

FEBRUARY 2020

STONEYBROOK STAFF

TRANSPORTATION

Monday, 12 p.m.: Lunch Outing
Tuesday & Thursday, All Day:
Doctor Appointments

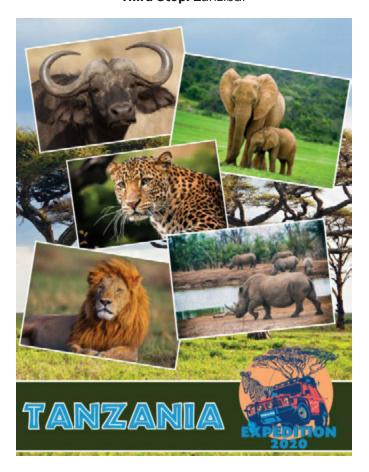
Wednesday, Morning: Doctor Appointments
Wednesday, 2 p.m.: Shopping Outings
Sunday, 9:30 a.m.-3 p.m.: Church Runs



Tanzania — February 2nd-7th

Wildlife, beaches, friendly people, fascinating cultures, Serengeti, Mt. Kilimanjaro, Zanzibar — Tanzania has all these and more wrapped up in one adventurous, welcoming package.

First Stop: Mt. Kilimanjaro
Second Stop: The Serengeti
Third Stop: Zanzibar



Namibia — February 9th-14th

Our very own Activity Coordinator Rebecca's daughter, Dominique, will be in Africa while we are traveling there too, so of course we have to make a detour and add in Namibia to our Expedition. Here is a little bit of information on the Cheetah Conservation Fund program in which she will be interning.

Conservation

Cheetah Conservation Fund's holistic conservation strategy is the key to success in saving the cheetah and its ecosystem. CCF works to develop best practices that benefit the entire ecosystem upon which the cheetah depends. CCF's programs address the concerns for wildlife populations and the human communities that share the landscape.

Education

Environmental education is vital to Cheetah Conservation Fund's mission. CCF's research shows that public education will help ensure a future for the species in the wild. The development of national pride and international concern for the cheetah are critical to the species' survival. In order to reach the widest audience possible, CCF educates farmers, teachers and the public about methods to conserve biodiversity. Special emphasis is placed on the role of the cheetah and other predators in healthy ecosystems.

Research

Scientific research is the backbone of CCF's education and conservation activities. CCF's scientific research on cheetahs focuses on a number of aspects of the cheetah's life cycle, biology and genetics. Research projects also include ecology, human-wildlife conflict, agriculture and biomass energy.



Wildlife Safari

Wildlife Safari began as the vision and dream of one man, Frank Hart. It was Hart's goal to create a facility in the Pacific Northwest that would work to save rare and endangered species from all around the world. Almost 50 years later, Wildlife Safari has grown into an internationally recognized non-profit wildlife park dedicated to conservation, education and animals in wide open spaces.

The park opened in 1972 and is the only drive-through animal park in the state of Oregon. Wildlife Safari features over 500 animals representing their wild counterparts from all around the globe, making them a true intersection of human and nature nestled into the picturesque hills of Southern Oregon; a veritable Garden of Eden, horticultural wonderland and Giraffic Park, all in one. With over 400 acres of space for some of the rarest, most endangered and simply coolest species on earth to roam, Wildlife Safari is truly an experience beyond a zoo.

The park gives you the chance to escape on a wild African Safari and get up close to ostriches, Watusi cattle, lions and zebra. Venture through the homes of hippos and the land of the scimitar horned oryx. Your Safari journey will take you through Southern Africa where the Rhino and Giraffe rule. Carry on to interpretive wetlands, cleaning the local waters in reaffirmation of our commitment to the soil before venturing into the land of bears, bison and elk within the sprawling canyon forests of North America.

It isn't just a drive-through animal park. Wildlife Safari boasts one of the top cheetah breeding research centers on Earth and is the number one cheetah breeding facility outside of Africa and is number two on Earth.



Please join us Monday, February 10th, as we visit Wildlife Safari!



Gingerbread House Fun!



Cutting the bricks for our Firehouse



Starting the trees



Putting the base together



Making more trees



Ruth laying the bricks.



Look at that base!



Debbie and Hank working away.



Shirley placing the letters.



Jim is the wall master!



Donny showing our masterpiece.



Can we eat it now?!

