



The flu is no fun: aches, pains, nausea and fever take over your life for up to two weeks. Even worse, it's possible to spread the flu before you have any symptoms. The flu virus can live on surfaces for two to eight hours, according to the CDC. It's possible to spread the flu virus without even knowing it, especially in the winter months. Please Try and keep the following tips in mind

FLU SEASON WATCH
STOP the Spread of GERMS that make you and others sick!
COVER YOUR COUGH
 *Cover your mouth and nose with a tissue when you cough or sneeze.
 OR
 *Sneeze into your upper sleeve, not your hands!
 *Put your used tissues in the waste basket!
CLEAN YOUR HANDS!
 after coughing or sneezing
 *WASH HANDS WITH SOAP AND WARM WATER OFTEN!



2019 Family Reunion



Valentine's Door Decorating Contest

Our Winner for the 2019 Valentine's Day Door Decorating Contest are...
 Congratulations to our Winners and thank you to everyone who participated!

3rd Place: Loretta Maslanka



2nd Place: Sandy Bish



1st Place: Ingie Vruno



Good O'L Irish Humor!

*Here's a recipe for St. Patrick's Day Irish Stew:

Get some meat, potatoes, onions, peas, spinach and alot of Guinness. Drink all the beer. Forget about the stew.

*Q: Why do Leprechauns hate running?

A: They'd rather jig than Jog!

*How can you spot a Jealous SHAMROCK?
 ~It will be GREEN with envy!

*Q: Why do people wear shamrocks on St. Patrick's Day?

A: Regular rocks are too heavy.

*James said to his friend Daniel, "I know a girl who married an Irishman on St. Patrick's Day."

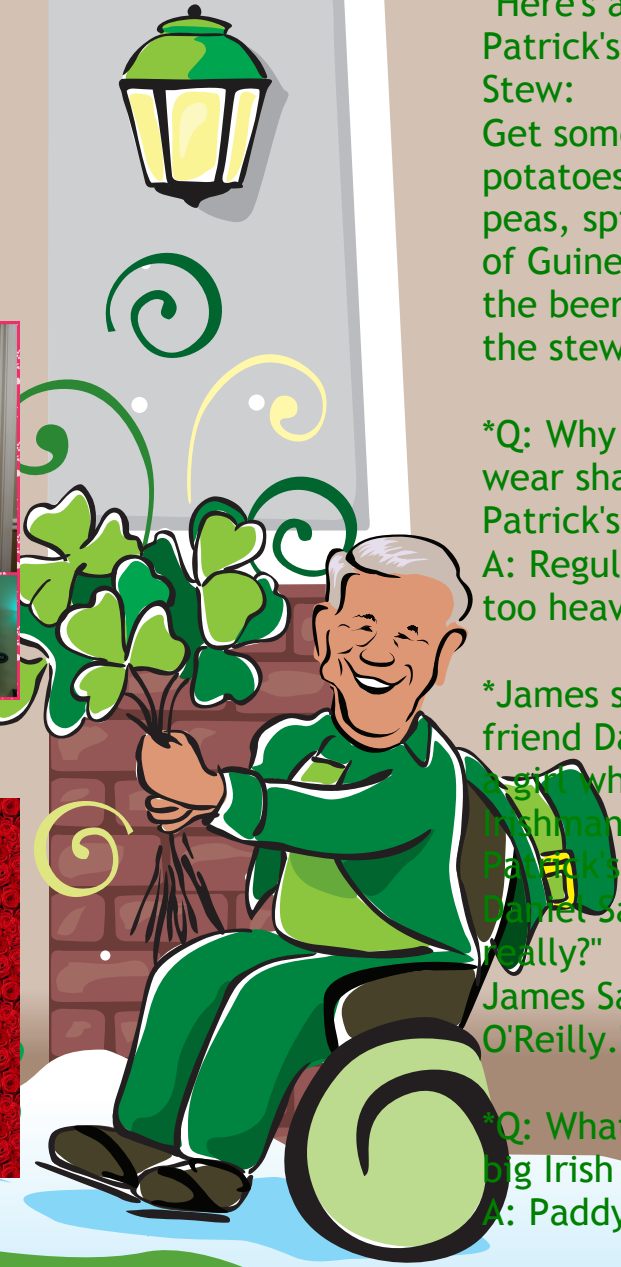
Daniel said, "Oh really?"
 James Said, "No, O'Reilly."

