

HAPPENINGS



LOVELY PICTURES

HUGS & KISSES



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TAKE VALENTINE'S DAY TO HEART

When we think of Valentine's Day, we tend to think of a box of chocolates, or a high calorie dinner, and dessert. Those all sounds like a nice treat, but did you know that February is Heart Healthy month, and what better time to start making better decisions for a healthy heart. Here are just a few ways to keep your heart healthy...

- *Eat healthy
- *Get active
- *Stay at a healthy weight
- *Quit smoking
- *Manage stress
- *Dress less alcohol
- *Limit intake on salt
- *Consume less sugar

HAPPY BIRTHDAY TO YOU!

- | | | | |
|-----------------|-----------------|-----------------|---------------|
| Irene B. -3 | Glen H. - 4 | Bill S. -4 | Vickie H. - 8 |
| Deborah A. - 10 | Mykayla C. - 12 | Meaghan S. - 19 | Tina R. - 24 |



HOLIDAYS & FUN THEME DAYS

- | | | |
|----------------------------------|---|-------------------------|
| Read Aloud Day -1 | Decorate with Candy -1 | Groundhog Day -2 |
| Tator Tot Day -2 | National Wear Red Day -3 | Bubble Bum Day -3 |
| Carrot Cake Day -3 | Thank a Mail Carrier Day -4 | Sweater Day -4 |
| National Weather Person's day -5 | World Nutella Day -5 | Frozen Yogurt Day -6 |
| Chopsticks Day -6 | Send a Card to a Friend -7 | Boy Scout Day -8 |
| National Kite Flying Day -8 | National Pizza Day -9 | Umbrella Day -10 |
| Armed Forces Day -11 | Global Movie Day -11 | Super Bowl Sunday -12 |
| Get a Diffrent Name Day - 13 | World Radio Day -13 | Galentine's Day -13 |
| Valeniten's Day -14 | National Gumdrop Day -15 | National Almond Day -16 |
| Random Act of Kidness Day -17 | Drink Wine Day -18 | Daytona 500 -19 |
| Chocolate mint Day -19 | President's day -20 | Love Your Pet Day -20 |
| Muffin Day -20 | Mardi Gras Day -21 | Ash Wednesday -22 |
| Margarita Day -22 | Banana Bread Day -23 | Chili Day -23 |
| Tortilla Chip Day - 24 | National Chocolate Covered Peanuts Day - 25 | |
| Letter to an Elder Day -26 | Polar Bear Day - 27 | Strawberry Day-27 |
| Tooth Fairy Day -28 | | |

