking representative of the quartz family, has been a coveted jewel. Moses described it as a symbol of the Spirit of God adorning the official robes of the high priests, and the Russian Empress Catherine the Great sent thousands of miners into the Ural Mountains to look for it. In popular belief, the amethyst offers protection against drunkenness, for in the Greek language, *amethyst* means “not intoxicated.” A large number of other miraculous powers are attributed to the amethyst. In the Middle Ages, it was said to protect crops against tempests and locusts, bring good fortune in war and in the hunt, drive out evil spirits, and inspire the intellect. Leonardo da Vinci wrote that the amethyst was able to dissipate evil thoughts and quicken the intelligence. Today, amethysts are associated with peace and inner strength.

### Flower of the Month – Violet

Most people think of the rose as the traditional Valentine's Day flower because it's a popular gift to bestow upon your beloved. But it's time to set the record straight—it's the violet! As the legend goes, the Christian priest St. Valentine, who was imprisoned by the Romans, used the ink made from crushed violet blossoms that grew outside his prison cell to write notes of love and friendship. Violets represent faithfulness and the return of affection. According to folklore, if you dream of violets, you will be successful and advance in life. Interestingly, when Napoleon was exiled to Elba, he used the code name “Caporal Violette” to send a message to his supporters that he would return by the time the violets bloomed in the spring. Later, the popular little plant became the symbol of the Napoleonic party.

### February Firsts

**2004** Facebook launched.  
**1971** Alan Shepard became the first person to golf on the moon.  
**1968** *Mr. Rogers' Neighborhood* debuted.  
**1964** The Beatles first appeared on *The Ed Sullivan Show*.  
**1959** Barbie first introduced.  
**1948** First Polaroid “Land” camera went on sale.  
**1937** Nylon material patented by DuPont.  
**1935** Monopoly first sold in stores.  
**1930** Elm Farm Ollie became the first cow to fly in a plane.  
**1923** King Tut's burial chamber opened.  
**1920** The Royal Canadian Mounted Police formed.  
**1910** Boy Scouts founded.  
**1878** Phonograph patented by Thomas Edison.  
**1849** Gold seekers arrived in San Francisco.

### In the Good Old Days

**In February 1968 (50 years ago):** The average annual income was \$7,850. The average new home cost \$14,950. The average cost of a new car was \$2,822, and a movie ticket was \$1.50. (\$1 in 1968 = \$7 today)  
**In February 1993 (25 years ago):** The average annual income was \$31,230. The average new home cost \$113,200. A new car averaged \$12,750, and a movie ticket was \$4.14. (\$1 in 1980 = \$1.69 today)

## Arbor Announcements

### Dear Arbor Rose Residents,

Happy Valentine's Day! Will you be my Valentine? I am so happy to be here at Arbor Rose and I absolutely love working with you. Thank you for all the love and kindness you continue to show me and the Arbor Rose staff.

The New Year is off to a great start! I want to thank all the residents who donate their time for the betterment of our community. Whether it's calling a game of bingo, hanging holiday decorations or providing a helping hand to our team, we want you to know we love you for all your contributions!

In the words of Franklin P. Jones, "Love doesn't make the world go 'round. Love is what makes the ride worthwhile."  
Keep loving each other!

**Shannon Thomas**, Executive Director

### Welcome New Resident

We are proud to have so many wonderful residents here at Arbor Rose. You get a special feeling each time you walk through the houses and see so many friendly faces. If you see one of our new residents stop and say hello. Anyone can be a neighbor, but it takes a special person to be a friend.

**Shannon Thomas**, Executive Director



### Dates to Remember:

- **February 2<sup>nd</sup>** – Go Red for Women Day! **Wear Red!**
- **February 5<sup>th</sup> & 19<sup>th</sup>** – **Tai Chi** Easy w/ Roxanne 5:30pm. Open to all!
- **February 13<sup>th</sup>** – Mardi Gras!
- **February 13<sup>th</sup>** – Caregiver Support Group – 5pm. Open to All!
- **February 14<sup>th</sup>** – Valentine's Day Dance!
- **February 21<sup>st</sup>** – Meet & Greet – 5pm – Open to All!
- **February 28<sup>th</sup>** – Participant/Resident Counsel

### Outings:

- **February 9<sup>th</sup>** – Restaurant Outing – China Buffet
- **February 15<sup>th</sup>** – Young Adults – TBA
- **February 19<sup>th</sup>** – Outing – Michael's Craft Store
- **February 27<sup>th</sup>** – Ft. McDowell Casino



## XXIII Winter Olympics

From February 9–25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to compete with Russia, Canada, Sweden, and Finland for the coveted medal.

