

February 2024

# Oak Hill Grapevine

623 Hamacher St., Waterloo, Illinois, 62298 | Phone- 618-939-3488



## Celebrating February

- **Wear Red Every Friday**

February 1<sup>st</sup>- Oak Hill's 73<sup>rd</sup>  
Anniversary Celebration

February 2<sup>nd</sup>- Bubblegum Day  
Groundhog Day

February 9<sup>th</sup>- Wear Favorite  
Superbowl Team/Colors Shirt

February 11<sup>th</sup>- Superbowl 2024

February 13<sup>th</sup>- Fat Tuesday  
Waffle Breakfast Arbor Court

February 14<sup>th</sup>- Happy  
Valentines Day!

Ash Wednesday Service

Orange Crush Day

February 19<sup>th</sup>- Presidents Day  
Wear **Red**, **White**, and **Blue**

## February Celebrating the "Month of Love"

HAPPY  
Valentine's  
Day



## The Magic of Mardi Gras



Mardi Gras, the vibrant and exhilarating Carnival season celebrated in various parts of the world, is a spectacle of merriment, color, and

culture. It typically involves parades, masquerade balls, and the donning of elaborate costumes, offering a unique blend of tradition and modern revelry. Each year, it is a time for people to indulge in festivities and enjoy the spirit of community. In 2024, the celebration begins on January 6. It leads up to Fat Tuesday on February 13—the culmination of the Carnival season.

In 2024, Mardi Gras promises to be an exceptional experience. While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture.

But Mardi Gras is more than just a party; it's a colorful expression of tradition, diversity, and the indomitable human spirit. Mark your calendars for Mardi Gras 2024 and prepare to join the revelry!

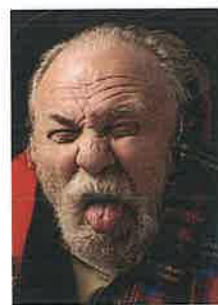
## A Cutting-Edge Hobby

It's not an illusion or a magic trick—sword swallowing is a serious and even ancient art. On February 24, World Sword Swallowers Day, many practitioners will perform free demonstrations of their weird art form.

How does one learn to swallow a sword? Apprentices begin by putting objects of increasing size down their throats: fingers, spoons, paintbrushes, knitting needles, coat hangers, and then swords. Eventually, a swallower's esophagus is so relaxed that the sword travels down the throat and into the stomach. Today it may be a showy act for street performers and circus sideshows, but in ancient India, it was considered a demonstration of divine union with their gods, akin to walking over hot coals. Only a few dozen people worldwide currently risk this dangerous pastime. Luckily, for many, the worst injury they suffer is "sword throat."

## Spreading Sunshine

Is there someone in your life who is a perpetual grouch? Are they forever grumpy? Is every day a bad day? February 16 may be your day to help them. It's Do a Grouch a Favor Day.



Hunger is a definite biological cause of grouchiness.

Perhaps the best favor you can do for a grouch is bake them a treat or buy them lunch. Some people are grouchy first thing in the morning. The grouch might say they're "not a morning

person," but this grouchiness may have a biological cause. Some suffer a groggy period after waking up that is called the "sleep inertia" phase. It takes from five to 30 minutes for a person to feel awake. If someone is an interminable grouch, perhaps the biggest favor you can do for them, and yourself, is leave them alone.



## Pucker Up

Valentine's Day always falls on February 14, and many may be happy to see it pass. But in the south of France, people still plant kisses until the Saturday after Valentine's Day.



The residents of Roquemaure call it the Festival of the Kiss, and kiss they do. They smooch from sunup to sundown in honor of their favorite saint, Saint Valentine. Valentine became the patron saint of love when, according to legend, on February 14

around the year 270, he was caught performing illegal marriage ceremonies for Roman soldiers and was martyred by Roman emperor Claudius II Gothicus.

In 1868, the supposed remains of Saint Valentine were purchased in Rome and transferred to Roquemaure. The French village was renowned for its winemaking, but in 1868, its vines were diseased. Villagers and winemakers believed that the arrival of Saint Valentine's remains would cure their ailing vines. Miraculously, within four years, the vineyards had recovered.

And so, during the Festival of the Kiss, Roquemaure returns to the year 1868. Residents wear costumes from that era, with some even dressing up like monks, nuns, or saints. Horses and carriages clop down the streets. Storefronts boast 19th-century decorations. A market sells traditionally fashioned items. Even the street names are rewritten, bearing the names of France's most lovesick poets and artists.

