

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 <p style="text-align: center;">Happy Valentine's Day!</p> <p style="text-align: center;">All Activities Subject to Change</p>	<p style="text-align: right;">1</p> <p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:00 Wii Bowling, IC 2:00 Game Time with Barb, LR 3:00 Strike up the Band Barb, LR 6:00 Evening Movie, LR</p> <p style="text-align: center;"><small>Chinese New Year (Year of the Tiger)</small></p>	<p style="text-align: right;">2</p> <p>10:00 Strength Exercise, DR 1:00 Walking Group, L 2:00 Bingo, DR 3:30 Walking Group With Joy, L 6:00 Evening Movie, LR</p> <p style="text-align: center;"><small>Groundhog Day</small></p>	<p style="text-align: right;">3</p> <p style="text-align: center;">Medical Transportation**</p> <p>10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p style="text-align: right;">4</p> <p>10:00 Morning Exercise, DR 1:00 Walking Group With Joy, L 2:30 Birthday Celebration With Carol Hendrickson, DR 6:00 Evening Movie, LR</p>	<p style="text-align: right;">5</p> <p>10:00 Morning Exercise, DR 2:00 Entertainment with Ron Herring, DR 2:30 Word Games, DR 6:00 Evening Movie, LR</p>
--	---	---	---	---	---

<p style="text-align: right;">6</p> <p>9:00 Morning Musical Movie, LR 6:00 Bingo, L 6:00 Evening Movie, LR</p>	<p style="text-align: right;">7</p> <p>9:00 Bible Study with Carla, AR 10:00 Morning Exercise, DR 2:00 Scenic Drive, L 6:00 Evening Movie, LR</p>	<p style="text-align: right;">8</p> <p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:00 Wii Bowling, IC 2:00 Game Time with Barb, LR 3:00 Strike up the Band Barb, LR 6:00 Evening Movie, LR</p>	<p style="text-align: right;">9</p> <p>10:00 Strength Exercise, DR 1:00 Walking Group, L 2:00 Red Hats, DR 3:30 Walking Group With Joy, L 6:00 Evening Movie, LR</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">Medical Transportation**</p> <p>10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p style="text-align: right;">11</p> <p>10:00 Morning Exercise, DR 1:00 Walking Group With Joy, L 2:30 Happy Hour with Lenny Luzzi, DR 6:00 Evening Movie, LR</p>	<p style="text-align: right;">12</p> <p>10:00 Morning Exercise, DR 1:00 Pet Visit with Sophie, LR 2:30 Word Games, DR 6:00 Evening Movie, LR</p>
---	---	--	--	--	--	---

<p style="text-align: right;">13</p> <p>9:00 Morning Musical Movie, LR 3:30 Super Bowl Sunday 6:00 PO KE NO, L 6:00 Evening Movie, LR</p>	<p style="text-align: right;">14</p> <p>9:00 Bible Study with Carla, AR 10:00 Morning Exercise, DR 2:00 Valentine Board Games, LR 6:00 Evening Movie, LR</p> <p style="text-align: center;"><small>Valentine's Day</small></p>	<p style="text-align: right;">15</p> <p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:00 Wii Bowling, IC 2:00 Game Time with Barb, LR 3:00 Strike up the Band Barb, LR 6:00 Evening Movie, LR</p>	<p style="text-align: right;">16</p> <p>10:00 Strength Exercise, DR 1:00 Walking Group, L 2:00 Bingo Bash, DR 3:30 Walking Group With Joy, L 6:00 Evening Movie, LR</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">Medical Transportation**</p> <p>10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p style="text-align: right;">18</p> <p>10:00 Morning Exercise, DR 1:00 Walking Group With Joy, L 2:30 Happy Hour with Eric Andrews, DR 6:00 Evening Movie, LR</p>	<p style="text-align: right;">19</p> <p>10:00 Morning Exercise, DR 2:00 Chicken Soup for the Soul Stories, ICP 2:30 Word Games, DR 6:00 Evening Movie, LR</p>
--	--	---	---	--	---	---

