

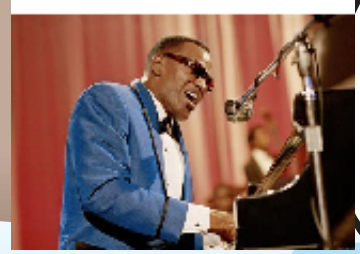


*Happy Black History Month*  
*"The Love of Music"*

Every February, we set aside time to remember and honor African Americans, past and present, who have done so much to shape our country and the world. The Black History Month 2018 theme, "African Americans in Times of War," marks the 100th anniversary of the end of World War I and honors the roles that black Americans have played in warfare, from the American Revolution to the present day.

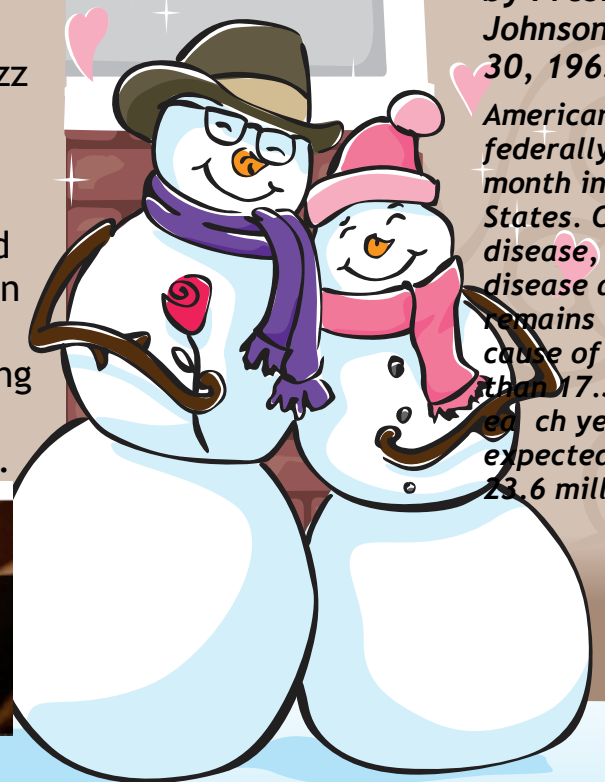
You may have heard of the healing power of music. People have relaxed to soothing sounds for a long time. Falling rain, wind blowing through trees, and singing crickets are easy to summon on bedside clocks and electronic devices. Many different cultures have used the power of sound to restore health and relieve pain. While music is a known de-stressor, there are no studies that demonstrate definite health benefits of sound therapy.

Born in Georgia in 1930, Ray Charles was a legendary musician who pioneered the genre of soul music during the 1950s. Often called the "Father of Soul," Charles combined blues, gospel and jazz to create groundbreaking hits such as "Unchain My Heart," "Hit the Road Jack" and "Georgia on My Mind." He died in 2004, leaving a lasting impression on contemporary music.



*The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson on December 30, 1963.*

*American Heart Month is a federally designated month in the United States. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year. The number is expected to rise more than 23.6 million by 2030.*



*Join Us*

- 2/2 Woman's Expo & Harlem Globe Trotters
  - 2/4 Super Bowl Party
  - 2/6 Will Palmer (Music)
  - 2/8 Lunch Bunch
  - 2/14 Valentine War
  - 2/16 Deer & Turkey Expo
  - 2/19 J Stars (Music)
  - 2/19 Presidents Day
  - 9/21 Night On The Town
  - 9/22 Jazzercise
  - 9/23 Archery
  - 9/26 Travel Club
  - 9/27 Martin Noss
- Men's Group & Ageless Grace**  
 Meets Every Thursday  
**"Super Bowl Party"**



Are You Up 4 The Challenge?!  
 Friendly Euchre Games  
 Every Monday @ 6:30pm  
 Join Us!!!!!!