Elsewhere on the ice, Russia's 17-year-old Evgenia Medvedeva is favored for gold in women's figure skating, but 17-year-old American Karen Chen is an up-and-coming phenom who might surprise the world. On the men's side, American Nathan Chen could take gold if he continues to impress with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men's and women's curling in 2014. Will they repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women's track stars introduce the cool sport to the African continent. And beyond sports, South Korea is introducing innovative technological advances to the Olympics—virtual reality will change the way we watch the games. These Winter Games are sure to offer both sport and spectacle.

## The Tramp

For many, Charlie Chaplin is known for his most memorable character, "the Tramp," a good-natured, bumbling vagrant.



The Tramp made his big screen debut on February 17, 1914, in the silent film *Kid Auto Races at Venice*. The Tramp became an international icon of the silent era of film, and even when talkies became all the rage, Charlie Chaplin refused to speak while in character, most likely because the Tramp was supposed to be American and Chaplin had a British accent. What made the Tramp so beloved? Maybe it was his sharp social commentary during the turbulent era of industrialization. Maybe it was the Tramp's embodiment and support of the "American Dream." Or maybe it was that adorable moustache and cane. Whatever the reason, the Tramp is adored all over the world.

## What's Lucky in February?

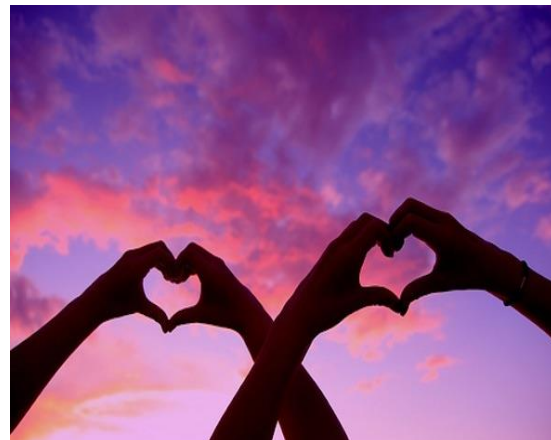
Lucky Colors: Pink and Red

Lucky Day: Monday

Lucky Letters: F and Y

Lucky Numbers: 3 and 7

Lucky Plant: African violet



## Arbor Announcements

## The Human Heart

Not only is the heart a familiar symbol of Valentine's Day, but it's also the focus of another February observation: American Heart Month. Celebrate this incredible organ with these facts:

- Every day, the heart beats around 100,000 times. During the average person's lifespan, the heart may beat 3 billion times.
- A healthy adult heart beats 60 to 100 times a minute at rest. Well-trained athletes usually have a slower resting heart rate.
- In most people, the heart is located in the center of the chest, between the lungs, with the largest part of the organ tilting toward the left. The left lung is smaller than the right lung to allow room for the heart.
- Make two fists and hold them together. This is roughly the size of your heart.
- The average heart weighs between 8 and 10 ounces, or about the same weight as an apple.
- A man's heart is about 25 percent larger than a woman's and can pump more blood in a single beat. Female hearts make up for their smaller size by beating faster, by about 8 beats per minute.
- The heart does the most physical work of any muscle during a lifetime, pumping

**Amy Hobbs**, Health & Wellness Director

## Get Garlic

Garlic might not win you any fresh breath awards, but it will do wonders for your health. As a member of the alumni family of vegetables, raw garlic lowers bad cholesterol, lowers blood pressure, reduces the risk of some cancers and can help fight neurologic diseases.

**Chef Hiram** says EAT GARLIC.



## Walk Amongst the Stars



On February 8, 1960, Hollywood, California, revealed an innovative new marketing technique designed to memorialize the glitz and glamour of Hollywood: the Walk of Fame. E.M. Stuart of Hollywood's Chamber of Commerce pitched the idea for a star-studded walk in 1953. By 1956, the coral-and-charcoal-colored star design was approved, and two years later, in 1958, committees representing motion pictures, television, music, and radio had chosen 1,558 names to honor. Construction began in earnest in 1958, but two lawsuits delayed the project for two years.