<p style="text-align: right;">20</p> <p>9:00 Morning Musical Movie, LR 6:00 Bingo, L 6:00 Evening Movie, LR</p>	<p style="text-align: right;">21</p> <p>9:00 Bible Study with Carla, AR 10:00 Morning Exercise, DR 2:00 Sing Along with Joy, LR 6:00 Evening Movie, LR</p> <p style="text-align: center;"><small>Presidents' Day</small></p>	<p style="text-align: right;">22</p> <p>10:00 Morning Exercise, DR 1:00 Northwest Geriatrics 1:00 Wii Bowling, IC 2:00 Game Time with Barb, LR 3:00 Strike up the Band Barb, LR 6:00 Evening Movie, LR</p>	<p style="text-align: right;">23</p> <p>10:00 Strength Exercise, DR 1:00 Walking Group, L 2:00 Cooking Demonstration, DR 3:30 Walking Group With Joy, L 6:00 Evening Movie, LR</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">Medical Transportation**</p> <p>10:00 Catholic Services, AR 1:00 Documentary, LR 1:00 Northwest Geriatrics 1:00 Foot Care with Dr. Gorey 2:00 Social Connection, LR 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p style="text-align: right;">25</p> <p>10:00 Morning Exercise, DR 1:00 Walking Group With Joy, L 2:30 Happy Hour and the Price is Right, DR 6:00 Evening Movie, LR</p>	<p style="text-align: right;">26</p> <p>10:00 Morning Exercise, DR 1:00 Pet Visit with Sophie, LR 2:30 Word Games, DR 6:00 Evening Movie, LR</p>
--	--	---	--	--	--	---

<p style="text-align: right;">27</p> <p>9:00 Morning Musical Movie, LR 6:00 PO KE NO, L 6:00 Evening Movie, LR</p>	<p style="text-align: right;">28</p> <p>9:00 Bible Study with Carla, AR 10:00 Morning Exercise, DR 2:00 Resident Meeting, DR 6:00 Evening Movie, LR</p>	 <h1 style="color: red;">February 2022</h1> <h2 style="color: black;">Assisted Living</h2>			
---	--	--	--	--	--

February 2022
THE MONTHLY GAZETTE

"The only thing we should scream into the world is love."

~ Author Jill Telford



Dog of the Month – Beagle

The beagle is a short-haired scent hound that was originally bred for fox hunting in England. This friendly, smart, sweet-faced dog has excellent tracking skills and is often used in airports to sniff out illegal plants and foods.



tan, chocolate, orange, lemon, and red.

Beagles make good family pets. They are known to be adaptable, gentle, loving, sociable companions, and good with children. However, they are also prone to barking, digging, and stubbornness. They are small in size, between 20–24 pounds, and they come in a range of coat color combinations including white,

Beagles' sense of smell is thousands of times better than that of humans. Their keen noses have a remarkable 220 million scent receptors, as opposed to our five million. Their long ears help them smell by keeping scent particles trapped in the air around their noses.

Special Days

Chinese New Year (Year of the Tiger)
 February 1

Black History Month Begins
 February 1

Groundhog Day
 February 2

Super Bowl Sunday
 February 13

Valentine's Day
 February 14

Presidents' Day
 February 21

Flower – Violet



The violet is the flower of February. This beautiful little plant has a sweet scent and blooms in colors ranging from deep blue to bright fuchsia and royal purple. The violet is the state flower of Illinois, Wisconsin, New Jersey, and Rhode Island, as well as the national flower of Greece. One reason violets are so adored is for their varied culinary uses. From savory meals to sweet desserts, violets can be used to add a unique floral flavor to your favorite dish. Some varieties even taste like vanilla.

Birthstone – Amethyst



With its lovely purple hues, the amethyst, which is a type of quartz, has been a popular gemstone for thousands of years. The Greeks believed the stone would help prevent drunkenness. In fact, *amethyst* is Greek for "not intoxicated." European soldiers wore amethyst amulets during battle, believing the gems had a protective quality. They also believed that its presence would help them think more clearly while under pressure, which would bring victory. Today, amethysts are associated with peace and inner strength.



Assisted Living

A Great Place to Call Home

Hair Salon

Wednesdays

9:00 AM—1:30 PM

Stylist—Oanh

Sign Up at the Front Desk

Happy Birthday:

Bob O. 2/5 Hazel C. 2/25 Phyllis M. 2/25

Special Activities

- February 4th @ 2:30 Birthday Celebrations with Carol Hendrickson
- February 5th @ 2:00 Entertainment with Ron Herring
- February 9th @ 2:00 Red Hat Crafts
- February 11th @ 2:30 Happy Hour with Lenny Luzzi
- February 14th** **Happy Valentine's Day!**
- February 16th @ 2:00 Bingo Bash
- February 18th @ 2:30 Happy Hour with Eric Andrews
- February 23rd @ 2:00 Cooking Demo
- February 25th @ 2:30 Happy Hour with the Price is Right
- February 28th @ 2:00 Resident Meeting

Follow us on Facebook