*Q: What do you call a big Irish Spider?

A: Paddy-long-legs.

*An Irishman, by the name of O'Malley proposed to his girl on St. Patrick's Day. He gave her a ring with a synthetic diamond. The excited young lass showed it to her father, a jeweler. He took one look at it and said it wasn't real. She returned to her future husband. Protested vehemently about his cheapness. "It was in honour of St. Patrick's Day, 'he smiled.' I gave you a Sham rock."

**Happy St. Patrick's Day Everyone!

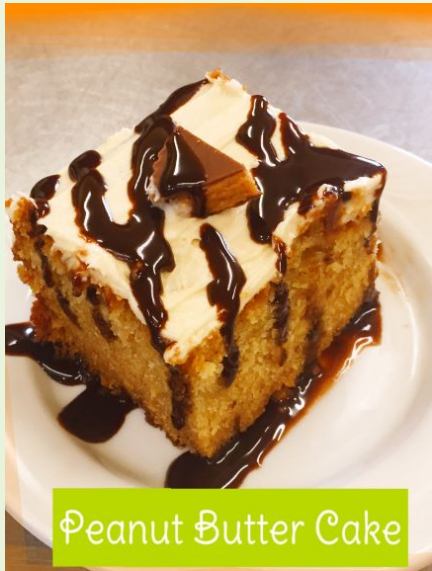


March Birthdays

Cindy Ledger 8th (RN Coordinator)
 Anna Grace Owen 11th (Resident)
 Jean Leverenz 21st (Resident)
 Kim Cunningham 26th (Asst. Cook)

Bread Basket Corner

Another Delicious Dessert from our Bread Basket!



Peanut Butter Cake

All of our Bread Basket Recipes can be found in our Recipe Book in the Bistro.



March

10:30 DVD Exercise
 11:00 Word Puzzles
 1:30 Popcorn & Movie
 3:05 Cubs Game 665
 31

***OUTINGS = PURPLE**
***SPECIAL EVENTS & ACTIVITIES = BLUE**
***SPORTS GAMES = GREEN**

10:30 Exercise
 11:00 Word Puzzles
 2:00 Hymn & Prayer
 2:30 Bulls Game Ch.9
 3:00 Popcorn & Movie
 9:00 Blackhawks 665
 3

Pajama Day
 10:00 Exercise
 10:15 T.V. Classics
 10:30 Walgreens
 1:30 Basketball Hoops
 2:30 Reminisce
 4

Mardi Gras
 10:30 Exercise
 11:00 Clover All Over Card Game
 1:30 Nail Care
 2:00 Mardi Gras Party
 6:00 Bulls Game Ch.9
 5

Casino Fun
 10:30 Exercise
 11:00 Casino Craft
 1:15 Pet Therapy
 1:30 Poker Darts
 2:30 Casino Social
 3:00 Communion
 7:00 Bulls Game 206
 6

****ACTIVITIES ARE SUBJECT TO CHANGE****

****WEATHER PERMITTING****

10:30 Exercise
 11:00 Crossword
 1:30 Library Outing
 2:30 Musical Ball Toss
 3:00 Prairie Point Kids
 3:30 Popcorn & Movie
 7:30 Blackhawks 665
 7

10:00 Exercise
 10:15 Documentary
 10:30 East China Inn
 2:00 Praise & Prayers
 3:00 Bean Bag Baseball
 6:30 Bulls Game 665
 1

10:00 Exercise
 10:15 Documentary
 10:30 Friday's
 2:00 Praise & Prayers
 3:00 Bean Bag Baseball
 7:00 Bulls Game 665
 8

10:30 Exercise
 11:00 Movie Picking Session with Erika
 1:15 Guess who?
 2:00 Candy Bingo
 3:00 Popcorn & Movie
 3:00 Blackhawks 665
 2

10:30 Exercise
 11:00 Who, What, When?
 1:15 Laughing Session
 2:00 Snack Bingo
 3:00 DVD Sing Along
 7:00 Blackhawks 665
 9

10:30 Exercise
 11:00 Bulls Game 665
 11:30 Word Puzzles
 3:00 Popcorn & Movie
 10

