






# FEBRUARY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>February 6<sup>th</sup> - Opal H</p> <p>February 20<sup>th</sup> Beverly P</p> <p>February 22<sup>nd</sup> LaVerel T</p> <p>February 23<sup>rd</sup> Verlyn S</p> <p>February 25<sup>th</sup> Jeanne K</p>	<p>February is <b>HEART HEALTHY MONTH!</b></p> <p>Go for a Walk in the Prairie Home Hallways—</p> <p>Invite a Friend to Join You!</p> <p>Set a Goal to Walk Every Day!</p>	<p>February is <b>HEART HEALTHY MONTH!</b></p> <p>Go for a Walk in the Prairie Home Hallways— Invite a Friend to Join You. Set a Goal to Walk Every Day!</p> <p><b>See the last page of the calendar for Signs of Stroke and Signs of Heart Attack from the American Heart Association</b></p>	<p><i>Aquarius-</i> Jan 20 - Feb 18</p> <p><i>Pisces-</i> Feb 19-Mar 20 ~~~~~</p> <p><b>Chinese New Year</b> February 5<sup>th</sup> <b>Year of the Pig</b> The pig represents wealth and generosity. People born under this sign are often reserved and fine it hard to trust someone.</p> <p>If you were born in 1911, 1923, 1935, or 1947 your sign is the Pig</p>	<p><b>February Fun</b> <b>Facts:</b> <b>Flowers:</b></p>  <p><b>Violet</b></p>  <p><b>Primrose</b> <b>Birthstone:</b> <b>Amethyst</b> Symbolizing piety, humility, spiritual wisdom, and sincerity</p> <p><i>Aquarius-</i> Jan 20 - Feb 18</p> <p><i>Pisces-</i> Feb 19-Mar 20</p>	<p><b>1</b></p> <p><b>Wear Red Today To Help Raise Awareness to Prevent Heart Attacks and Strokes in Women</b></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee Hour</p> <p>2:00pm Euchre</p> <p>2:30pm Happy Hour Featuring Deviled Eggs</p> <p>6:00pm Dominos</p>	<p><b>2</b></p> <p>Groundhog Day 8:30am Morning Stroll</p> <p>9:00am Coffee and Tea Café</p> <p>10:00am Music Time West Lounge</p> <p>2:00pm Euchre</p> <p>3:00pm Scrabble West Lounge</p> <p>5:00pm Lawrence Welk Channel 12</p> <p>6:00pm Dominos</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>8:30am</b> <b>Morning Stroll</b>	<b>8:30am</b> <b>Morning Stroll</b>	<i>Chinese New Year</i> <b>8:30am</b> <b>Morning Stroll</b>	<i>Happy Birthday, Opal!</i> <b>8:30am</b> <b>Morning Stroll</b>	<b>8:30am</b> <b>Morning Stroll</b>	<b>8:30am</b> <b>Morning Stroll</b>	<i>Hershey's Chocolate</i> <i>Founded this day in 1894</i>
<b>9:30am</b> <b>Coffee Hour</b> Café	<b>9:00am</b> <b>Coffee and Reminisce</b> Café	<b>9:00am</b> <b>Coffee and Reminisce</b>	<b>9:00am</b> <b>Coffee Hour</b>	<b>9:00am</b> <b>Coffee and Reminisce</b>	<b>9:00am</b> <b>Coffee and Reminisce</b>	<b>8:30am</b> <b>Morning Stroll</b>
<b>2:00pm</b> <b>Movie Matinee:</b> <u><i>My Dog Skip</i></u> A heart-warming family tale starring Diane Lane and Kevin Bacon	<b>9:30am</b> <b>Chair Exercise</b>	<b>9:30am</b> <b>Chair Exercise</b>	<b>9:30am</b> <b>Chair Exercise</b>	<b>10:00am</b> <b>Bible Chat with Jim</b> Center Lounge	<b>10:00am</b> <b>Scrabble</b>	<b>9:00am</b> <b>Coffee and Reminisce</b> Café
<b>3:00pm</b> <b>Euchre</b>	<b>10:00am</b> <b>Book Club</b>	<b>10:30</b> <b>Pet Therapy</b>	<b>10:00am</b> <b>Book Club</b>	<b>1:00pm</b> <b>Shopping at Festival Foods</b>	<b>2:00pm</b> <b>Card Club-Euchre</b>	<b>10:00am</b> <b>Music Time</b> West Lounge
<b>5:25pm</b> <b>Super Bowl</b> New England Patriots vs Los Angeles Rams	<b>1:30pm</b> <b>Bingo</b> Dining Room	<b>2:00pm</b> <b>Fortune Cookies and Hot Tea Social</b> Dining Room	<b>1:30pm</b> <b>Catholic Mass</b> West Lounge	<b>2:00pm</b> <b>Scrabble</b> West Lounge	<b>2:00pm</b> <b>Happy Hour and Snacks</b>	<b>2:00pm</b> <b>Hershey's Chocolate Tasting</b>