Everyone drinks wine and kisses until they can't feel their lips. The local winery is named Cave Saint Valentine and produces specialty wines for the occasion. The local post office even gets in on the fun, sealing every letter with a kiss. This is why Roquemaure is known as "La Capitale des Amoureux," the Capital of Lovers.

## The Art of Being Humble

February 22 prefers not to call attention to itself. It is Be Humble Day, a day not to brag, boast, or call attention to your accomplishments. The words *humble* and *humility* come from the Latin word *humus*, which means "earth," literally the dirt beneath our feet. To be humble is to have a modest estimate of one's own worth and to never have a superior attitude over others. Humility is perhaps the greatest of virtues.

In our loud, proud, and power-driven society, humility can be viewed as a weakness. However, humility has often proven to be a leader's greatest strength. Humility comes from the self. Humility is also attractive to others, often because a good and humble leader will sacrifice personal gain for the benefit of the entire group. Humble leaders also do not create their identity from their accomplishments. Identity and accomplishment are entirely separate. This is why a humble leader will remain flexible. When their choices are criticized, they do not take it personally but rather are willing to learn from their mistakes. Taking a day to be humble may make us all stronger leaders, whatever our tasks.

## Get Ready to LOL



February 8 is Laugh and Get Rich Day. If only it were that easy! Gelotology is the psychological study of laughter, and scientists are still trying to figure out just why we laugh. Laughter involves many different parts of the

brain as well as the coordination of many muscles. Laughing 100 times is equal to 15 minutes of exercise on a bike. It's a total body workout, with all the physical and psychological health benefits to boot. So, while laughter may not fill our bank accounts, it certainly enriches our lives.

## For the Love of Reading

While couples are courting each other with the perfect valentines on February 14, local libraries are wooing their local communities on Library Lovers' Day. Citizens have always appreciated their local libraries, but on this day, libraries show that the feeling is mutual.



Library patrons, how do your libraries love thee? Let us count the ways. One library hosted a couple that renewed their wedding vows after 40 years of marriage. Another library held a "blind date with a book" party, where borrowers were hooked up with mystery books. The staff

of another library dressed up as characters from Jane Austen's novel *Pride and Prejudice*, held a tea party for borrowers, and read excerpts from the book.

Why do we develop such emotional connections with books? Is it because we love learning new things? Books can teach us anything and everything, from cooking to space travel to macroeconomics. Do we love the way they inspire our imagination to take flight? We think we have only one life to live, but through books we inhabit other lives and even other worlds. Reading allows us to explore an infinite variety of paths in life. Reading is not a passive act but an intensely challenging mental act. It is as good for our brains as exercise is for our bodies. Regardless of your reason for loving books, instead of taking your loved one out to a restaurant this Valentine's Day, consider taking them to a library.

Looking for more reasons to indulge your love of literature? February 9 is Read in the Tub Day. How do you keep the pages from getting wet? Simply place a plank or caddy over the tub to rest your book and your rubber ducky on. Just remember not to take those library books into the bath with you!

## February Resident Birthdays

**February 2<sup>nd</sup>- Joyce Rose**

**February 3<sup>rd</sup>- Donald Naumann**

**February 8<sup>th</sup>- Gerold Strobel**

**February 9<sup>th</sup>- Wilma Kohl**

**February 22<sup>nd</sup>- Velma Koenig**

**February 22<sup>nd</sup>- Inez Roberson**

**February 27<sup>th</sup>- Pearl Griebel**

**February 28<sup>th</sup>- Alice Schultz**



## Connecting the World

On February 4, 2004, the internet changed forever. Harvard freshman Mark Zuckerberg launched

Facebook, a website that has transformed the way people socialize and communicate. Facebook has more than three billion active users a month. For many, staying in touch via Facebook, sharing pictures, sending messages, and commenting on friends' posts is preferable to communicating by mail, telephone, or email.

However, a scientific study in 2017 suggested that using Facebook had negative consequences. The more the study participants used Facebook, the worse they felt afterward. Users felt less satisfied with their lives and were lonelier. It seems that direct social contact may still be the best form of interaction of all.



