



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>Memory Care</h1>		<b>1</b> 9:00 Music and Movement, LC 10:00 Golden Oldies, TC <b>12:30 Reminiscing with Barb, TC</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 2:00 Scenic Bus Ride 5:00 Evening Movie Theater Chinese New Year (Year of the Tiger)	<b>2</b> <b>9:00 ~ 1:00 Hair Salon</b> 9:00 Aromatherapy, TC 10:00 Color My World, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater Groundhog Day	<b>3</b> 9:00 Music and Movement, LC <b>10:00 Catholic Prayers</b> <b>12:30 Strike Up the Band with Barb</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater	<b>4</b> 9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater	<b>5</b> 9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Documentary, LR 5:00 Evening Movie Theater
<b>6</b> 9:00 Meet & Greet, CS 10:00 Nail Spa, CS 1:30 Snack Break 5:00 Evening Movie Theater	<b>7</b> 9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break 1:30 <b>Music with Larissa, LR</b> 5:00 Evening Movie Theater	<b>8</b> 9:00 Music and Movement, LC 10:00 Golden Oldies, TC <b>12:30 Art Expression with Barb, TC</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 5:00 Evening Movie Theater	<b>9</b> <b>9:00 ~ 1:00 Hair Salon</b> 9:00 Aromatherapy, TC 10:00 Color My World, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<b>10</b> 9:00 Music and Movement, LC <b>10:00 Catholic Prayers</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater	<b>11</b> 9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater	<b>12</b> 9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Documentary, LR 5:00 Evening Movie Theater
<b>13</b> 9:00 Meet & Greet, CS 10:00 Nail Spa, CS <b>3:30 Super Bowl Game</b> 1:30 Snack Break 5:00 Evening Movie Theater	<b>14</b> 9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break 5:00 Evening Movie Theater  Valentine's Day	<b>15</b> 9:00 Music and Movement, LC 10:00 Golden Oldies, TC <b>12:30 Trivia and Conversation with Barb, TC</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 5:00 Evening Movie Theater	<b>16</b> <b>9:00 ~ 1:00 Hair Salon</b> 9:00 Aromatherapy, TC 10:00 Color My World, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<b>17</b> 9:00 Music and Movement, LC <b>10:00 Catholic Prayers</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater	<b>18</b> 9:00 Meet n' Greet, TC 10:00 Chef Friday, TC <b>12:30 Pet Visit with Anubi</b> 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater	<b>19</b> 9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Documentary, LR 5:00 Evening Movie Theater
<b>20</b> 9:00 Meet & Greet, CS 10:00 Nail Spa, CS 1:30 Snack Break 5:00 Evening Movie Theater	<b>21</b> 9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break 1:30 <b>Music with Larissa, LR</b> 5:00 Evening Movie Theater Presidents' Day	<b>22</b> 9:00 Music and Movement, LC 10:00 Golden Oldies, TC <b>12:30 Field Day with Barb, TC</b> <b>1:00 Northwest Geriatrics</b> 1:30 Snack Break 2:00 Scenic Bus Ride 5:00 Evening Movie Theater	<b>23</b> <b>9:00 ~ 1:00 Hair Salon</b> 9:00 Aromatherapy, TC 10:00 Color My World, TC 1:30 Snack Break 2:00 Music Video 5:00 Evening Movie Theater	<b>24</b> 9:00 Music and Movement, LC <b>10:00 Catholic Prayers</b> <b>12:30 Strike Up the Band with Barb, TC</b> <b>1:00 Northwest Geriatrics</b> <b>1:00 Foot Care with Dr. Gorey</b> 1:30 Snack Break 2:00 Arm Chair Traveler, LR 5:00 Evening Movie Theater	<b>25</b> 9:00 Meet n' Greet, TC 10:00 Chef Friday, TC 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie Theater	<b>26</b> 9:00 Meet n' Greet, TC 1:30 Snack Break 2:00 Documentary, LR 5:00 Evening Movie Theater
<b>27</b> 9:00 Meet & Greet, CS 10:00 Nail Spa, CS 1:30 Snack Break 5:00 Evening Movie Theater	<b>28</b> 9:00 Music and Movement, LC 10:00 Library, TC 1:30 Snack Break 5:00 Evening Movie Theater	 <h1>February 2022</h1> <p>TC = Table Circle / LR = Living Room            CS = Care Staff / LC = Large Circle            Activities Subject To Change</p>				



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.



## Memory Care

A Great Place to Call Home

**Hair Salon**

Wednesdays

9:00 AM—1:30 PM

**Stylist—Oanh**

*Sign Up at the Front Desk*

### Special Activities

*Reminiscing with Barb ~ February 1<sup>st</sup> @ 12:30 pm*

*Strike Up the Band with Barb ~ February 3<sup>rd</sup> @ 12:30 pm*

*Cooking Demo and Fresh Baked Goods ~ February 4<sup>th</sup> @ 10:00 am*

*Music with Larissa ~ February 7<sup>th</sup> @ 1:30 pm*

*Art Expression with Barb ~ February 8<sup>th</sup> @ 12:30 pm*

*Cooking Demo and Fresh Baked Goods ~ February 11<sup>th</sup> @ 10:00 am*

*Happy Valentine's Day ~ February 14<sup>th</sup>*

*Trivia with Barb ~ February 15<sup>th</sup> @ 12:30 pm*

*Cooking Demo and Fresh Baked Goods ~ February 18<sup>th</sup> @ 10:00 am*

*Music with Larissa ~ February 21<sup>st</sup> @ 1:30 pm*

*Field Day with Barb ~ February 22<sup>nd</sup> @ 12:30 pm*

*Strike Up the Band with Barb ~ February 24<sup>th</sup> @ 12:30 pm*

*Cooking Demo and Fresh Baked Goods ~ February 25<sup>th</sup> @ 10:00 am*

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