Pajama Day
 10:00 Exercise
 10:15 T.V. Classics
 10:30 Meijer
 1:30 Basketball Hoops
 2:30 Reminisce
 7:30 Blackhawks 665
 11

10:30 Exercise
 11:00 Shamrock craft
 1:30 Nail Care
 3:00 March IQ & Frozen Treats
 3:30 Popcorn & Movie
 7:00 Bulls Game 665
 12

10:30 Exercise
 11:00 Mindstretch
 1:30 Pet Therapy
 2:00 Fly Swatter Volley
 3:00 Communion
 3:15 Fill in the Blank
 6:00 Blackhawks 665
 13

10:30 Music Exercise with Simone
 11:00 Crossword
 2:00 Musical Ball Toss
 3:00 Prairie Point Kids
 3:30 Popcorn & Movie
 14

10:00 Exercise
 10:15 Documentary
 10:30 O'Malley's
 2:00 Praise & Prayers
 3:00 Bean Bag Baseball
 9:30 Bulls Game Ch.9
 15

10:30 Exercise
 11:00 Holiday Hangman
 1:30 St. Patrick's Day Social & Lucky Bingo
 3:00 Popcorn & Movie "Finian's Rainbow"
 6:00 Blackhawks Ch.9
 16

St. Patrick's Day
 10:30 Exercise
 11:00 Holiday Puzzles
 3:00 Popcorn & Movie: "The Quiet Man"
 5:00 Bulls Game Ch.9
 17

Pajama Day
 10:00 Exercise
 10:15 T.V. Classics
 10:30 Walgreens
 1:30 Basketball Hoops
 2:30 Reminisce
 7:30 Blackhawks 665
 9:00 Bulls Game 665
 18

10:30 Exercise
 11:00 You Be the Judge
 1:15 Resident Meeting
 1:30 Nail Care
 3:00 Random Trivia & Frozen Treats
 3:30 Popcorn & Movie
 19

10:30 Exercise
 11:00 Mindstretch
 1:15 Lutheran Service
 1:30 Pet Therapy
 2:00 Fly Swatter Volley
 3:00 Communion
 3:15 Fill in the Blank
 7:00 Bulls Game 665
 20

10:30 Exercise
 11:00 Crossword
 1:00 Library Outing
 2:00 T.V. Classics
 3:00 Prairie Point Kids
 3:30 Popcorn & Movie
 7:30 Blackhawks Ch.9
 21

10:00 Exercise
 10:15 Documentary
 10:30 Southern Bells
 2:00 Praise & Prayers
 3:00 Bean Bag Baseball
 22

10:30 Exercise
 11:00 Save the Snow Person Game
 1:15 Laughing Session
 2:00 Dirty Bingo
 2:00 Blackhawks 665
 3:00 DVD Sing Along
 23

10:30 Exercise
 11:00 Word Puzzles
 3:00 Popcorn & Movie
 7:00 Blackhawks 665
 24

Pajama Day
 10:00 Exercise
 10:15 T.V. Classics
 10:30 Target
 1:30 Basketball Hoops
 2:30 Reminisce
 25

10:30 Exercise
 11:00 Mason Jar Craft
 1:30 Nail Care
 2:00 Ice Cream Sundae Social with Rose
 3:00 Popcorn & Movie
 6:30 Bulls Game 665
 9:00 Blackhawks Ch.9
 26

10:30 Exercise
 11:00 Mindstretch
 1:30 Pet Therapy
 2:00 Fly Swatter Volley
 3:00 Communion
 3:15 Fill in the Blank
 7:00 Bulls Game 665
 27

First Day of Baseball
 10:00 Music Exercise with Simone
 11:00 Baseball Trivia
 12:00 Monthly Birthday
 1:30 Team Bags Game
 2:30 Baseball social & Cubs Game 3:05 Ch.9
 9:30 Blackhawks 665
 28

10:00 Exercise
 10:15 Documentary
 10:30 Southern Bells
 2:00 Praise & Prayers
 3:00 Bean Bag Baseball
 29

10:30 Exercise
 11:00 Are you Smarter than a 5th Grader?
 1:15 Guess who?
 2:00 Prize Bingo
 3:00 Popcorn & Movie
 7:00 Bulls Game Ch.9
 7:05 Cubs Game 665
 9:30 Blackhawks 665
 30