*Erika Callaway, CNA*

*Margie Gatlin, Dietary*

*Lynette Martin, Housekeeping*

*Vance Ray, Dietary*

*Amber Sarchet, CNA*

*Jennifer Schmittling, LPN*

*Denzel Smarr, Housekeeping*

*Leo Tomsha, Dietary*

*Robin Walz, CNA*

*Candace Werner, Housekeeping*



# *January Employee of the Month*

## *Megan Weber, Restorative Aide*



### **Here's what others had to say about Megan:**

- Megan is hard working, and kindhearted to all.
- She never misses work. She is a very reliable employee.
- She takes good care of our residents and makes them laugh and smile.
- She always participates in work activities and functions.
- She is a fantastic employee! The residents love her.
- She has a great attitude! We appreciate all that she does!

### **Interesting Facts about Megan:**

Megan Weber has worked in Therapy as a Restorative Aide for little less than a year; but has been a reliable Certified Nursing Assistant at Oak Hill for 9 years. She bought a house in Red Bud about three years ago. She has a cat named Daisy. Her hobbies include working on puzzles and organizing around the house. Her most memorable moment at Oak Hill is receiving the Wessel Pistor Award. Her mom showed up without her knowledge and that was awesome and just knowing all my hard work had paid off. Her most embarrassing moment was not knowing who **Bonnie and Clyde** were, I thought they were residents. She not only received the Wessel Pistor Award; but several times was named employee of the month and All Star. Her favorite food is chicken tenders. If she could meet one person in history, it would be **Bob Saget** because she always watched *Full House*. Bob always took the kids on awesome trips and seemed like a pretty cool dad to have. Megan's favorite TV show is *Storage Hunters* and loves to watch football. Her favorite song is "Little Boo Thong" by Paul Russell. Her favorite movies are *Five Feet Apart*, *Wonder*, and *Instant Family*. Her best childhood memory is making forts with mom and dad. Also, her brother and her would run around with sheets over their head and scare each other. If she could travel anywhere, she would go to Hawaii because she is a fan of beaches and warm weather. She has never been there either. If she won 50 million dollars, she would pay off her house, donate toys to children's hospitals. Donate food and toys to local animal shelters too.

## STAFF BIRTHDAYS

Sara Decker, RN - February 12

Leah Farris, Clerical - February 23

Keagan Hank, Dietary Aide - February 12

Rhonda Hooten, Dietary Supervisor-February 9

Phil Kaelin, Maintenance Director- February 13

Heather Kaltenbach, Therapy Aide - February 28

Nancy Koesterer, Bus. Manager - February 12

Macy Parks, LPN - February 5

Connor Perjak, Dietary Aide - February 23

Candace Werner, Housekeeping - February 10

# ALL STARS

Employees are recognized as those who have gone above and beyond. The staff that are recognized spin a wheel to win prizes. Prizes have been provided by the Endowment Committee. The recent All Stars were:

**Wayne Moallankamp, Maintenance - \$100 Cash**

**Macy Parks, CNA - \$100 Gas card**

**Manny Facum, CNA - \$100 Walmart GC**

**Mary Watkins, Housekeeping - \$100 Cash**





## Staff Anniversaries in February

Camille Donjon, RN, 11 years

Amy Felix, Clerical, 5 years

Caroline Hale, CNA, 2 years

Elise Horvath, Activity Specialist 2 years

Heather Kaltenbach, Therapy Aide, 2 years

Megan Karius, RN, 2 years

Erika King, CNA, 2 years

Shari Kruep, Administrator, 2 years

Hailey Nold, Dietary Aide, 1 year

Melissa Peters, Asst. Cook, 2 years

Kaitlin Rambo, CNA, 2 years

Tiffany Shaw, CNA, 4 years

Joann Stennis, CNA, 4 years

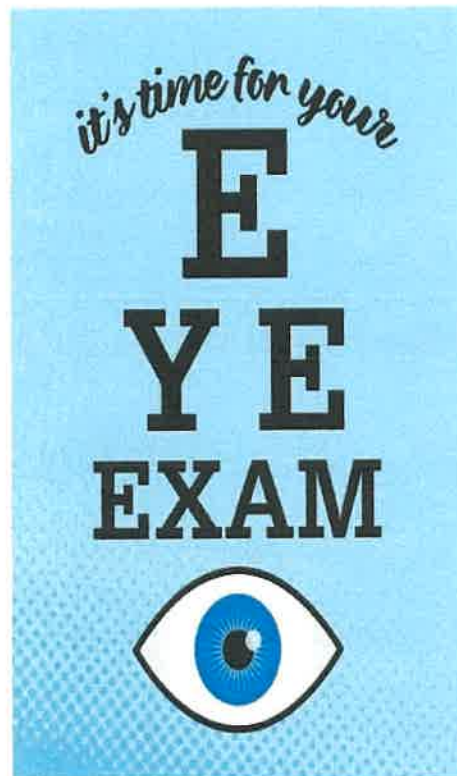
Lance Toenjes, Dietary Aide, 1 year

Tija Walters, RN, 5 years

# Optometrist



The optometrist will be here February 12th. If you would like to be seen please call Tammy Moll, Social Service Director:  
618- 939-3488 x 1302



Join us for Oak Hill's 73<sup>rd</sup> anniversary  
party 2/1/24 in the activity center  
@2:30pm for Cake! Please wear an Oak  
Hill shirt! There will be a prize for the  
oldest oak Hill shirt!

