

### VALENTINE'S DAY

We will be voting for our annual Valentine King and Queen, so please place your votes. Winners will be announced at 1:30 with music to follow.

#### VALENTINE'S RECIPE

- 4 small kisses
- 6 giant hugs
- 1 cup of kindness
- 3 cups of love
- 5 tsp of happiness
- 2+ caring hearts

Mix together and spread the love



# HAPPENINGS IN LINCOLN HATDAY

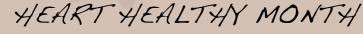






#### HAT DAY

Some wore hats, some didn't, but we all enjoyed making hats with oreo cookies. Most of us just enjoyed the oreo cookies. Thanks to our new Kitchen Manager Cindy Ellis for making this adorable Hat Cake and it tasted as good as it looks. You know it is a fun day when everyone has a smile on their face!!



Along with Valentine's Day, Feruary marks American Heart Health Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Heart disease is the leading cause of death for men and women.

Small changes can make a big difference in your heart health.

\*Add exercise to your or processed meats.

daily routine. TIPS- Choose mindfu

\*Increase healthy eating . Limit salt

\*Quit Smoking

\* Take medications as prescribed

Here are some simple ways you can eat healthier:

INCLUDE- Fruits & Vegetables, Whole grains, Beans and legumes, Nuts and seeds, Fish, Skinless Poultry, Low-fat dairy products, Healthier fats and non-tropical oils.

LIMIT- Sweets and added sugars, especially sugary drinks, Sodium and salt, Saturated fat and Fatty or processed meats.

TIPS- Choose mindfully, Watch your calories and eat reasonable portions. HEALTHY SNACKING-

Munchies that crunch: fruit, vegetables, whole grain crackers, nuts and seeds.

Snacks that Satisfy:
Fruit Smoothie
Low Fat Yogurt
Hummus with tomatoes



\*\*WEAR RED ON FRIDAY FEBRUARY 2nd for **HEART HEALTHY MONTH** 

## FEBRUARY BIRTHDAYS

RESIDENT BIRTHDAYS

2/22 BETTY DEETS

#### **BICKFORD FAMILY MEMBERS BIRTHDAYS**

RENEE PICKEREL 2/2 2/18 CLAUDIA CARDENAS 2/21 **CATHY BEUTLER** 

\*\*FAMILY GATHERING TUESDAY FEBRUARY 6th @ 5:00pm Soup Supper starts at 5:00pm We will also be sharing info on "How to stay healthy" following the soup supper. Hope to see you all there!!!

please RSVP 402-420-6058





Communion 10:30 Devotions 2:00 Super Bowl Party 5:30 Super Bowl

9:45 Balloon Toss 10:30 Catholic Communion 10:30 Protestant Service w/Jeff Collins 2:00 Beating the Winter Blahs Wine & Cheese II Party 6:30 Yahtzee

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9:45 Stretching Exercises 10:30 Would You Rather?

1:30 Manicures 6:30 Hot Cocoa by the Fireplace

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8am-4pm 9:45 Stretching Exercises 10:30 President's Day

Trivia 1:30 Manicures 3:00 Painting 6:30 Hot Cocoa by the

9:45 Stretching **Exercises** 10:30 Would You Rather? 1:30 Manicures 3:00 Resident Council Meeting 6:30 Hot Cocoa by the

**Fireplace** 

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(Love is in the Air) 10:30 Current Events 2:00 Bingo w/Pam 5:00 Family Gathering Soup Supper 6:30 Tom Roth

9:45 Coffee Social

Februar

9:45 Coffee Social (Mardi Gras) 10:30 Current Events 2:00 Bingo w/Pam 6:30 Just Us

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9:45 Let's Walk **Butterfly Trivia** 10:15 Catholic Mass w/Father Bourek 2:00 Old Time Music 6:00 Flight of the Butterflies (N)

9:45 Let's Walk Ash Wednesday 10:15 Catholic Mass w/Father Bourek 1:30 Valentine Party 2:00 Anne Bremmer 6:00 Winter Games Preview (N)

9:45 Let's Walk Toy Trivia 10:15 Catholic Mass w/Father Bourek 2:00 The Rockenbachs 6:00 The Toys That Made Us (N)

9:45 Let's Walk Johnny Cash Trivia 10:15 Catholic Mass w/Father Bourek 2:00 The Clefs 6:00 Walk The Line Movie (N) 28 9:45 Ground Hog Day 10:00 Catholic Comm. 10:30 Yoga w/Anita NOON Men's Lunch 2:00 Fun w/Food (Heart Healthy Month) 6:30 Name 5 2 Wear Red Day

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9:45 Food Council

w/Communion

0:15 Chapel Service

·2:00 Movie & Popcorn

9:45 Pototo Lovers Day

10:15 Chapel Service

2:00 Movie & Popcorn

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1:30 Prayer Time

6:30 Bingo w/Pam

9:45 Women Trivia

10:15 Chapel Service

2:00 Movie & Popcorn

10:15 Chapel Service

2:00 Movie & Popcorn

6:30 Bingo w/Pam 22

1:30 Hymn Singing

6:30 Bingo w/Pam

9:45 Trivia

w/Deb

w/Communion

w/Deb

6:30 Bingo w/Pam

Meeting

9:45 Winter Olympics Begin 10:30 Yoga w/Anita NOON Men's Lunch 2:00 Fun w/ Food (National Pizza Day) 6:30 Name 5 9

9:45 Jokes 10:30 Yoga w/Anita NOON Men's Lunch 2:00 Fun w/ Food (Whipped Cherry Pie) 6:30 Name 5 16

9:45 Jokes 10:30 Yoga w/Anita NOON Men's Lunch 2:00 Fun w/ Food (Girl Scout Cookie Day) 6:30 Name 5

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9:45 Core Exercises 10:30 Welcome to February Trivia 2:00 Arts & Crafts Day w/ UNL Pre PA Club 6:30 Snack Food Saturday

9:45 Core Exercises 10:30 Music for the Birds 2:00 Monthly Birthday Party w/Dick Patterson 6:30 Coffins Day "History of Pies"

9:45 Core Exercises 10:30 Famous Faces 2:00 Crafts 6:30 It's a Cat's Meow

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10:30 Famous Faces 2:00 Crafts 6:30 Pistachio Day

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