

HEALTH ADVICE FROM NURSE HEIDI

At this time of year it's important to remember we can experience upper respiratory problems, colds, flu's, sinus infections. If you are not feeling well, please stay in your apartment. Please encourage visitors who are not feeling well to stay home. Also, remember washing your hands is the best deterrent to stopping the spread of germs. Be sure to cover your cough by coughing into your arm not into your hands.

Clinton HAPPENINGS

FEBRUARY

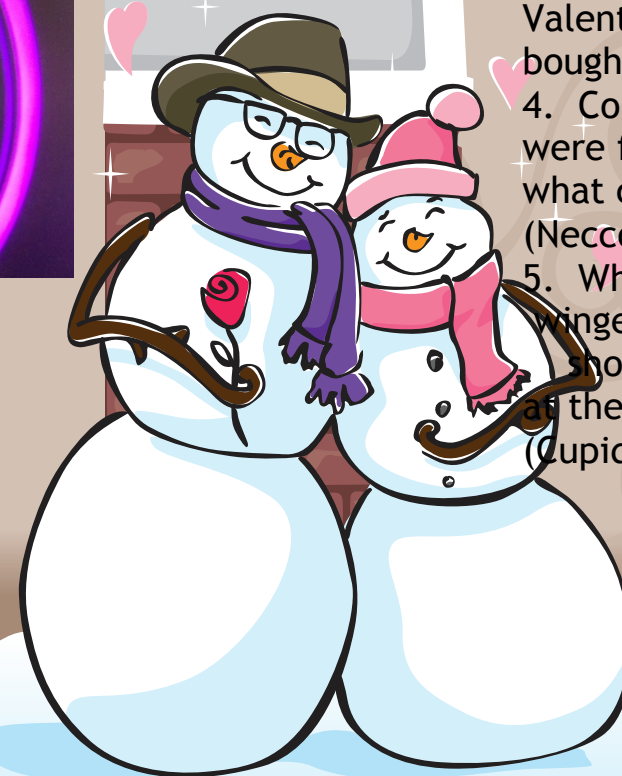
Valentine's Day Trivia

1. What state produces a majority of America's roses? (California)
1. What is the most popular way to say "Be Mine"--flowers, cards or candy? (candy)
3. What percent of flowers bought on Valentine's Day are bought by men? (65%)
4. Conversation hearts were first made by what company? (Necco)
5. What is the winged child that shoots love arrows at the unsuspected? (Cupid)
5. Who is Mickey Mouse's valentine? (Minnie)
6. True or false; Valentine's Day is largest card giving holiday? (False)
7. What state has a town called Valentine? (Nebraska)
8. The name Valentine originated in what cultural language? (Latin)
9. The giving of Valentines started during which century? (17th)
10. How much does the average American spend on Valentine's Day? (\$75.00)

February Fun Facts

Many 'firsts' happened in February---Some of which are:
2004 Facebook first launches, 1968 Mr. Rogers Neighborhood debuted, 1962 John Glen first American to orbit earth, 1959 first Barbie doll for sale in stores, 1935 Monopoly boards go on sale, 1910 Boy Scouts founded, 1878 Phonograph patented by Thomas Edison, and 1849 Gold Seekers arrived in California....

Flower of the month is the Iris...The birthstone is the Amethyst. Zodiac is Aquarius the 1-18th and Pisces the 19-28th.
What's lucky in February?
Color---Violet
Day---Monday
Number---7
Letters---L & B
Bird---Robin
February Quote:
Love is an endless mystery, for it has nothing else to explain it.
Rabindranath Tagore




Bickford
assisted living

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* All Activities Subject to Change

February

Super Bowl Party
 10am Exercise DVD
 11am Coloring Club in the Activity Room
 Noon Super Bowl Dinner
 1:30 Marketplace
 Ministries Church Service
 PM Watch Super Bowl Game and enjoy Treats 2

10am Exercise/Trivia
 11am Bible Study with Jim in Activity Room
 11:30 Piano with Ann
 1:30 Kings in the Corner & Uno Card Games
 3pm Decorate Doors for Valentine's Day 3
 3pm Rosary with Joyce

10am Exercise/Trivia
 11 Manicures/Coloring/Word Search
 1:15pm Bing Game
 2:30pm Travelogue in Dewitt-Arctic Circle
 2:30pm Visits with Chaplain Gloria 4

9am Fulton Windmill for talk on Woodcarving
 10:30 Exercise/Trivia in the Family Room
 1:00pm Po-Ke-No Game in the Activity Room
 3pm Work on Valentine Gifts in Activity Room 5

10am Exercise/Trivia
 11am Manicures/Coloring/Word Puzzles
 Noon Lunch Ordered In
 1:30pm Bingo Game in the Activity Room
 2:45 Sing-A-Long with Teresa in Family Room 6
 4/5:45 Bible Study

9Catholic Communion
 10am Exercise/Trivia/Eye Glass Cleaning
 11am Make Cinnamon Crescents-Activity Room
 1:30pm Bunco Game & Pig Games-Activity Room
 2:45pm Refreshments and Conversation! 7