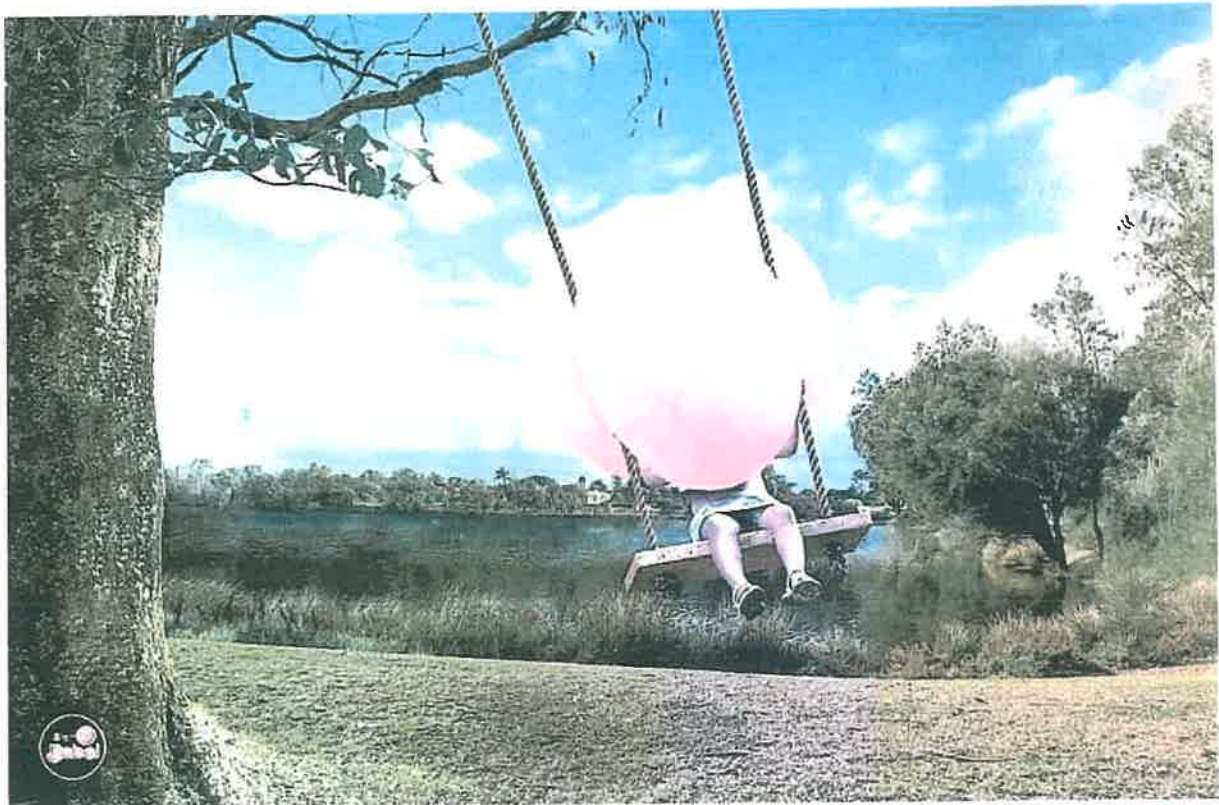




**National Bubble gum day Friday  
2/2/24**

**Staff will receive bubble gum!**

**Then join us at 3pm in the activity  
room for bubble gum blowing  
contest!**



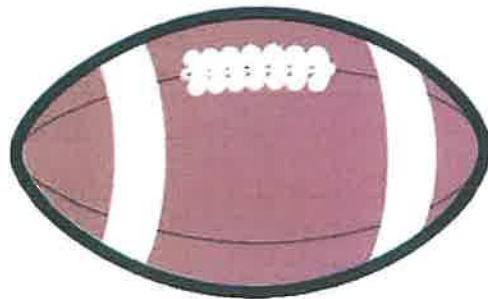
Donate your change! February 17<sup>th</sup> is random acts of kindness day. We have decided to take monetary donations all month for a random act of kindness! All donations will go to the Waterloo Senior Center. We are calling it "Scents for Seniors". Donate today at the front desk!



