Love and be loved.

"Being deeply loved by someone gives you strength,

and loving someone deeply gives you courage."

Lao Tzu

"Blessed is this life, and I'm going to celebrate being alive!" musician, Brett Dennen

Whether you're celebrating Valentine's Day, George Washington, Abe Lincoln, Thomas Edison, Susan B Anthony, Langston Hughes, Elmo, heart health, or ground hogs, be sure to pause and celebrate with loved ones this month. We are always honored to celebrate life with each and every one of you! Cheers to cherry trees, top hats, red furry puppets, a healthy lifestyle, Punxsutawney Phil, and YOU!

We will be having a Super Bowl Party on February 5th at 6:00. Please join us, and please let Sarah know how many are coming and if you would like to bring a snack to share.

We will be having a Valentine's Day Party on February 14th at 11:00. We're hoping to have the Men's Choir come and sing, and we will be having a cake walk and heart shaped cookie decorating.

We at Bickford love and appreciate you and your families very much!

Let's have a heart to heart about heart disease.

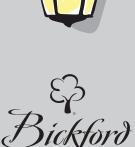
Marshalltown

Celebrate National Wear Red Day on February 3rd to raise awareness about heart disease.

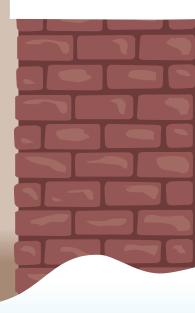
A small change can make a big difference. Talk to your doctor about heart health. Add some exercise to your weekly routine. Increase healthy eating with heart healthy foods such as fise dark beans, nole grains, fruits and vegetables, atmonds, walnuts, flaxseeds, and oatmeal. February is of course for Valentine's Day, Black History Month, President's Day, the Super Bowl, Groundhog Day, and it's also National Hot

FEBRUAR

- rt Breakfast month. So give your cold cereal a kick to the curb for the month and try
- e. easy healthy hot breakfasts such as Blueberry Muffin in a
- mug, Pancake Mug
  Cake, Quiche in a
  Mug, Oatmeal Nutella
  Mug Cake, Cinnamon
  Maple Quinoa, Hot
  Grapenuts with
  berries, Apple and
  Date Breakfast
  Sandwich, PB&J and
  Banana Burrito, and
  unusual smoothies.



assisted living



Happy Birthday to

Allysen Byford Feb 7 Betty Carter Feb 28

Our birthday party is on February 1st at 1:45 if you would like to join us for cake made by our wonderful kitchen staff.

We will be taking a trip to the Martha Ellen Tye theater on February 12th at 1:40 for the play, Ramona Quimby. Please let Sarah know by February 10th if you would like to buy a ticket.

**F**-festive **E**-exciting **B**-blooming **R**-radiant **U**-unified A-affectionate **R**-romantic Y-young at heart



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smoothies se thog Day its ry-Miriam ate nuts Il Craft <sub>2</sub>	9:00 Book Reading 9:30 Make red hats 10:00 Carrot cake 11:00 The Day the Music Died 1:00 Music-John S 2:00 Bingo 3	10a Exercise 2p Nail Glamour 7p Lawrence Welk 4
exercises time in n sword time in n ouffet <i>9</i>	9:00 Exercises 9:30 Black history 10:00 Umbrella craft 11:00 I Love Lucy 1:00 Wine glass painting 2:00 Bingo IO	10a Exercise 2p Nail Glamour 7p Lawrence Welk 11
exercises e ck and d Joy s ard 16	9:00 Book Reading 9:30 BINGO 10:30 Music-Mike L 1:00 Acts of Kindness 2:00 Music-Clarice 6:00 Movie	10a Exercise 2p Nail Glamour 7p Lawrence Welk I&
ees a bread -Jack s African time in <b>2</b> 8	9:00 Book Reading 9:30 BINGO 10:30 Mirror craft 1:00 Chinese craft 1:30 Jungle snack 2:00 Music-Dick F 6:00 Movie 24	10:00 Music-Ryan Sheeler 2p Nail Glamour 5:00 Music-Harry E 7p Lawrence Welk 25
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