10am Exercise DVD
 11am Adult Coloring Club in Activity Room
 1:30pm Bingo with Brenda-Activity Room
 3:00pm Movie and Popcorn in Family Room
 7pm Lawrence Welk 8

10am Exercise DVD
 11am Coloring Club or Word Puzzles in the Activity Room
 1:30pm Marketplace
 Ministries Church Service
 3pm Movie and Popcorn in the Activity Room 9

10am Exercise/Trivia
 11am Bible Study with Jim in Activity Room
 11:30 Lunch at Rock Creek Marina & Eco Center
 1:45 Kings in the Corner & Uno Card Games 10
 3pm Rosary with Joyce

10am Exercise/Trivia
 11am Music with Scott in Family Room
 1:30pm Bingo Game in the Activity Room
 2:30 Visits with Gloria
 2:45 Work on Valentine Gifts in Activity Room 11

9am Fulton Windmill for talk on Flying
 10:30 Exercise/Trivia in the Family Room
 1:15pm Ron Lubbers to sing in Family Room
 2:30pm Po-Ke-No Game in the Activity Room 12

10am Exercise/Trivia
 11am Make Fudge in the Activity Room
 1:30pm Bingo Game in the Activity Room
 2:45pm Read-A-Loud by the Bird Aviary
 4/5:45 Visits & Bible Study with Roland 13

Valentine's Day
 9:30 Catholic Mass
 10am Exercise/Trivia/Eye Glass Cleaning
 11am Pass Out Valentine Gifts in dining Room
 1:15 Bunco Game
 2:30 Trip to Sweetheart Bakery-Valentine Treats 14

10am Exercise DVD
 11am Adult Coloring Club in Activity Room
 1:30pm Bingo with Brenda-Activity Room
 3:00pm Movie and Popcorn in Family Room
 7pm Lawrence Welk 15

10am Exercise DVD
 11am Coloring Club or Word Puzzles in the Activity Room
 1:30pm Marketplace
 Ministries Church Service
 3pm Movie and Popcorn in the Activity Room 16

President's Day
 10am Exercise/Trivia
 11am Bible Study with Jim in Activity Room
 Presidential Fun at Noon
 1:30pm Uno Card Game
 2:30 Rosary with Joyce
 3:00pm Music with John & Kay-Family Room 17

10am Exercise/Trivia
 11am Manicures/Coloring/Word Puzzles
 1:15pm Bingo Game
 2:30pm Travelogue in Dewitt- Mississippi by Towboat
 2:30 Visits with Gloria 18

10am Exercise/Trivia in the Family Room
 11am Make Suncatchers in the Activity Room
 1:00pm Po-Ke-No Game
 2:00pm Concert DVD in the Family Room
 3:00pm Book Club to Meet in Activity Room 19

10am Exercise/Trivia
 11:15pm Out to Lunch
 1:30pm Bingo Game in the Activity Room
 2:45pm Read-A-Loud by the Bird Aviary
 4/5:45 Visit and Bible Study with Roland 20

9Catholic Communion
 10am Exercise/Trivia/Eye Glass Cleaning
 11am Prepare goodies for fondue party
 1:30pm Bunco Game
 3pm Friday Fondue Party in Activity Room 21

10am Exercise DVD
 11am Adult Coloring Club in Activity Room
 1:30pm Bingo with Brenda-Activity Room
 3:00pm Movie and popcorn in Family Room
 7pm Lawrence Welk 22

10am Exercise DVD
 11am Coloring Club or Word Puzzles in the Activity Room
 1:30pm Marketplace
 Ministries Church Service
 3pm Movie and Popcorn in the Activity Room 23

10am Exercise/Trivia
 11am Bible Study with Jim in Activity Room
 1:00pm Uno and King in the Corners Card Games
 2:00pm Massage with Megan in Activity Room
 3pm Rosary with Joyce 24

10am Exercise/Trivia
 11am Manicures/Buffering/Coloring & Puzzles
 1:30pm Bingo Game in the Activity Room
 2:45 Fat Tuesday Party in Activity Room
 3:15 Sing-A-Long with Chaplain Gloria 25

9:30 Ash Wednesday-Ashes-Activity Room
 10am Exercise/Trivia
 11am Let make a craft!
 1:30pm Po-Ke-No Game in the Activity Room
 2:45pm Read-a-Loud by the Bird Aviary 26

10am Exercise/Trivia
 11am Make Kahlua Cake on National Kahlua Day!
 1:30pm Bing Game in the Activity Room
 3pm Resident Council Meeting with Kahlua!
 4/5:45 Visits & Bible Study with Roland 27

9Catholic Communion
 9:30 Stations of the Cross-All Welcome!
 10am Exercise/Trivia
 11am Let's make some flower arrangements!
 1:30pm Bunco Game
 2:45pm Roger Weiss to Sing-Activity Room 28

10am Exercise DVD
 11am Adult Coloring Club in Activity Room
 1:30pm Bingo with Brenda-Activity Room
 3:00pm Movie and Popcorn in Family Room
 7pm Lawrence Welk 29