Wear red on Friday 2/2/24, 2/16/24, 2/23/24 and also on Valentine's day!



Wear super bowl and or favorite team attire 2/9/24

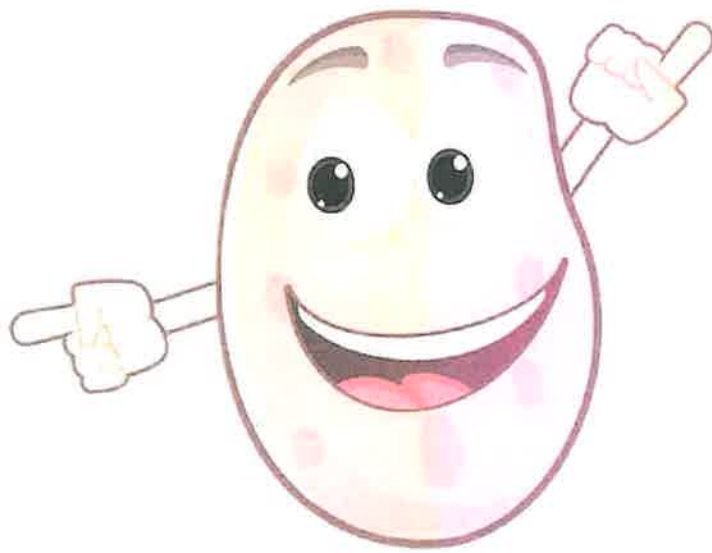


Waffle day for staff  
Wednesday February  
7<sup>th</sup> from 8-9:30AM in  
the back hallway!





Potato bar for staff Wednesday 2/28/24  
from 10:45AM-12:30pm in back hallway!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2024

**4**  
**Independent Bingo**  
8:00 am- One on ones  
2:00 pm- Sun room Games with Wendy

8:00 am- House Calls  
10:00 am- Posture Pleaser Fitness  
2:00 pm- Bingo

8:00 am- House Calls  
10:00 am- IN2L Games  
2:00 pm- Chocolate Covered Strawberries

8:00 am- House Calls  
9:30 am- Sit and Be Fit  
10:30 am- Rosary  
2:00 pm- Try Not to Bead Me

8:00 am- House Calls  
10:00 am- Gospel Hymns  
10:30 am- Lutheran Church  
2:00 pm- Stained Glass Heart Craft

8:00 am- House Calls  
10:00 am- Tai Chi  
10:30 am- Funny Videos  
2:00 pm- Veronica Mary Agnes

**10**  
**Weekend Activity Packet**  
2:00 pm- Movie Matinee  
Chinese New Year (Year of the Dragon)

**11**  
**Independent Bingo**  
2:00 pm- Puppy Bowl 2024  
5:30 pm- Superbowl Pregame Social

8:00 am- House Calls  
10:00 am- Stretch and Flex  
10:30 am- Mardi Gras Trivia  
2:00 pm- Valentines Day Bingo

7:00 am- House Calls  
8:00 am- Waffle Breakfast  
10:00 am- Travel to New Orleans for Mardi Gras  
2:00 pm- Resident Council  
Mardi Gras

8:00 am- House Calls  
9:30 am- Move and Groove  
10:30 am- Catholic Mass  
2:00 pm- Valentines Day Show with Tommy Myrda  
Valentine's Day

8:00 am- House Calls  
10:00 ma- Gospel Sing Along  
10:30 am- UCC Church  
2:00 pm- Life with Polar Bears in the Frozen Arctic

8:00 am- House Calls  
10:00 am-Fun Fitness Friday  
10:30 am- Local News and Views  
2:00 pm- Alan Brandt

**17**  
**Weekend Activity Packet**  
2:00 pm- Movie Matinee

**18**  
**Independent Bingo**  
8:00 am- One on Ones  
2:00 pm- High Low Cards with Holly

10:00 am- House Calls  
2:00 pm- Kickball  
6:00 pm- UCC Inspire Band  
Presidents' Day

8:00 am- House Calls  
10:00 am- Nail Care  
2:00 pm- Card Lotto

8:00 am- House Calls  
9:30 am- Move and Groove  
10:30 am- Catholic Mass  
2:00 pm- February Birthdays with Pearl Hirsch

