



Hello, February

From the Directors Desk:

Happy February!

What do you guys think about Ground hog day? I am hoping for no shadow, so we can get our rocking chairs outside!

Sees His Shadow: If the plump prognosticator emerges from his hole on a clear day and sees his shadow, he will retreat and there will be six more weeks of wintry weather.

No Shadow: If he emerges from his burrow and does NOT see his shadow, then early spring weather is right around the corner!

Please only use the garbage cans in the laundry room for lent and laundry items.

We have been finding depends, food, etc. and that's not what the garbage cans are for in the laundry rooms.

We have a lot of new people moving in so please welcome them. We have a large community and it is rather intimidating at first, so if they have questions please help them. I would like to extend a very special thank you to Larry Koepnick for donating the beautiful pictures for our hallways. Some are the work of a well known artist P. Buckley Moss, and again the gesture is greatly appreciated.

Mindy's surgery went well. She is now trying to heal so pray for her that this surgery works! Have a wonderful February and I hope Spring is right around the corner.

~Linsey



RESIDENT BIRTHDAYS

Orlyn Langenbau ~ 2/1

Mary Griffiths ~ 2/2

Deloris Gord ~ 2/5

Daryle Wilmont ~ 2/7

Irma Roseland ~ 02/12

Bev Schultz ~ 02/14

Mike Wood ~ 2/15

Julian Spencer ~ 2/17

Lola Breed ~ 02/22

Blanche Denburger ~ 02/24

Dan Garvey ~ 2/24

Colleen Welch ~ 02/27

STAFF BIRTHDAYS

Kris Eberle 02/15



Ken & Alice Vergauwen ~ 02/4

Ron & Alice Garrett ~ 02/12

Resident Birthday Party 2PM, Friday, Feb. 3rd in the Community

Regular Weekly Activities

Monday

Medical Appointments Van Runs 8am-12pm

- 8:00AM Exercise in the Pool
- 6:30PM Game Night in The Perk Coffee Shop



Tuesday

Medical Appointments Van Runs 8am-12pm

- 10:00AM Exercise Class in the Community Room
- 1:45PM Fareway (sign up)

Wednesday

Medical Appointments Van Runs 8am-12pm

- 8:00AM Exercise in the Pool
- 10:00AM Play 500 in The Perk Coffee Shop
- 10:00AM Catholic Communion 1st Wednesday of the month
- 1:00PM Bible Study in the Perk
- 2:00PM Resident Meeting in the Chapel (3rd Wednesday)
- 3:00PM Bags in the Community Room



Medical Appointments Van Runs 8am- 12 pm

Thursday

- 10:00AM Exercise Class in the Community Room

Friday

No Medical Appointments

- 8:00AM Exercise in the Pool
- 9:30AM Kings in the Corner(Perk)
- 1:45PM Hyvee(2nd, 3rd, & 4th Friday go in the PM, sign up)
- 6:00PM Movie in the Theater

Sunday

- 6:00PM Vespers in the Chapel



Facts for Senior Fitness

- Improves your strength and this helps you stay independent.
- Improves your balance which prevents falls.
- Gives you more energy.
- Prevents or delays diseases, such as heart disease, diabetes, or osteoporosis.
- Can improve your mood and fight off depression.
- May improve cognitive function (how your brain works).

Join us in Swimming and Exercise! Have fun while getting in shape!!!





Have some fun, exercise and meet new friends!



♥ Happy Valentines Day ♥

Join the fun!

Making cards with Joan castell!



Who can beat Dick at Jeopardy?