February

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



			<div>9:45 Read Aloud 10:30 Tai Chi with Jill 11:00 Welcome February 2:00 Groundhog Perditions 3:00 Spunky Old Broads Day 6:00 Make a Bookmark</div> <div>1</div>	<div>9:45 Shadow Matching 10:30 Sit & Stretch 11:00 Love Humor 2:00 Bingo 3:00 Shadow Art 6:00 Groundhog Movie</div> <div>2</div>	<div>9:45 Heart to Heart Moments 10:30 Healthy Heart Exercise 11:00 Make Valentine's Day Cards 2:00 Queen of Hearts Game 3:00 Heart Healthy Snacks 6:00 Heart Target Toss</div> <div>3</div>	<div>9:45 Daily Happinings 10:30 Saturday Stroll 2:00 Word Find & Refreshments 3:00 Afternoon Stroll 6:00 Classic T.V. Shows</div> <div>4</div>
<div>9:45 Sunday Funnies 10:30 Televised Church Service 2:00 Afternoon Stroll 3:00 Weather Person Bloopers 6:00 Movie & Popcorn</div> <div>5</div>	<div>9:45 Fun Facts Monday 10:30 Sittercise 11:00 Manicures & More 2:00 Bingo 3:00 Fro-Yo Social 6:00 Your Inner Artist</div> <div>6</div>	<div>9:45 Heart Match Up 10:30 Winter Walkers 11:00 Shopping Trip 2:00 Bible Study 3:00 Riddles & Snacks 6:00 Send A Card To A Friend</div> <div>7</div>	<div>9:45 Helping Hands 10:30 Chair Zumba 11:00 Resident Council 2:00 H-E-A-R-T Bingo 3:00 Love is Like... 6:00 Music - Tim Javorsky</div> <div>8</div>	<div>9:45 Draw A Picture 10:30 Hunt the Hearts Walkers 11:00 Bickford Bakers 2:00 Share The Love Stories 3:00 Hangman - Valentine Edition 6:00 Cornhole</div> <div>9</div>	<div>9:45 Friday Facts 10:30 Balloon Volleyball 11:00 Would You Rather 2:00 Paint To Music 3:00 Cupid's Arrow Spin & Sip 6:00 Yarn A Heart</div> <div>10</div>	<div>9:45 News & Views 10:30 Sit & Stretch 2:00 Valentine Word Scramble 3:00 Color Art 6:00 Fireplace Friends</div> <div>11</div>
<div>9:45 Moring Stretch 10:30 Televised Church Service 2:00 Football Toss 3:00 Football Predictions & Refreshmentd 6:00 Super Bowl LVII</div> <div>12</div>	<div>9:45 Famous Duos Perfect Match 10:30 Weights 11:00 Lovely Spa Time 2:00 Live Harp Music 3:00 Bingo 6:00 Ping Pong</div> <div>13</div>	<div>VALENTINE'S DAY 9:45 Helping Hands 10:00 Music-Kevin & Heidi 11:00 We Love Our Residents 2:00 Bible Study 3:00 Cupid Floats 6:00 Lovely Movie</div> <div>14</div>	<div>9:45 Wiser Now Wednesday 10:30 Movement to Music 11:30 Lunch Outing 2:00 Music Delores K. 3:00 Coffee & Chat 6:00 Connect Four</div> <div>15</div>	<div>9:45 Hallmark Stories 10:30 Sit & Be Fit 11:00 Name That Sound 2:00 Bingo 3:00 Thirsty Thursday Mocktails 6:00 String Beads</div> <div>16</div>	<div>9:45 Lifesong Baskets 10:30 Noodle Ball 11:00 Random Acts of Kindness 2:00 Leaving Happiness Bus Drive 3:00 Ice Cream Social 6:00 Word Games</div> <div>17</div>	<div>9:45 Daily Happinings 10:30 Saturday Stroll 2:00 I Hear Memories 3:00 Afternoon Stroll 6:00 Classic T.V. Shows</div> <div>18</div>
<div>9:45 Sunday Funnies 10:30 Televised Church Service 2:00 Afternoon Stroll 3:00 Color Art 6:00 Funniest Home Videos</div> <div>19</div>	<div>9:45 President's Trivia 10:30 Sittercise 11:00 Manicures & More 2:00 Bingo 3:00 Log Cabin Challenge 6:00 Name That Presidents</div> <div>20</div>	<div>9:45 Mardi Gras Masks 10:30 Pancake Race 11:00 Steal My Beads 2:00 Bible Study 3:00 Travel to New Orleans 6:00 Cards</div> <div>21</div>	<div>ASH WEDNESDAY 9:45 Helping Hands 10:30 Chair Zumba 11:00 Ash Wednesday 2:00 Name That Gospel Tune 3:00 Prayer & Pretzels 6:00 Midweek Movie</div> <div>22</div>	<div>9:45 Name Five 10:30 Walk & Talk 11:00 Bickford Bakers 2:00 Bingo 3:00 January Birthday Bash 6:00 Tell Me A Story</div> <div>23</div>	<div>9:45 Fun Friday Jokes 10:30 Parachute Fun 11:00 Facebook Friday 2:00 Family Fued 3:00 Scrapbook & Smoothies 6:00 Table Top Games</div> <div>24</div>	<div>9:45 News & Views 10:30 Sit & Stretch 2:00 Table Talks 3:00 Brain Teasers 6:00 Uno</div> <div>25</div>
<div>9:45 Morning Stretch 10:30 Televised Church Service 2:00 Fellowship 3:00 Put Put Golf 6:00 Movie & Popcorn</div> <div>26</div>	<div>9:45 Monday Motivation 10:30 Toss Talk Ball 11:00 Nail Care 2:00 Bingo 3:00 Men's Group 6:00 Dominoes</div> <div>27</div>	<div>9:45 Reminisce Corner 10:30 Walking Group 11:00 Shopping Trip 2:00 Bible Study 3:00 Paint Bird Houses 6:00 Ring toss</div> <div>28</div>	<div>2</div>	<div>0</div>	<div>2</div>	<div>3</div>