

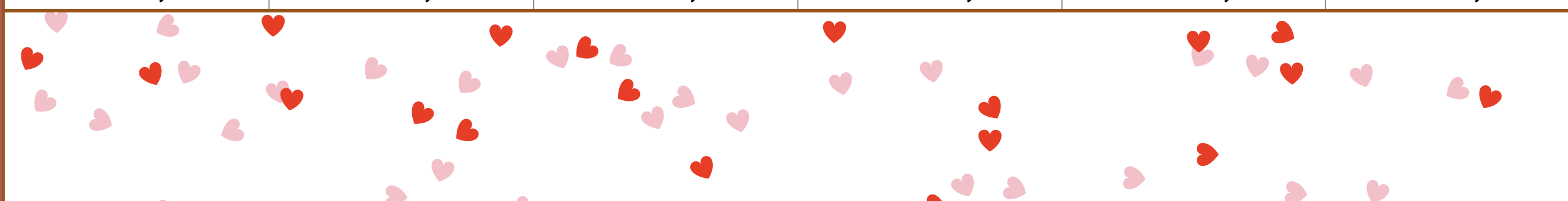

# FEBRUARY

Strasburg

## Legend

Strasburg (SB)	Waldau (WD)	Ret. Hobby Rm (HB)	R. Fireside Lounge (FS)
Aberdeen (AB)	Newberry (NB)	John Sweeney Rm (JS)	R. Egerton (EG)
Kingsdale (KD)	Eby (EB)	LTC Worship Rm (LTC WR)	R. Williamsburg /Beckers (WB)
Roseville (RV)	Ret. John Sweeney Rm (JS)	Pinehaven Community Rm (PC)	R. Emma (EM)
Sandhills (SH)	Pinehaven Community Rm. (PC)	Retirement Dining Rm (Ret. DR)	

## Black Lives Matter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 9:45 Exercise 10:30 Bingo 1:30 Bean Bag Toss 2:00 Pet Visits 3:15 Indoor Walks
<b>2 Groundhog Day</b> 9:45 Exercise 10:00 TV Church 11:00 Java Music 1:30 Kick Ball 2:30 Groundhog Trivia	<b>3</b> <b>9:30 Walmart Outing</b> 10:30 For the spirit 1:30 Craft with Maria 3:00 Planting Friendships	<b>4</b> 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care 2:30 Inspirational Chats <b>3:00 Toddler Video Call</b> 6:15 You & Me	<b>5</b> 9:45 Zumba 11:00 Hymn Sing <b>1:30 Black Lives Matter Art Group</b> 3:00 Horticulture	<b>6</b> 9:30 Exercise 9:45 Music Therapy 10:15 Chime Choir 1:30 Bingo 3:30 Tai Chi	<b>7</b> 9:45 Exercise 10:30 Bowling <b>2:00 Bob Mclean</b> 3:15 You & Me	<b>8</b> 9:45 Exercise 10:30 Bingo 1:30 Bean Bag Toss 2:00 Pet Visits 3:15 Indoor Walks
<b>9</b> 9:45 Exercise 10:00 TV Church 11:00 Java Music 1:30 Kick Ball 2:30 Word Games	<b>10</b> 9:45 Exercises 10:30 For the spirit 1:30 Craft with Maria 3:00 Planting Friendships	<b>11 Timbit Day</b> 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care 2:30 Inspirational Talks 3:30 Raise Your Voice 6:15 You & Me	<b>12 Peg Talks</b> 9:45 Zumba 11:00 Hymn Sing 2:30 Word Games 3:00 Horticulture	<b>13</b> 9:30 Exercise 9:45 Music Therapy 10:15 Chime Choir <b>1:30 Winter Drive</b> 3:30 Tai Chi	<b>14 Valentine's Day</b> 9:45 Exercise 10:30 Bowling <b>1:30 Valentine Bingo</b> 2:45 Hand Waxing 3:15 You & Me	<b>15</b> 9:45 Exercise 10:30 Bingo 1:30 Bean Bag Toss 2:00 Pet Visits 3:15 Indoor Walks
<b>16</b> 9:45 Exercise 10:00 TV Church 11:00 Java Music 1:30 Kick Ball 2:30 Word Games	<b>17 Family Day</b> 9:45 Exercises 10:30 For the spirit 1:30 Craft with Maria 3:00 Planting Friendships	<b>18</b> 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care <b>3:00 Toddler Video</b> 6:15 You & Me	<b>19</b> 9:45 Zumba 11:00 Hymn Sing <b>1:30 Resident Meeting</b> 3:00 Horticulture	<b>20</b> 9:30 Exercise 9:45 Music Therapy 10:15 Chime Choir 1:30 Bingo 3:30 Tai Chi	<b>21</b> 9:45 Exercise 10:30 Bowling <b>1:30 Movie : Hidden Figures with drinks and snacks</b> 3:15 You & Me	<b>22 Would You Rather Day</b> 9:45 Exercise 10:30 Bingo 1:30 Bean Bag Toss 2:00 Pet Visits 3:15 Indoor Walks
<b>23</b> 9:45 Exercise 10:00 TV Church 11:00 Java Music 1:30 Kick Ball 2:30 Word Games	<b>24</b> 9:45 Exercises 10:30 For the spirit 1:30 Craft with Maria 3:00 Planting Friendships	<b>25</b> 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care 2:30 Inspirational Talks 3:30 Raise Your Voice 6:15 You & Me	<b>26 Pink Shirt Day</b> 9:45 Zumba 11:00 Hymn Sing <b>1:30 Let's Talk About Bullying</b> 3:00 Horticulture	<b>27</b> 9:30 Exercise 9:45 Music Therapy 10:15 Chime Choir <b>10:15 Resident Council</b> 1:30 Bingo 3:30 Tai Chi	<b>28</b> 9:45 Exercise 10:30 Bowling 1:30 Table Ball 2:30 Horse Racing 2:45 Hand Waxing 3:15 You & Me	