In truth, eight temporary stars were laid at the corner of Hollywood Boulevard and Highland Avenue throughout the legal battles as a way to market the venture and demonstrate to the public how the Walk of Fame would look. These eight names were picked at random from the group of 1,558 and included: Joanne Woodward, Olive Borden, Ronald Colman, Louise Fazenda, Preston Foster, Burt Lancaster, Edward Sedgwick, and Ernest Torrence. The first permanent star wasn't affixed until March of 1960 after the legal disputes had been settled. It honored director Stanley Kramer. The remaining 1,557 were laid soon after.

Hollywood Boulevard suffered decline throughout the '60s, and another star, this one for producer Richard Zanuck, wasn't laid until 1968. Stars have been added continuously since, and today there are more than 2,600. Getting a star isn't easy... or cheap. Extensive applications must be filed on behalf of nominees, and nominators must pay a \$40,000 construction and maintenance fee per star. Put that way, it costs a small fortune to maintain all of Gene Autry's five stars (one for each category, plus one for the additional category of theater and live performance, added in 1984). For some, a star is a dubious honor. Both Julia Roberts and Clint Eastwood have respectfully declined their nominations. But this doesn't stop 10 million fans a year from visiting.

## Stick to Your Chops

Put away the forks and spoons—February 6 is Chopsticks Day. Today, over a quarter of the world's population uses these utensils for eating, but 5,000 years ago the first chopsticks were developed in China as a cooking tool. It was Confucius who said, "The honorable and upright man keeps well away from both the slaughterhouse and the kitchen. And he allows no knives at the table." This alone may have made chopsticks the preferred utensil in China. By the year AD 500, chopsticks had spread to Vietnam, Korea, and Japan, although in Japan chopsticks were originally used strictly in religious ceremonies. To the uninitiated, the use of chopsticks can be fraught with peril. One should never stand their chopsticks up in a bowl of rice, for it looks like the way rice is offered during a funeral ceremony. And never rest your chopsticks sideways across the top of a dish—use chopsticks holders!

## Tip the Scales for Pangolins



February 17 is World Pangolin Day. What is a pangolin, you ask? It's one of the world's most unique animals. They are found in Africa, India, and across Asia. Covered in scales resembling a pinecone, the pangolin looks like a cross between an armadillo and an opossum. When threatened, the pangolin curls up into a ball, gaining protection and defense from the hard, sharp scales. They even spray a noxious smell similar to a skunk. Like anteaters, these animals eat insects with long tongues that are longer than the pangolin's body when fully extended. Sadly, these unique qualities have made it highly desirable; it is the most illegally trafficked animal in the world. Poachers hunt and sell pangolins for their scales, skin, and meat. Efforts to save them often fall flat because pangolins are secretive and elusive animals with very specific needs. Perhaps one of the best ways to help save pangolins is to learn more about them. Once people meet these creatures, they can't help but love them.

## February's Feathered Friends



February is Bird-Feeding Month. During the cold, harsh winter, it is especially difficult for wild birds to find food, so everyone is encouraged to provide food, water, and shelter to help birds survive, and birds do need our help. One-third of the North American overwintering bird population has declined since 1966. And one-third of all North American bird species are at risk of extinction, with birds in arid, grassland, and coastal climates at greatest risk. A little bit of winter seed to augment their daily catch of insects could be enough to get them to springtime nesting season.

Not only can you help birds by feeding them this February but simple observations conducted during the Great Backyard Bird Count (GBBC) from February 16 to 19 can inform scientists about winter bird populations. During this four-day event, participants can spend as little as 15 minutes per day identifying birds in their own backyards and submitting that list to scientists via [birdcount.org](http://birdcount.org). Last year, 160,000 birders participated, from amateurs to experts, creating a global snapshot of world bird populations. Since birds are always on the move, such counts are important for scientists to see where populations come and go, where certain species congregate, whether diseases are affecting birds in specific regions, how species are coping with habitat loss and pollution, and how weather changes are affecting populations.