	<b>2:30pm</b> <b>Cocoa and Cider Social</b> Dining Room	<b>6:00pm</b> <b>Movie Night</b> <u><i>Hairspray</i></u> <i>A musical comedy</i>	<b>2:30pm</b> <b>Card Club-500</b> West Lounge	<b>3:00pm</b> <b>Euchre</b> Dining Room	<b>3:00pm</b> <b>Golden Oldies Musical Entertainment with Dave Brock</b>	<b>5:00pm</b> <b>Lawrence Welk</b>
	<b>6:00pm</b> <b>Dominos</b> West Lounge		<b>6:00pm</b> <b>Dominos</b> West Lounge	<b>6:00pm</b> <b>Dominos</b> West Lounge	<b>6:00pm</b> <b>Dominos</b> West Lounge	<b>6:00pm</b> <b>Dominos</b>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p><i>Health Education Week</i></p> <p><i>See last page of the calendar for Signs of Stroke and Signs of Heart Attack from the American Heart Association</i></p> <p><b>8:30am Morning Stroll</b></p> <p><b>9:30am Coffee Hour</b> Café</p> <p><b>2:30pm Euchre With Beer and Soda</b></p> <p><b>7:00pm Grammy Awards</b> Center Lounge Channel 7</p>	<p><b>8:30am Morning Stroll</b></p> <p><b>9:00am Coffee and Reminisce</b></p> <p><b>9:30am Chair Exercise</b> Dining Room</p> <p><b>10:00am Book Club</b></p> <p><b>1:30pm Bingo</b> Dining Room</p> <p><b>2:30pm Coffee, Tea, and Cocoa Social</b> Dining Room</p> <p><b>3:00pm Euchre</b></p> <p><b>6:00pm Dominos</b></p>	<p><i>Abraham Lincoln's Birthday</i></p> <p><b>8:30am Morning Stroll</b></p> <p><b>9:00am Coffee and Reminisce</b></p> <p><b>9:30am Chair Exercise</b></p> <p><b>10:30am Pet Therapy</b></p> <p><b>11:00am Lunch at Schmidty's</b></p> <p><b>2:00pm Popcorn and Movie: <u>You've Got Mail</u></b></p> <p><b>6:00pm Dominos</b></p>	<p><b>8:30am Morning Stroll</b></p> <p><b>9:00am Coffee Hour And Cinnamon Rolls</b> Café</p> <p><b>9:30am Chair Exercise</b> Dining Room</p> <p><b>10:00am Scrabble</b> West Lounge</p> <p><b>1:30pm Catholic Mass</b> West Lounge</p> <p><b>2:30pm Card Club – 500</b> West Lounge</p> <p><b>6:00pm Dominos</b> West Lounge</p>	<p><i>Happy Valentine's Day</i></p> <p><b>9:00am Coffee Hour</b></p> <p><b>10:00am Bible Chat with Jim</b> Center Lounge</p> <p><b>10:30am Weights and Blood Pressures with Connie</b></p> <p><b>2:30pm Valentine's Champagne Social</b> </p> <p><b>4:00pm Lutheran Prayer Service</b></p> <p><b>6:00pm Dominos</b></p>	<p><b>8:30am Morning Stroll</b></p> <p><b>9:00am Coffee and Reminisce</b> Café</p> <p><b>9:30am Chair Exercise</b></p> <p><b>2:00pm Card Club</b> Dining Room</p> <p><b>2:30pm Healthy Snack Citrus Fruit and Vegetable Sampling</b> Dining Room</p> <p><b>3:00pm Scrabble</b> West Lounge</p> <p><b>6:00pm Dominos</b></p>	<p><i>Random Acts of Kindness Day— Do a Kind Deed, Say a Kind Word!</i></p> <p><b>8:30am Morning Stroll</b></p> <p><b>9:30am Coffee Hour</b> Café</p> <p><b>10:00am Music Time in</b> West lounge</p> <p><b>2:30pm Card Club-500</b> West Lounge</p> <p><b>5:00pm Lawrence Welk</b> Channel 12</p> <p><b>6:00pm Dominos</b> West Lounge</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<i>International Friendship Week</i>	<b>President's Day—No Mail Delivery Today!</b>	<b>8:30am Birthday Breakfast</b> Eggs, Bacon, Sausage, English Muffin, Juice, and Coffee	<b>Happy Birthday, Beverly!</b>	<b>8:30am Morning Stroll</b>	<i>George Washington's Birthday</i>	<b>Happy Birthday, Verlyn!</b>
