



The Birdsong

Quail Park of Granbury Monthly Newsletter



February

Holidays

- Black History Month
- 2/2 Groundhogs Day
- 2/13 Superbowl Sunday
- 2/14 Valentines Day
- 2/21 Presidents Day
- 2/23 Battle of the Alamo

Must see Activities!

- 2/1 - Hope Choir Singers
- 2/9 - Stumpy's Lunch Outing
- 2/11 - Put Put Golf
- 2/14 - Valentine's Day Party
- 2/14 - Sing Along
- 2/17 - DJ Jim at Thirsty Thursday
- 2/18 - Randy's Lunch Outing
- 2/25 - Crochet Club





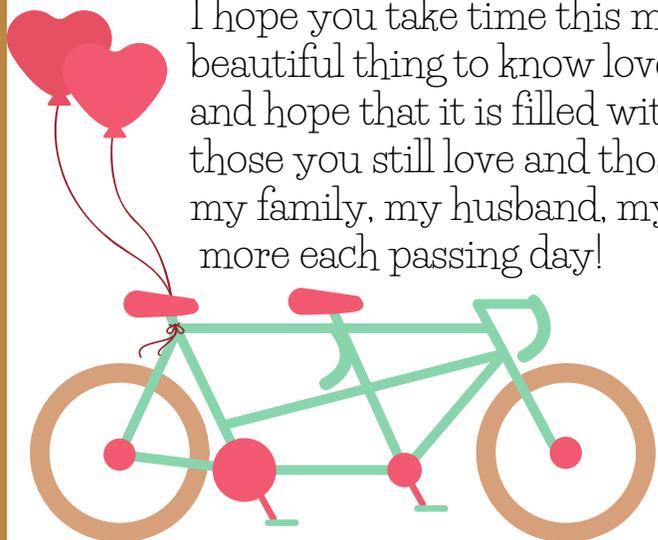
*A message from our
Executive Director*

Valentine's Day is February 14. It's a day for love stories to be shared. I saw this one and thought it was cute and wanted to share...

"About a year had passed since my amicable divorce, and I decided it was time to start dating again. Unsure how to begin, I thought I'd scan the personals column of my local newspaper. I came across three men who seemed like they'd be promising candidates. A couple of days later, I was checking my answering machine and discovered a message from my ex-husband. 'I was over visiting the kids yesterday,' he said. 'While I was there I happened to notice you had circled some ads in the paper. Don't bother calling the guy in the second column. I can tell you right now it won't work out. That guy is me.'" – Contributed by Pat Patel

I was visiting with our resident, Helen Butler, this week. She shared her love story and I wanted to share it with you. When she was a child, her family had mutual friends who also had children close to Helen's age. She and their son played together as children. When they were young adults, her childhood friend was called to war and Helen married someone else. Helen and her husband ended up divorcing and the friend came back from war. He worked for the railroad upon returning from the war. They met again and rekindled their friendship which turned in to love. They ended up married. During their marriage they went through some very difficult times of tragedy but lived each other through the tragedies of loss they shared. The hard times strengthened their marriage and they celebrated 76 wonderful years together. They loved each other very much and Helen misses him dearly but can look back at the good times with a smile on her face.

I hope you take time this month to share your love story with others. It's a beautiful thing to know love. I wish each of you the happiest Valentine's Day and hope that it is filled with wonderful memories of those you have loved, those you still love and those you will get to love in the future. My loves are my family, my husband, my children and each of you that I love more and more each passing day!



Happy
Valentine's Day

Happy Birthday!

2/1 – PAT P.
2/2 – SHIRLEY J.
2/5 – MICHAEL K.
2/13 – LORETTA E.
2/14 – ALITA P.
2/18 – KATHI W.
2/25 – CAROL L.



Happy **Quail Park**
Anniversary!

2 YEARS

JEAN C. & CHERYL R.
THANK YOU FOR
CHOOSING QUAIL PARK TO
BE YOUR FOREVER HOME!

Verse of the month

LET THE MORNING BRING ME
WORD OF YOUR UNFAILING
LOVE, FOR I HAVE PUT MY
TRUST IN YOU. SHOW ME THE
WAY I SHOULD GO, FOR TO YOU
I ENTRUST MY LIFE.

Psalm 143:8

**Please join us for
church services every
Sunday at 4PM in the
Great Room**



*What's Cooking with
our Executive Chef*

Mini Lemon Cream Pies

Prep Time: 45 Minutes

Cook Time: 1 Hour 15 Min.