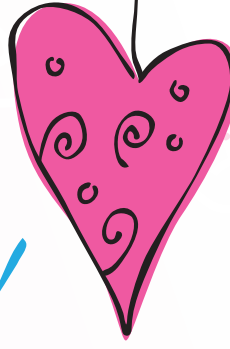
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# February

9:30 Communion  
 2:00 Football Fun  
 3:30 Super Bowl Trivia  
 Super Bowl Party  
 4

10:45 Exercises  
 11:15 Current Event  
 1:30 Hangman  
 2:00 Bible Study  
 2:30 Bird Bingo  
 4:00 Sing A-long  
 6:30 Euchre  
 5

10:45 Exercises  
 11:15 Guess Who  
 1:30 Name that Tune  
 2:30 Woman's Group  
 3:00 Will Palmer  
 6:30 Movie Night  
 6

10:45 Exercises  
 11:15 Breaking News  
 1:30 South Korea Travel  
 2:00 Bible Study  
 3:00 Football Toss  
 6:30 Seated Kickball  
 7

10:45 Exercises  
 11:15 Current Event  
 12:00 Lunch Bunch  
 1:30 Ageless Grace  
 2:00 Happy Hour  
 3:00 Table Hockey  
 6:30 Bowling Fun  
 8

10:45 Exercises  
 11:15 What Am I  
 2:30 Battel of the Brains  
 3:30 Noodle Hockey  
 6:30 Bingo  
 "National Pizza Day"  
 9

10:45 Exercises  
 2:00 Valentines Cards  
 3:30 Trail Mix  
 6:30 Puzzle Fun  
 10

9:30 Communion  
 2:00 Manicure  
 3:30 Church w/ Jen  
 6:30 Happy Hour  
 "Random Act of Kindness Week"  
 11

10:45 Exercises  
 11:15 Lincoln Day  
 1:30 Jeopardy  
 2:00 Bible Study  
 2:30 Friendship Gifts  
 4:00 Family Feud  
 6:30 Euchre  
 12

10:45 Exercises  
 11:15 What AM I  
 1:30 Coffee Outing  
 2:30 Mardi Gras Party  
 3:30 Trivia  
 6:30 Movie Night  
 13

10:45 Exercises  
 11:15 Guess Who  
 1:30 Love Games  
 2:00 Bible Study  
 3:00 Valentines War  
 3:30 Heart Songs  
 Valentine's Day  
 14

10:45 Exercises  
 11:15 Current Event  
 1:30 Ageless Grace  
 Creative Art/w Pat  
 3:00 Men's Group  
 3:30 Bingo  
 6:30 Uno Challenges  
 15

10:00 Heart Fair  
 1:00 Exercise  
 2:00 Deer & Turkey Expo  
 2:30 Movie Matinee  
 4:00 Puzzle Fun  
 6:30 Scrabble  
 16

10:45 Exercises  
 2:00 Movie Matinee  
 3:00 Carnival Games  
 6:30 Card Games  
 17

9:30 Communion  
 2:30 Nasscar Facts  
 3:30 Car Triva  
 6:30 Basketball Fun  
 Chinese New Year!  
 18

10:45 Exercises  
 11:15 Current Event  
 1:30 Boggle  
 2:00 Bible Study  
 2:30 J Stars  
 4:00 Root Beer Floats  
 6:30 Euchre  
 19

10:45 Exercises  
 11:15 Who Am I  
 1:30 Hymn Sing A-long  
 2:30 Woman's Group  
 3:30 Spring Party  
 6:30 Movie Night  
 20

10:45 Exercises  
 11:15 Breaking News  
 1:30 Read Group  
 2:00 Bible Study  
 3:00 Sing Along  
 4:30 Night On The Town  
 21

10:45 Exercises  
 11:15 Current Event  
 1:30 Walking Club  
 2:30 Margerita Day  
 3:00 Men's Group  
 3:30 Jazzercise  
 6:30 Bingo  
 22

10:45 Exercises  
 11:15 What Am I  
 2:30 Euchre  
 3:30 Banana Cream Pie  
 6:30 Ball Challenge  
 US Archery  
 23

10:45 Exercises  
 Orchid Show  
 2:00 Puzzle Fun  
 3:30 Fruit Salad  
 6:30 Pop The ? 50's or 60's  
 24

9:30 Communion  
 2:00 Church w/ Bob  
 3:30 Wheel of Fortune Wii  
 6:30 I love Chocolate  
 25

10:45 Exercises  
 11:15 Current Event  
 1:30-2:30 Travel Club  
 Delta Library  
 3:30 Balloon Tennis  
 6:30 Euchre  
 26

10:45 Exercises  
 1:30 Read Group  
 2:30 Woman's Group  
 3:00 Communion  
 3:30 Martin Noss  
 6:30 Movie Night  
 27

10:45 Exercises  
 11 Happened 1 Day  
 1:30 Karaoke Fun  
 2:00 Bible Study  
 3:00 Team Scavenger Hunt  
 6:30 Cranium Cruches  
 28