<b>8:30am Morning Stroll</b>	<b>8:30am Morning Stroll</b>	<b>9:30am Chair Exercise</b> Dining Room	<b>8:30am Morning Stroll</b>	<b>9:00am Coffee and Reminisce</b> Cafe	<b>Happy Birthday, LaVerel!</b>	<b>8:30am Morning Stroll</b>
<b>9:30am Coffee Hour</b> Café	<b>9:00am Coffee and Reminisce</b>	<b>9:30am Chair Exercise</b> Dining Room	<b>9:00am Coffee Hour with George Washington Cherry Dump Cake</b> In the Café	<b>10:00am Bible Chat with Jim</b> Center Lounge	<b>8:30am Morning Stroll</b>	<b>9:00am Coffee and Reminisce</b>
<b>2:30pm Euchre With Beer and Soda</b> Dining Room	<b>9:30am Chair Exercise</b>	<b>10:30am Pet Therapy</b>	<b>10:00am Chair Exercise</b>	<b>2:00pm Peek-a-boo</b>	<b>9:00am Coffee and Reminisce</b>	<b>10:00am Music Time in the West End Lounge</b>
<b>3:00pm Scrabble</b> West Lounge	<b>10:00am Book Club</b> Front Lounge	<b>2:00pm Movie Matinee</b> <u>Mama Mia</u> Center Lounge	<b>1:30pm Catholic Mass</b> West Lounge	<b>Graphic Patterned Heart Bookmark with Nancy</b>	<b>1:00pm Shopping at Festival Foods</b>	<b>2:00pm Afternoon Tea and Cookies</b> Dining Room
<b>6:00pm Carol Burnett DVD</b> Center Lounge	<b>1:30pm Bingo</b>	<b>2:30pm Card Club-Euchre</b>	<b>2:30pm Card Club-500</b> West Lounge	<b>3:00pm Card Club-Euchre</b>	<b>2:30pm Happy Hour</b> Featuring Beer and Pizza	<b>3:00pm Card Club</b>
<b>6:00pm Dominos</b>	<b>2:30pm Coffee, Tea, and Cocoa Social</b>	<b>6:00pm Dominos</b>	<b>6:00pm Dominos</b> West Lounge	<b>6:00pm Dominos</b> West Lounge	<b>6:00pm Dominos</b> West Lounge	<b>5:00pm Lawrence Welk Channel 12</b>
	<b>6:00pm Dominos</b>					<b>6:00pm Dominos</b>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
24	25	26	27	28
8:30am Morning Stroll	<i>Happy Birthday, Jeanne K.!</i> 8:30am Morning Stroll	8:30am Morning Stroll	8:30am Morning Stroll	8:30am Morning Stroll
9:30am Coffee Hour with Coffee Cake in the Café	9:00am Coffee Hour Café	9:00am Coffee Hour	9:00am Coffee Hour With Muffins Café	9:00am Coffee and Reminisce Cafe
2:00pm Dominos West Lounge	9:30am Chair Exercise Dining Room	10:30am Pet Therapy	9:30am Chair Exercise Dining Room	10:00am Bible Chat with Jim Center Lounge
3:00pm Euchre with Beer and Soda Dining Room	10:00am Book Club	11:00am Lunch at Ciatti's	10:00am The Price Is Right Center Lounge	2:00pm Hot Cider and Cookie Social
6:00pm Dominos West Lounge	1:30pm Bingo	2:00pm Popcorn and Movie: <u>Mama Mia</u> <u>Sequel—Here</u> <u>We Go Again</u>	1:30pm Catholic Mass West Lounge	2:30pm Euchre Dining Room
7:00pm Roll Out the Red Carpet... Academy Awards Channel 9	2:30pm Wine and Cheese Sampling	3:00pm Scrabble	2:30pm Card Club-500 West Lounge	3:00pm Scrabble West Lounge
	3:00pm Euchre	6:00pm Dominos	6:00pm Dominos West Lounge	6:00pm Dominos West Lounge

*Countdown  
to  
Spring!*



*Twenty Days  
until Spring!!!*

## STROKE WARNING SIGNS

### Spot a stroke F.A.S.T.:

- **Face Drooping** Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

**Time to call 9-1-1** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

American Heart Association

## HEART ATTACK WARNING SIGNS

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

**DISCOMFORT IN OTHER AREAS OF THE UPPER BODY** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

**SHORTNESS OF BREATH** with or without chest discomfort.

**OTHER SIGNS** may include breaking out in a cold sweat, nausea or lightheadedness.