Servings: 8



Ingredients

- 8 half-pint wide mouth jars or 8-10 oz. custard cups
- 1 cup Kroger® Graham Cracker Crumbs
- 3 tablespoons plus 1 cup sugar, divided
- 4 tablespoons butter, melted,
- 8 Tbsp. butter, cut into 8 pieces
- 1 package (8 oz.) cream cheese softened
- 1/2 cup Kroger® Heavy Whipping Cream
- 2 tablespoons powdered sugar
- 1/2 teaspoon powdered sugar
- 1/2 teaspoon vanilla
- 1 cup lemon juice
- 1 tablespoon cornstarch
- 2 teaspoons lemon zest
- 4 egg yolks, beaten
- Sweetened whipped cream
- Fresh berries

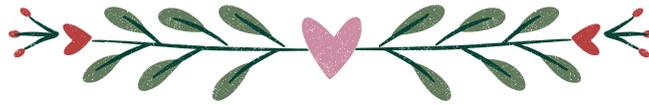
Directions

1. Heat oven to 350°F. Place jars or custard cups on a baking sheet; set aside.
2. In a bowl mix together graham cracker crumbs, 3 tablespoons sugar and melted butter. Divide evenly among jars and press firmly in the bottom. Bake 8-10 minutes until set. Cool completely.
3. In a bowl beat cream cheese until smooth. Add cream, powdered sugar and vanilla; continue beating until smooth and fluffy. Divide between jars and spread into an even layer over the crust. Refrigerate.
4. Add lemon juice, 1 cup sugar, cornstarch and lemon zest to a 1 quart saucepan; stir constantly over medium until mixture comes to a boil.
5. Place egg yolks in a bowl; add a few tablespoons of the juice mixture to the egg yolks, stirring constantly. Add another few tablespoons and stir to combine. Continue adding juice mixture to eggs until about half the juice has been added.
6. Add the egg mixture back to the saucepan with the remaining juice. Cook over medium heat stirring constantly until mixture reaches at least 165°F and is thickened. Remove from heat and whisk in butter. Allow to cool 15 minutes.
7. Spread lemon curd over chilled cream cheese layer. Refrigerate at least 1 hour to set. When ready to serve top with sweetened whipped cream and garnish with fresh berries if desired.



Michelle Allen
Wellness Director

Why Participating in Activities is important to your health.



Scientific studies continue to show that enjoyable activities can have several major benefits. For example, they have the power to help:

- **Improve how your brain works.** Do you want to maintain your memory and optimize your ability to learn new things? Engaging in play on a regular basis can enhance your creativity and mental sharpness.
- **Heal, establish, or maintain relationships.** A lot of seniors are lonely. In fact, on average, seniors without spouses or partners spend about 10 hours alone each day. But having fun can enable older adults to make new friends or improve existing relationships. Things like laughter and friendly competition are known to increase harmony, trust, empathy, and intimacy among people who experience them together.
- **Improve your mental and emotional well-being.** Do you like the way you feel when you have a brighter outlook on life and your sense of time recedes into the background? Engaging in activities you enjoy can expand your optimism, multiply your moments of joy, and reduce your stress. It can even help prevent depression.
- **Extend your life and improve your physical vitality.** Who doesn't want to feel younger or more energetic? Creating plenty of fun moments in your life can be a good way to boost your immune system, reduce your risk of illness, and minimize your perception of any pain you might already have.

Play should be a major part of life for everyone. We can all probably use many more joyful experiences. It's who we are, no matter our age.

Source: <https://www.greatseniorliving.com/articles/fun-activities-for-seniors>

Groundhogs Day



The premise is that every year some time in the morning of this day, a groundhog comes out of its den and if it sees its shadow on the ground and returns into the hole, that means there will be six more weeks of winter from that date. However, if the groundhog does not see its shadow, and stays out of its hole, it means that spring is near, and will arrive early. While this tradition may seem odd to some, it does have some meaning and logic behind it. As a hibernating animal, a groundhog coming out of its den is usually a sign that spring is coming. In early times, Europeans used to look for signs of animals who would hibernate during the cold days, to signal that winter was over.

This year the groundhog saw his shadow which means we are due for 6 more weeks of winter!



Congratulations!

**TO OUR
FEBRUARY
EMPLOYEE OF
THE MONTH!**

Espi Gamez!



Memory Care residents
enjoying exercise



Joke of the Month

Which days are the strongest?
Saturday and Sunday.
The rest are weekdays



My Monthly Journal

Reminders / Notes



An Active lifestyle is a Healthy Lifestyle

Place a checkmark next to the activities you did this month!

- | | |
|--|--|
| <input type="checkbox"/> Played Bingo | <input type="checkbox"/> Visited with a Friend |
| <input type="checkbox"/> Read a Book | <input type="checkbox"/> Visited with Family |
| <input type="checkbox"/> Worked on a Puzzle | <input type="checkbox"/> Attended Church |
| <input type="checkbox"/> Happy Hour | <input type="checkbox"/> Gardened |
| <input type="checkbox"/> Arts & Crafts | <input type="checkbox"/> Enjoyed the sunshine |
| <input type="checkbox"/> Exercise | |
| <input type="checkbox"/> Walked around the building | |
| <input type="checkbox"/> Attended a live performance at Quail Park | |