



# ACTIVITIES FEBRUARY 2012



• NOTE •  
All Activities are subject to change.  
Changes will be posted.  
All Activities are held in the Activity Room.

Activity Director: Maria Isabel Zarzuela • Activity Assistant: Sona Paltadzhayyan

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

<p><b>Check out the 2011 Survey Results! Posted by the Public Phone outside front office.</b></p> <p>.....</p> <p><b>Attend Residents' Council Meetings. Know Your Rights &amp; Win the Raffle</b></p>	<p><i>Happy Birthday February Birthdays, Abraham Lincoln &amp; George Washington!</i></p>	<p><b>1</b></p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Manicure &amp; Grooming</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>RESIDENT'S COUNCIL MEETING 2</b></p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 Group Conversation with Dr. Linda Yerzley 11:00 News/Sr. Fitness/Wii Games 2:00 Resident's Council Meeting with refreshments</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>3</b></p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:30 Movie w/ Popcorn/ Scrabble Game</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>4</b></p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 	
<p>9:00 Church Service w/ Praise Songs 10:00 Morning Social w/ refreshments 10:30 Senior fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>6</b></p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Senior Fitness 1:30 Bingo Social 2:30 Ice Cream Social/ Arts and Crafts</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>COUNTRY BREAKFAST 7</b></p> <p>7:00 Country Breakfast 8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Communion Service w/ Praise Songs 11:00 News/Senior Fitness/Sing &amp; Dance 1:30 Movie w/ Popcorn/ Scrabble</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>COOK N' EAT 8</b></p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 Cooking Time 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Manicure &amp; Grooming</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>9</b></p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 Group Conversation with Dr. Linda Yerzley 11:00 News/Sr. Fitness/Wii Games 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>10</b></p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:30 Movie w/ Popcorn/ Scrabble Game</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>11</b></p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 
<p><b>LINCOLN'S BIRTHDAY 12</b></p> <p>9:00 Church Service w/Praise songs 10:00 Morning Social w/ refreshments 10:30 Senior Fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>13</b></p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 1:30 Bingo Social 2:30 Ice Cream Social/ Arts and Crafts</p> <p>Room Visits 8:00 a.m.</p> 	<p><i>Valentine's Day Candlelight Dinner</i> <b>14</b></p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Church Service w/Praise Songs 11:00 News/Senior Fitness/Sing &amp; Dance 1:30 Movie w/ Popcorn/Scrabble 5:00 Candlelight Dinner w/ Entertainment</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>15</b></p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Manicure &amp; Grooming</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>Trip to the Mall 16</b></p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 Group Conversation with Dr. Linda Yerzley 10:30 Trip to the Mall 11:00 News/Sr. Fitness/Wii Games 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>17</b></p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:30 Movie w/ Popcorn/ Scrabble Game</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>18</b></p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 
<p>9:00 Church Service w/Praise Songs 10:00 Morning Social w/ refreshments 10:30 Senior Fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>President's Day - Barbecue Day 20</b></p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 BAR-B-Q Time 1:30 Bingo Social 2:30 Ice Cream Social/ Arts and Crafts</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>21</b></p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Communion Service w/Praise Songs 11:00 News/Senior Fitness/Sing &amp; Dance 1:30 Movie w/ Popcorn/Scrabble</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>Ash Wednesday 22</b></p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Manicure &amp; Grooming</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>23</b></p> <p>8:00 News Watch 9:00 Reality Orientation 9:30 Morning Social w/ Refreshments 10:00 Group Conversation with Dr. Linda Yerzley 11:00 News/Sr. Fitness/Wii Games 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Skrib-age Game</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>24</b></p> <p>8:00 News Watch 9:00 Sensory Stimulation 9:30 Morning Social w/ Refreshments 10:00 The Price is Right 11:00 Communion Service from St. Dominic's w/ Praise Songs 11:30 Ring Toss and Ball Games 1:30 Movie w/ Popcorn/ Scrabble Game</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>25</b></p> <p>9:00 Relaxing Music 9:30 Morning Social w/ refreshments 11:00 Senior Fitness 11:30 Flash Cards/Reality Orientation 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 
<p>9:00 Church Service w/Praise Songs 10:00 Morning Social w/ refreshments 10:30 Senior Fitness 11:00 Sensory Stimulation 11:30 History Channel 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Residents Family Hour</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>RESIDENTS' BIRTHDAY PARTY with ENTERTAINMENT 27</b></p> <p>8:00 News Watch 9:00 Relaxing Music 9:30 Morning Social w/ refreshments 10:00 The Price is Right 10:30 Party Time 1:30 Bingo Social 2:30 Ice Cream Social/ Arts and Crafts</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>28</b></p> <p>8:00 News Watch 9:00 Identify the Object 9:30 Morning Social w/refreshments 10:00 The Price is Right 10:30 Communion Service w/Praise Songs 11:00 News/Senior Fitness/Sing &amp; Dance 1:30 Movie w/ Popcorn/Scrabble</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>29</b></p> <p>8:00 News Watch 9:00 Flash Cards/Numbers and Alphabet 9:30 Morning Social w/ refreshments 10:00 The Price is Right 11:00 News/Adult Education - Hx Channel 1:30 Bingo Social 2:30 Tea Time &amp; Conversation 3:00 Manicure &amp; Grooming</p> <p>Room Visits 8:00 a.m.</p> 	<p><b>Birthstone: AMETHYST</b></p> <p><b>Flower: VIOLET</b></p>		<p><b>LOVE</b></p> <p>Happy Valentine's Day</p> 

# History of Valentine's Day

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday?