Citizen science—the practice of regular citizens aiding scientists in their research—is an important part of ornithology. The more people who participate, the more data is gathered, and the more accurate a picture of bird health. Citizen science birding projects are not limited to February. From November through April, birders can participate in Project FeederWatch. Every fall, people gather in the mountains and hills to count migrating hawks and raptors. Journey North is an annual count of migrating hummingbirds during the spring. So grab your binoculars and field guide and get counting!

## A Penny for Your Thoughts

A penny may be worth only one cent, but after a lifetime of finding lost pennies, you could amass a small treasure. Consider the value of the cent on February 12, Lost Penny Day. Technically speaking, it costs 2.41 cents to mint one new penny. In 2013, the U.S. government spent \$169 million to put \$70 million worth of pennies in circulation. Some retail outlets have decided to do away with the penny altogether by rounding prices down to the nearest nickel.

In 2012, Canada decided to nip the problem in the bud and eliminate their penny, joining Britain, France, Israel, Spain, Australia, Denmark, Sweden, and New Zealand in phasing out their smallest denominations of coins. The truth is, once a small coin can no longer be used to purchase items but is only used to make change, it becomes more trouble than it's worth. So on February 12, the question remains, "Should I bother to pick up that lost penny?" It depends on whether you can buy anything with it, or whether you're the superstitious sort who is simply looking for some extra luck.

## Making Hearts Whole



February is Mend-a-Broken-Heart Month, and scientists are quick to argue that hearts can really be broken as a result of extreme grief or social rejection. Brain studies show a direct connection between emotions and physical health. But the good news is that both can be mended. Heartbreak is often the result of feelings of loss after a breakup. Psychologists explain that spending time with a romantic partner causes your identities to become intertwined. Losing or being rejected by that partner, therefore, leads to feelings of confusion due to a loss of your sense of self. The best way to mend your heart is to become yourself again: exercise, try new hobbies, socialize with other people. All of these things will challenge you to rediscover your joys and fall in love with yourself all over again in the process.



Arbor Announcements

February is Plant the Seeds of Greatness Month!

5 Tools To Plant The Seeds Of Greatness In Your Life  
- By Tanea Smith

1) Define greatness

As my blues ain't your blues and her success is not yours, you must ask yourself what greatness looks like for you? Is it peace of mind, is it getting fit, is it completing the first draft of the first chapter of the novel you've dreamed of writing?

2) Put pen to paper

I'm a firm believer in writing things down and making a solid plan. No, not to be confused with your ipad or desktop, but actual paper and ink. There is so much power in writing down a goal. What do you need to do to achieve peace? Is it changing jobs, your living room drapes, or starting to paying down that pesky credit card a little at a time?

3) Keep your eyes on your own paper

Sure your best friend Bernadette went back to school and earned a degree while raising 2 children with perfect teeth, keeping her pet poodle impeccably groomed, her husband happy plus baking pies from scratch every Sunday. Well, good for Bernadette! That's her story. Now get back to writing yours.

4) Embrace the struggle


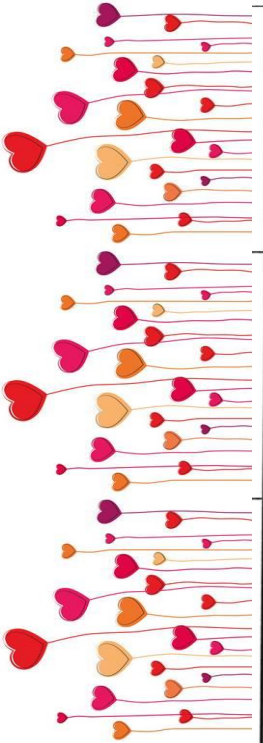
Nothing worth having comes easily. Mediocrity will never keep you up nights, but greatness is going to test your mettle for sure. When I started She's Got Papers I was working a full-time job, raising a 13-year-old son and an infant daughter, but knew I wanted to create something great. Building my business has not been without stress or strife, but I would not trade the experience for the world.

5) Be open to receive

My grandfather used to say "a closed mouth doesn't get fed." You've got to believe that you can make the changes necessary in order to achieve greatness in your life. That belief has to start in your mind. I think you can rock it, what do YOU think?

Happy Planting!