8:00 am- House Calls  
10:00 am- New Life Church  
1:30 pm- Hot Chocolate Social  
2:00 pm-Bingo

8:00 am- House Calls  
10:00 am- Katambwa Storyteller  
2:00 pm- IN2L Games

**24**  
**Weekend Activity Packet**  
2:00 pm- Movie Matinee

**25**  
**Independent Bingo**  
8:00 am- One on Ones  
1:30 pm- Presbyterian Church

8:00 am- House Calls  
10:00 am-Drumming on the Big Screen  
2:00 pm- Bingo

8:00 am- House Calls  
10:00 am- Magazine Hunt  
2:00 pm- Horse Races

8:00 am- House Calls  
9:30 am- Sit and Be Fit  
10:30 am- Rosary  
2:00 pm-Heart Card Cover All

8:00 am- House Calls  
10:00 am- "Leap Day" Frog Throw  
2:00 pm- Shopping Day!  
**Leap Year**

## Arbor Court Activity Calendar

# February

## *Magnolia Moments*



## **Happy Hour Social**







# ***Girl Scouts Cookies & Coloring***



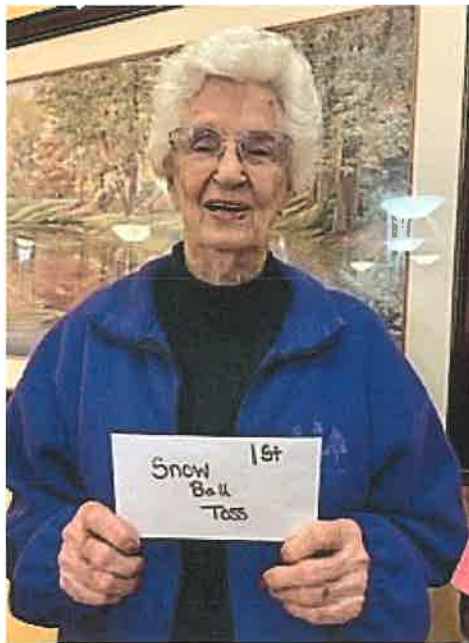


Lunch out @ Tequila's





# Snow Ball Toss





# February

## Birthday's

18th Janet Heberer

22nd Edith Orsech

25th Marie Wilfong

## Farkle Winners

Elsie



Pat M.

## Snow Ball Toss

### Winners



1st-Virginia

2nd-Mary O.