FEBRUARY 2020

Birthdays

Donald Durrant, 1st
Patrick Collins, 5th
(Employee)
Lynda Sekora, 7th
James Fry, 8th
Paul Kelly, 9th
Haley Wilt, 11th (Employee)
Steven Cowart, 13th
(Employee)
Abby Bates, 13th (Employee
Shirley Courtney, 18th
Mickey Greenfield, 20th
Ardith Jesse, 20th
Joy Plunkett, 23rd

Service Anniversary

Jenny Cepeda 2/18/2019

Move-In Anniversaries

Bill & Jane Corcoran, 2/11/2019 James Leslie, 2/12/2019 Bill and Maxine Fetter, 2/16/2018 Bill Casebier,

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body."

—Joseph Addison

SUNDAY **TUESDAY MONDAY WEDNESDAY THURSDAY FRIDAY SATURDAY** 10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Music Therapy 2:30 Freedom Day! 3:30 Ice Cream Social 4:00 Board Games 2 10:00 Welcome to 3 10:15 Tanzanian Bingo 10:15 Tanzanian Bingo 10:15 Tanzanian Bingo 10:00 Why Do People 9:30 Church Runs 10:15 Bingo Tanzania! 11:00 Mt. Kilimanjaro 11:00 Test Your 11:00 The Serengeti **Drink Coffee?** 10:15 Bingo 10:30 Tanzania Fast Facts 11:30 Fitness: Mt. 11:30 Fitness: Shape Up! **Tanzanian** 11:30 Fitness: Island 10:30 The Many Birds 11:00 Fitness: Hike Mt. **Kilimanjaro** Knowledge 11:30 Fitness: Sunday **Fishing** 2:00 Music Therapy of Tanzania **Trivia Race Kilimaniaro** 11:30 Fitness: Big Five Funday! 2:00 Zanzibar 11:00 DIY Bird Feeders 2:30 Happy Birthday, 11:30 Out to Lunch: 2:00 Shopping Outing: **Scavenger Hunt** 2:30 The Underground Oasis 2:00 Gardening Club 2:30 Catch the **Portland Oregon Addis Ethiopian** Bi-Mart of the Kuza Caves! 2:30 Safari Royalty **Excitement** 3:00 Hymns and 3:30 Ice Cream Social 3:30 3 Tanzanian 3:30 Kilimanjaro 4:00 Guess the Spice 3:00 10 Facts About 3:00 Sea Salt Hand Scrub **Church Services** 4:00 Outing: Africa **Travel Stops Fast Facts** 4:30 Painting with the the Big Five! 4:00 Happy Hour 3:30 Super Bowl Party! 4:00 Carpe Kilimanjaro 4:15 Coffee Coffee **Night At OSU** Spices of Zanzibar with Darlene 3:30 Safari Silhouettes in TV Room Coffee! 14 10 13 VALENTINE'S DAY 15 11 9:15 Bible Study 9:30 Church Runs **8:30 Outing:** 10:00 Welcome 10:15 Namibian Bingo 9:30 Happy Valentine's 10:15 Namibian Bingo to Namibia! 10:15 Bingo Wildlife Safari 10:15 Bingo 11:00 Fish River Canyon Day 11:30 Fitness: Drumming 11:00 History of Namibia 11:30 Fitness: Sunday 12:00 Out to Lunch: 10:00 Wildlife Drive 11:30 Fitness: Namibian 11:30 Fitness: Shape Up! 11:30 Fitness: Hike Circle Funday! **Safari Village Cafe** 11:30 Fitness: Safari Stroll **Mount Brand Scavenger Hunt** 2:00 Music Therapy 2:30 Fun Cheetah Facts 2:00 Chocolate Kiss Day! 3:30 Trivia 2:30 Windhoek Facts 2:00 Dogs Saving 2:00 Shopping Outing: 2:30 National Hippo Day! 3:00 Let's Make 3:00 Hymns and Church 4:15 Wii Sports in 3:00 Cheetah Conservation **Cheetahs** Fred Meyer 3:30 Ice Cream Social **Namibian Fat Cake** Services TV Room Fund 3:30 Valentine's Party! 4:15 Stoneybrook Singers 4:00 Happy Hour 4:00 Board Games 4:00 Art & Painting 6:30 African Adventure 4:00 Paint Your Own 5:00 CCF Videos in with Peggy with Larry Cheetah in TV Room Class **TV Room** 22 16 PRESIDENTS DAY 17 18 20 21 9:30 Church Runs 9:15 Bible Study 9:30 Donuts 10:15 Bingo 10:15 Bingo 10:15 Bingo 10:15 Bingo 10:00 Africa Expedition and Coffee 10:15 Bingo 11:00 Stoneybrook 11:00 Brainteasers 11:30 Fitness: Sunday 11:30 Fitness: Shape Up! **Awards Party!** 11:30 Fitness: Shape Up! 10:00 Outing: Spirit Funday! Writing Club & Puzzles 2:15 Cooking Demo and 11:00 Fitness: Shape Up! **Mountain Casino** 2:00 Music Therapy 11:30 Fitness: Shape Up! 2:30 Nascar Day 11:30 Fitness: Shape Up! **Culinary Education** 12:00 Out to Lunch 11:30 Fitness: Stoneybrook 2:30 National Cook a Daytona 500! 2:00 Pluto Day! 2:00 Shopping Outing: 3:00 Come Make 3:30 Trivia Roadsters **Sweet Potato Day!** 3:00 Hymns and Bi-Mart Appetizers for 2:30 Resident Council 4:15 Wii Sports in 2:30 Sticky Bun Day! 3:30 Ice Cream Social **Church Services** Happy Hour 4:00 Stoneybrook 4:15 Stoneybrook TV Room 4:00 Readers' Delight 4:00 Board Games 4:00 Art & Painting 4:00 Happy Hour Singers Singers with Peggy 6:30 Monday Night Movie! 4:30 The Celtic World Class with Matt 23 **ASH WEDNESDAY** 29 25 26 27 9:30 Church Runs 10:15 Bingo 9:15 Bible Study 9:30 Donuts 10:00 Red Hat Society 10:00 Happy Leap Day! 10:15 Bingo 11:00 Stoneybrook 10:15 Bingo 10:15 Bingo and Coffee 11:00 Fitness: Shape Up! 10:15 Bingo 11:30 Fitness: Sunday Writing Club 11:00 Brainteasers 11:30 Fitness: Shape Up! 10:00 Country Drive 12:00 Out to Lunch 11:30 Fitness: Shape Up! 11:30 Fitness: Shape Up! Funday! & Puzzles 2:15 Chef's Corner 11:30 Fitness: Stoneybrook 3:30 Trivia 2:00 Gardening Club 2:00 Chocolate Covered 2:00 Music Therapy 11:30 Fitness: Shape Up! with Adriel! Roadsters 3:00 Hymns and 4:15 Wii Sports in **Nuts Day** 2:30 Happy Birthday, 2:00 Shopping Outing: 3:00 Welcome New 3:00 Come Make **Church Services** TV Room 3:00 Flower Arranging Superman! Walmart Residents Party! Appetizers for with Donna 4:00 Outing: Barbara 6:30 Monday Night 4:00 Leap Year in 4:15 Stoneybrook 4:00 Readers' Delight Happy Hour Rossabacher 4:00 Stoneybucks Movie! **TV Room** Singers with Peggy 4:30 The Celtic World 4:00 Happy Hour **Auction** Dresden