# FEBRUARY

## Happy Birthday to You . . .

Hiedi K. February 1st  
Isabel J. February 6th  
Janice G. February 8th  
Donald G. February 22nd  
Lydia N. February 27th



### Pink Shirt Day

Raises awareness of bullying in schools, workplaces at home and or on line.

Let's talk about it Feb. 16th at 1:30

### What Happens when a person does not eat properly!!

The person may become angry or agitated, or behave in a challenging way during mealtimes. If a person isn't eating enough, it can lead to weight loss and less muscle strength. They may also feel tired and weak. This can make them frailer and less able to recover from infections or viruses.



## Black History Month

### Art Group

Join us to create a unique piece of art that will focus on Black Lives Matter.

### Movie Matinee

Hidden Figures: Three black female mathematicians fight racial and gender barriers at NASA

### Peg Talks

Pegan will do biographies on Martin Luther King, Rosa Parks and Nelson Mandela

Injustice anywhere is a threat to justice everywhere

*Martin Luther King, Jr., Civil Rights Leader*

### Spiritual Events

**Wednesday Communion Services:**

**Catholic: 10:30am February 5th (Pinehaven).**

**Lutheran: 10:30am February 12th (Pinehaven).**

**Anglican: 10:30am February 19th (Pinehaven).**

**Protestant: 10:30am February 26th (Pinehaven).**

**Rosary 4:00pm Wednesdays (WR/chapel).**

## Entertainment

Mon. 3rd @2:00 - Erin Marie (HV)  
Mon. 3rd @3:30 - Erin Marie (SH)  
Fri. 7th @2:00 - Bob MacLean (SB)  
Tues. 11th @3:30 - Sheryl Walsh (RV)  
Tues. 11th @2:00 - Rockway Choir (RT)  
Wed. 12th @2:00 - Dynamic Duo (TL)  
Wed. 12th @2:00 - PegTalks (SH)  
Sat. 15th @2:00 - Asian Cultural Dancers (EB)  
Sun. 16th @2:00 - Apostolic Hymn Sing (SB)  
Thurs. 20th @2:00 - Kevin Coates (AB)  
Fri. 21st @3:30 - Paul Schalm (WD)  
Tues. 28th @2:00 - Leavin Tracks (EB)



## Outings

Walmart Outing February 3  
Winter Drive February 13