3rd-Corrine



Jim Hansen

★ ★ ★ HAPPY ★ ★ ★  
PRESIDENTS' DAY



Friendship Month

Happy Valentine's Day



Balloon Game Record High

694 Hits



# Monday



## February 19, 2024

Wear RED, WHITE, & BLUE

### Residents & Staff

**Pick up a President's Day word search puzzle @ the front desk on 2/19/2024. Once completed return to the front desk by 2/23/2024 with your name on the bottom. Everyone who turns in a completed puzzle will be entered into a drawing.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2:00 Satin Hands &amp; Social Hour</p> <p>2:30 Wii Bowling</p> <p>3:00 Hymn Singing</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:30 Sit &amp; Be Fit</p> <p>10:15 Balloon Game</p> <p>2:00 Bingo</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:30 Morning Manicures</p> <p>2:00 Painting Hearts</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:15 Shopping @ Walmart</p> <p>9:30 Exercise Video</p> <p>10:30 Rosary **</p> <p>2:00 Bingo</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:30 Morning Manicures</p> <p>10:00 Bible Study (Upstairs)</p> <p>10:30 UCC Church **</p> <p>2:30 Anniversary Celebration of Oak Hill 73 years (Oak Hill Activity Room) **</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:30 Sit &amp; Be Fit</p> <p>10:15 Balloon Game</p> <p>2:00 Bingo (2 Card)</p> <p>3:00 Bubble Gum Blowing Contest Staff</p> <p>(Oak Hill Activity Room) **</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>WEAR PINK</p>	<p>10:00 Exercise Video</p> <p>1:30 Ground Hog Day (Movie)</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbors &amp; come play a game</p> <p>Wii Bowling</p>
<p>1:30 Quarter Bingo</p> <p>2:30 Wii Bowling</p> <p>3:30 Walk the Halls</p> <p>6:30 Super Bowl Party</p>	<p>9:30 Sit &amp; Be Fit</p> <p>10:15 Balloon Game</p> <p>2:00 Valentine's Day Bingo</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p>Guess how many hearts in the jar by the elevator.</p>	<p>8:00 Homemade Waffle Breakfast</p> <p>9:30 Shopping @ Dollar Tree</p> <p>9:30 Exercise Video</p> <p>1:30 Horse Races</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>WEAR RED &amp; PINK</p> <p>9:30 Sit &amp; Be Fit</p> <p>10:30 Catholic Mass **</p> <p>2:00 Valentine's Social Hour</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p>Valentine's Day</p>	<p>9:30 Morning Manicures</p> <p>10:00 Bible Study (Upstairs)</p> <p>10:30 UCC Church **</p> <p>2:00 Birthday Party with Singing Sherriff</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:30 Sit &amp; Be Fit</p> <p>10:15 Balloon Game</p> <p>2:00 Bingo (2 Card)</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>WEAR RED</p> <p>Last day to guess how many hearts our in the jar by the elevator.</p>	<p>10:00 Exercise Video</p> <p>1:30 Yours, Mine, Ours (Movie)</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbors &amp; come play a game</p> <p>Wii Bowling</p>
<p>2:00 Satin Hands &amp; Social Hour</p> <p>2:30 Wii Bowling</p> <p>3:00 Hymn Singing</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:30 Sit &amp; Be Fit</p> <p>10:15 Balloon Game</p> <p>2:00 Bingo</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:00 Resident Council</p> <p>10:00 Blood Pressures &amp; Weights</p> <p>Lunch out @ Dave &amp; Joyce's Country Kitchens in Red Bud</p> <p>2:00 Music with Alan B.</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:15 Shopping @ Walmart</p> <p>9:30 Exercise Video</p> <p>10:30 Catholic Mass **</p> <p>2:00 Bingo</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:30 Morning Manicures</p> <p>10:00 Bible Study (Upstairs)</p> <p>10:30 New Life Church **</p> <p>2:00 Happy Hour Social</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p> <p>HAPPY HOUR</p> <p>Margarita Day</p>	<p>9:30 Sit &amp; Be Fit</p> <p>10:15 Balloon Game</p> <p>2:00 Bingo (2 Card)</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>WEAR RED</p>	<p>10:00 Exercise Video</p> <p>1:30 Card Lotto</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbors &amp; come play a game</p> <p>Wii Bowling</p>
<p>1:30 Quarter Bingo</p> <p>2:30 Wii Bowling</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:30 Sit &amp; Be Fit</p> <p>10:15 Balloon Game</p> <p>2:00 Bean Bag Toss</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:00 Baking Pies upstairs</p> <p>Magnolia Terrace Room</p> <p>1:15 Shopping @ Walmart</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:30 Sit &amp; Be Fit</p> <p>10:30 Rosary **</p> <p>2:00 Bingo</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:30 Morning Manicures</p> <p>10:00 Bible Study (Upstairs)</p> <p>10:30 Protestant Church on the Big Screen **</p> <p>2:00 Rob Callmeyer on piano &amp; Popcorn</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>Wii Bowling</p>	<p>9:30 Sit &amp; Be Fit</p> <p>10:15 Balloon Game</p> <p>2:00 Bingo (2 Card)</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbor &amp; come play a game</p> <p>WEAR RED</p>	<p>10:00 Exercise Video</p> <p>1:30 Card Lotto</p> <p>3:30 Walk the Halls</p> <p>6:30 Grab your neighbors &amp; come play a game</p> <p>Wii Bowling</p>

\* All activities are subject to change.

\*\* Church is held in the Oak Hill Activity Room.