*Thank you to Iowa River Hospice
for coming once per month!*

February

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Burnt Ends Loaded Potatoes Peas Ice Cream	Catfish Rice Green Beans Dream Bar	Salisbury Steak Potatoes/Gravy Veggies Carrot Cake	Pork Chop Scalloped Potatoes Veggies Rice Krispy Bars
5	6	7	8	9	10	11
Brisket/Gravy Baby Bakers Mixed Veggies Pie	Ham Loaf Sweet Potatoes Stuffing/Gravy Frozen Yogurt	Country Fried Chicken Potatoes/Gravy Veggies Assorted Desserts	Dried Beef Gravy Over Toast Cookies	Salmon Rice California Medley Lemon Bars	French Dip Baked Beans Fries Ice Cream	Cream Chicken Over Biscuit Cake
12	13	14	15	16	17	18
Chicken Potatoes/Gravy Corn Cherry Pie	Pepper Steak White Rice Assorted Desserts	Valentine's Day Meal	Bacon Wrapped Turkey Red Potatoes Pumpkin Bars	Meatloaf Au gratins Green Beans Strawberry Short	Cod Cheesy Potatoes Peas & Carrots Cake	Hamburger Steak Onions Potatoes/Gravy Ice Cream
19	20	21	22	23	24	25
Pork Chop Loaded Potatoes Carrots Pie	Country Fried Steak Potatoes/Gravy Veggies Cherry Turnover	Tilapia Rice Green Beans 4 Layer Chocolate	Swiss Steak Potatoes/Gravy Zucchini Blend Flip	Cooks Choice	Chicken Cordon Bleu Au gratins Veggies/Cake	Liver & Onions Potatoes/Gravy Chocolate Chip Brownie
26	27	28				
Pot Roast Potatoes/Gravy Veggies Pie	Tenderloin Corn on the Cob Fries Assorted Desserts	Salmon Patties Cream Peas Scalloped Potatoes Cake		February 16th Resident Meal Marilyn Battles		

February

Supper

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ Hot Dog Chili	² Ham & Beans Summer Sausage Cheese	³ Chicken Wraps Potato Salad	⁴ Italian Combo Sandwich Chips
⁵ Ham Sandwich Soup	⁶ Cooks Choice	⁷ Chicken or Shrimp Alfredo Bread Stick	⁸ Turkey Burger Chips	⁹ Sloppy Joe California Medley Soup	¹⁰ Spaghetti Bread	¹¹ Tater Tot Casserole Roll
¹² Super Bowl Party	¹³ Pancakes Bacon Hashbrown Patty	¹⁴ Philly Cheese Steak Slider Veggie Soup	¹⁵ Pork Burger Sweet Potato Fries	¹⁶ Tuna & Noodles Roll	¹⁷ Cheese Tortellini w/Meat Sauce Garlic Bread	¹⁸ Sub Sandwich Chips
¹⁹ Turkey Sandwich Broccoli & Cheese Soup	²⁰ Biscuit with Sausage Gravy Scrambled Eggs	²¹ Club Wraps Potato Soup	²² Chicken Sandwich Chips	²³ Sandwich Soup	²⁴ Baked Potato Bar	²⁵ Turkey Tetrazzini Roll
²⁶ Roast Beef Sandwich Corn Chowder Soup	²⁷ French Toast Sausage Potato Cake	²⁸ Grilled Cheese Tomato Soup				



FEBRUARY SPECIAL EVENTS 2023

2nd - Happy Groundhog Day!!!!

Party at 2: 00 in the Perk

3rd - Resident B'Day Party	2:00 p.m.	Comm. Room
6th - \$Dollar Tree OR Aldi's	1:45 p.m.	Lobby
8th- Wal-Mart Wed.	1:45 p.m.	O door
Jeopardy!!!	2:00 p.m.	Perk
Live on Stage	6:30 p.m.	Lobby
9th- Bingo	2:00 p.m.	Comm. Room
12th - Steve - Music	2:00 p.m.	Comm. Room
13th - Valentine Hot Chocolate Bar	2:00	Perk
14th - Card Making	2:00 p.m.	Perk
15th- Resident Meeting	2:00 p.m.	Chapel
Blood Pressure Check	2:30 p.m.	Perk
16th - Bruni Bingo	1:00 p.m.	Perk
Popcorn Party	2:00 p.m.	Perk
20th - Happy Hour	2:00 p.m.	Perk
22nd - WalMart	1:45 p.m.	O door
23rd - Bingo	2:00 p.m.	Comm. Room
26th - Country Line Music	2:00 p.m.	Comm. Room
27th - Roll & Coffee	9:30 a.m.	Perk