The history of Valentine's Day – and its patron saint – is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition.

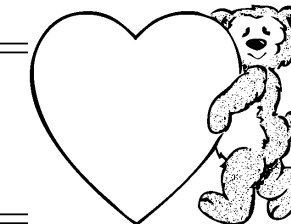
So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men – his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered,

Claudius ordered that he be put to death. Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured.

According to one legend, Valentine actually sent the first 'Valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl – who may have been his jailor's daughter – who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed 'From your Valentine,' an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.



## FEBRUARY 2012



### FEBRUARY ACTIVITIES AT A GLANCE

Mondays, Tuesdays, Wednesdays and Fridays at 10:00 AM to 11:00 AM, join us in watching "The Price is Right"!

- **RESIDENT'S COUNCIL MEETING** – Will be held on Thursday, February 2<sup>nd</sup> at 2:00 p.m. in the Activity Room. Know your rights, make your concerns, problems and suggestions known and win the raffle.
- **CHURCH SERVICE** - Held every Sunday in the Activity Room and starts at 9:00 a.m.
- **SENIOR FITNESS** - Come on everybody! Let's exercise every Sunday, Monday, Tuesday, Friday & Saturday at 11:00 a.m. in the Activity Room.
- **BINGO SOCIAL** - Come on all Bingo lovers! Let's play bingo every Sunday, Monday, Wednesday, Thursday, and Saturday at 1:30 p.m. in the Activity Room.
- **HOLY FAMILY CHURCH SERVICE** There will be church service every 3<sup>rd</sup> Tuesday of the month. This month will be on February 21<sup>st</sup>, 2012.
- **RESIDENT'S BIRTHDAY PARTY** - It's party time! We're throwing a party plus entertainment for all our birthday celebrants this month and it will be on February 27<sup>th</sup> at 10:30 a.m. in the Activity Room.
- **MOVIE WITH POPCORN** - Every Tuesday and Friday at 1:30 p.m. in the Activity Room, we'll be showing a movie with popcorn and juice.
- **ADULT EDUCATION** - The activity staff will feature shows which include History, Biography of famous people, National Geographic and Concert of famous celebrities. Everybody is welcome to attend.
- **Wii GAMES** - Hello Everyone! Come, play and enjoy your favorite sports with Wii Games like tennis, bowling, boxing and more in the Activity Room Mondays and Thursdays at 11:00 a.m.
- **ICE CREAM SOCIAL** - Every Monday at 2:30 p.m. after Bingo Social, we will serve ice cream.
- **GROUP CONVERSATION** - Every Thursday in the Activity Room, there is a Group Conversation at 10:30 a.m. headed by Dr. Linda Yertzley a Clinical Psychologist that can process feelings and emotions. Everybody is welcome to attend.
- **COOK N' EAT** - Everyone is invited and help us cook your favorite dish in the activity room on February 8<sup>th</sup> and will start at 10:00 a.m.
- **TRIP TO THE MALL** - It's never too late to shop! Join us in our trip to the mall on Thursday, February 16<sup>th</sup> at 10:00 am.
- **PRESIDENT'S DAY** - On Monday, February 20<sup>th</sup>, in observance of this day, we will have bar-b-q in the dining room area. We will serve our usual mouthwatering burgers, hotdogs, chips and dips!
- **VALENTINE'S DAY** - On Tuesday, February 14<sup>th</sup> at 5:00 p.m. we will have candlelight dinner in the dining room and entertainment to celebrate this special occasion. Please join us and have a good time.

## What is love?

### First Corinthians - Chapter 13:4-8

- Love is patient, love is kind. It does not envy, it does not boast, it is not proud.
- It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.
- Love does not delight in evil but rejoices with the truth.
- It always protects, always trusts, always hopes, always perseveres.
- Love never fails.

### Proverbs - Chapter 10:12

- Hatred stirs up dissension, but love covers over all wrongs.

### John - Chapter 15:13

- Greater love has no one that this, that one lay down his life for his friends.

*It is never too late to fall in love.*  
– Sandy Wilson



### Romans - Chapter 13:10

- Loves does no harm to its neighbor. Therefore love is the fulfillment of the law.

### The First Letter of John - Chapter 3:18

- Dear children, let us not love with words or tongue but with actions and in truth.

### The First Letter of John - Chapter 4:18-19

- There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The man who fears is not made perfect in love.
- We love because he first loved us.