Thank You, First Responders!



Delivering the invites!



Our heroes!



We loved the tour of Station 1.



The last stop



Thank you dinner!



Benton County Sheriffs



So much fun!



Corvallis Police Department



Everyone enjoying the visit.



Showing off our Firehouse

New Year's Celebrations

Toasting, dancing, eating and listening to a live band; what more could you want to celebrate New Year's?!



Time to toast!



Dolly, Emory and Jean ready for the countdown.



June, Bernie and Lynda having a blast!



Ted, Vicki, Tom and Rita enjoying the music.



We love when family joins the festivities!



Ted and Betty dancing the night away.

Leap Year 2020!

Why Do We Need Leap Years?

The short explanation for why we need leap years is that our calendar needs to stay aligned with the astronomical seasons.

One orbit of Earth around the sun takes approximately 365.25 days — a little more than our Gregorian calendar's nice, round number of 365. Because the calendar does not account for the extra quarter of a day the Earth requires to complete its orbit around the sun, it doesn't completely align with the

solar year.

Because of this .25 day difference, our calendar gradually gets out of sync with the seasons. Adding an extra day, aka a "leap day," to the

calendar

Join us as we leap into Leap Year like Superman on his birthday too!

every four years brings the calendar in line and therefore realigns it with the seasons.

Without leap days, the calendar would be off by 5 hours, 48 minutes, and 45 seconds more each year.

After 100 years, the seasons would be off by 25 days! Eventually, the months we call February and March would feel like summer months in the Northern Hemisphere.

The extra leap day adjusts this drift, but it's not a perfect match; adding a leap day every four years overcompensates by a few extra seconds each leap year, adding up to about three extra days every 10,000 years.