Here's to a great year!  
Kendra Roberson, RCC & Lisa Sullivan, MSD

	Feb 1	2	3
	Green Salad Creole Baked Chicken Simple Pinto Beans Rice French Cut Green Beans Peanut Butter Cake	Green Salad Marinated Steaks Onion Roasted Potatoes Winter Blend Baked Roll Boston Cream Cake	Caesar Salad Chicken/Mushroom Gravy Parsley Egg Noodles Capri Blend Garlic Bread Pear Crisp
	7	8	9
	Green Salad Ham with Raisin Sauce Baked Yams Peas and Carrots Coconut Cream Pie	Beef Patty/Mushroom Gravy Mashed Potatoes/Gravy Buttery Carrots Baked Roll Chocolate Eclairs	Green Salad Burgundy Beef/Noodles Chef's Steamed Vegetable Baked Roll Chef's Dessert
	13	14	15
	Green Salad Rosemary Lemon Pork Chop Herb Couscous Scandinavian Veg Baked Roll Apricot Cobbler	Valentine's Raspberry Jello Salad Steak Mushroom/Port Wine Sauce Twice Baked Potato Casserole Lemon Parmesan Asparagus Baked Roll Homemade Black Forest Cake	Green Salad Thai Chicken Thighs Fried Rice Yellow Squash/Onions Berry Peach Crisp
	18	19	20
	Green Salad Ranch Chicken AuGratin Potatoes Winter Squash Baked Roll Pumpkin Pie	Green Salad Homestyle Turkey/Gravy Sausage Stuffing Green and Gold Beans Baked Roll Chocolate Love Cake	BBQ Pork Ribs Potato Salad Creamy Coleslaw Baked Roll Angel Roll
	23	24	25
	Green Salad Seasoned Meatballs/Gravy Oven Rice Caribbean Blend Baked Roll Banana Cream Pie	Braised Beef Cubes Parsley Egg Noodles Green Beans Italian Baked Roll Chef's Dessert	
	27	28	
	Green Salad Turkey Meatloaf Mashed Potatoes/Gravy Winter Blend Creamy Pear Jello		



# February 2018

## Independent Living Lifestyle & Leisure

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div></div> <div>6033 E. Arbor Avenue Mesa, Arizona 85206 480-654-8200</div>		<div><div>AE</div> Artistic Expression</div> <div><div>CC</div> Community Connection</div> <div><div>CE</div> Continuing Education</div> <div><div>LL</div> Lifestyle &amp; Leisure</div> <div><div>PE</div> Physical Engagement</div> <div><div>SS</div> Spiritual Support</div>		9:30 <div><div>CE</div></div> February IQ 1 10:00 Robinson Crusoe Day 11:00 Decorating w/Candy Day - Craft 1:00 Top 10 Lists (Late Night Anniversary) 2:00 <div><div>PE</div></div> Hula Hoop Challenge 2:30 "You Are There" (Titanic) 3:30 Reading Roundtable	<div><div>WEAR RED DAY</div></div> 2 <div><div>Groundhog Day</div></div> <div>9:30 Go Red for Women!</div> <div>10:30 <div><div>SS</div></div> Bible Study</div> <div>1:00 Bingo</div> <div>2:00 Who am I?</div> <div>2:30 Ukulele Day - Music &amp; Movement</div> <div>3:30 Cards &amp; Cookies</div>		
	<div>Day Club Closed</div> 4	9:30 <div><div>AE</div></div> Nutella Day - Cooking Club 5 9:30 Make Believe Monday 10:00 Bingo 11:00 Golf 1:00 Early Bird Day - Craft 2:00 Lazy Smores Social (Nutella) 3:15 Po-Ke-No 5:00 Easy Tai Chi w/ Roxanne (Open to All)	9:30 BJ Honeycutt day 6 10:00 Chopsticks Day - Craft 10:30 <div><div>LL</div></div> Bingo 1:00 <div><div>CC</div></div> Ent. Billy Pepper 2:00 Night Owl Day - Scavenger Hunt 3:15 LRC	9:30 Parachute Game 7 10:00 Pictionary 10:45 <div><div>SS</div></div> Church w/ Ginny 1:00 Beatlemania - Tap Your Toes 2:00 Balloon Toss 3:30 Patio Poetry	9:30 Potato Day - Craft/ Experiment 8 10:00 <div><div>PE</div></div> Tai Chi w/ Roxanne 11:00 Valentine's Day Craft 1:00 Boy Scouts Day 2:00 Laughter is the Best Medicine 3:15 Mandala Art	<div><div>Restaurant Outing - Chinese</div></div> 9 9:30 Pizza & Kisses - Cooking Club 9:45 Music Therapy w/ Joel 10:30 Bible Study 11:00 <div><div>CE</div></div> What am I? 1:00 Bingo 2:00 <div><div>PE</div></div> Winter Olympics 3:30 Reading Roundtable	<div>Day Club Closed</div> 10
	<div>Day Club Closed</div> 11	9:30 Shrove Monday (Craft & Quiz) 12 10:00 Bingo 11:15 Go Green Week 1:00 ENT Nashville Tunes 2:00 <div><div>PE</div></div> Basketball 3:15 Dog Show Days	<div><div>Mardi Gras/Fat Tuesday</div></div> 13 9:30 Mardi Gras Craft 10:30 <div><div>LL</div></div> Bingo 1:00 SOB Month 2:00 Pancake Tuesday Social 3:15 ET Phone Home 5:00 Caregiver Support Meeting (Open to All)	<div><div>Valentine's Day</div></div> 14 9:30 <div><div>AE</div></div> Nest Box Craft 10:00 Charades 10:45 <div><div>SS</div></div> Church w/ Ginny 11:00 Penn & Teller Magic Show 1:00 Valentines Day Ball 2:00 Valentine Social 3:15 Chicken Soup for the Soup Stories	<div><div>Young Adults Outing</div></div> 15 9:30 Hello Teddy! 10:30 A Whale of a Month 11:00 Bean Bag toss 1:00 <div><div>CC</div></div> ENT Dave & Keith 2:00 Happy Hippo Day 3:15 Painting	9:30 Fact or Fantasy Friday 16 10:00 Heart-2Heart Craft 10:30 Bible Study 11:00 911 Anniversary 1:00 Bingo 2:00 <div><div>CE</div></div> Who Am I? 3:15 Double Dog Dare You! Day	<div>Day Club Closed</div> 17
	<div>Day Club Closed</div> 18	<div><div>Shopping Outing - Michael's Craft Store</div></div> 19 <div><div>Presidents' Day</div></div> <div>9:30 President's Day Trivia</div> <div>10:00 Bingo</div> <div>1:00 King of Motown - Music and Movement</div> <div>2:00 Friendship bracelets</div> <div>3:15 Cards</div> <div>5:30 <div><div>CC</div></div> Easy Tai Chi w/ Roxanne (Open to All)</div>	9:30 Spring is in the Air 20 10:30 <div><div>LL</div></div> Bingo 1:00 Blah Busters 2:00 <div><div>CE</div></div> Space Trivia 3:15 Love Your Pet Day	9:30 Cooking Club - Sticky Buns 21 10:00 Tap Your Toes 10:45 <div><div>SS</div></div> Church w/ Ginny 1:00 Washington Monument Anniversary 2:00 Sticky Social 3:15 Patio Poetry 5:00 Meet & Greet W/ Mgmt in the Day Club Café	9:30 Sock Craft 22 10:00 <div><div>PE</div></div> Tai Chi w/ Roxanne 11:00 Jumbo Bowling 1:00 Board Games in the Café 2:00 Margarita Mocktail Social 3:15 Bingo	9:45 Music Therapy w/ Joel 23 10:30 Bible Study 11:00 Cranium Crunches 1:00 Bingo 2:00 <div><div>AE</div></div> Feathered Friends Friday 3:15 Funny Friday	<div>Day Club Closed</div> 24
	<div>Day Club Closed</div> 25	9:30 Friend Forever Day 26 10:00 Bingo 1:00 ENT Nashville Tunes 2:00 <div><div>CE</div></div> Grand Canyon Trivia 3:15 Fairy Tales & Fables 11:15 Sit & Stretch	<div><div>Casino Outing</div></div> 27 9:30 Sculpting (with play-doh) 10:30 <div><div>LL</div></div> Bingo 1:00 ENT Dan Weibe 2:00 February Birthday Party 3:15 Cards & Cookies	9:30 <div><div>AE</div></div> Flower Arrangements 28 10:00 Heart Month - How the Heart Works 10:45 <div><div>SS</div></div> Church w/ Ginny 1:00 Participant/Resident Council 2:00 Cranium Crunches 3:15 Reading Roundtable			