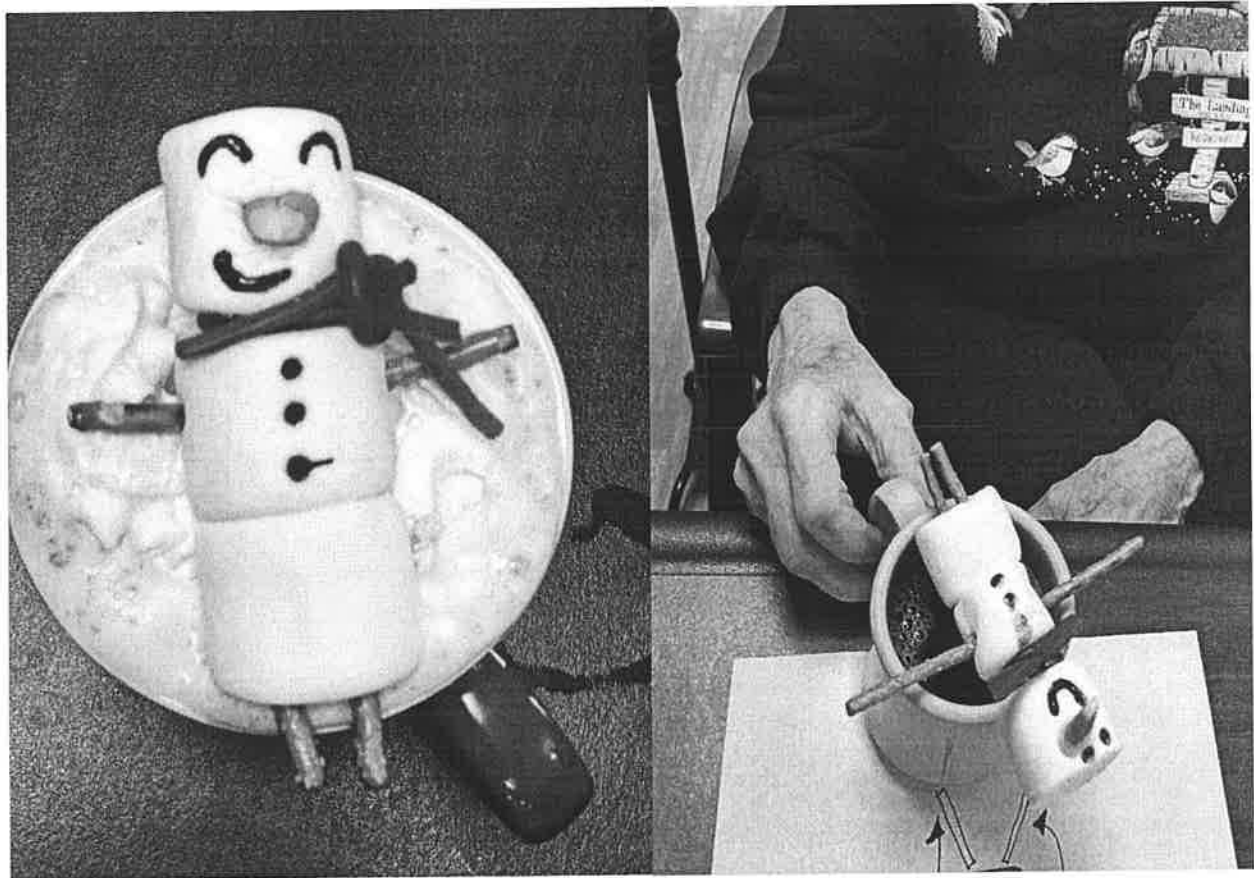


## Looking Back in January on Whispering Pines

On a cold blustery January afternoon, where the temperature outside was in the negative digits, Whispering Pines was warm and toasty. There is nothing better than being wrapped in a warm blanket on a winter day, except adding hot chocolate and a sweet treat!

The afternoon craft was making marshmallow and pretzel stick snowmen. Red rope licorice scarves and candy corn noses finished the snowmen's winter look. The residents floated their snowmen on top of hot chocolate or coffee. As the snowmen dove or were dunked into their hot liquids, they melted creating a frothy treat! Whispering Pines residents, nursing staff, and activities had a blast working together to create this cozy afternoon.

“Baby it’s Cold Outside”



# February 2024

<p>9:30 Morning Stretch 10:00 Worship Service &amp; Hymn Sing IN2L 2:00 Netflix Movie Time 3:00 Ice Cream &amp; Guitar Sing-along</p> 	<p>9:30 Ball Kick\Toss 10:00 Alexa Sing-along 2:00 Dave Sheppard - Sing-along on Pines 3:00 Cookies &amp; Alexa</p> 	<p>9:30 Balloon Volleyball 10:00 Armchair Travel - United States IN2L 2:00 Activity\Restorative Exercise Hour 3:00 Salty Snack, Soda &amp; Alexa</p>	<p>9:30 Ring Toss 10:00 Catholic Mass IN2L 2:00 Coffee, Cookies &amp; 40's Music Review</p> 	<p>9:30 Morning Stretch 10:00 Arbor - Church* 2:00 Singing Sheriff - Forrest on Pines 3:00 Donut Shop &amp; Alexa</p>	<p>9:30 Chair Stretches 10:00 Classic TV IN2L 2:00 Caddyshack Movie 3:00 Afternoon Snack &amp; Therapeutic Music IN2L</p> 	<p>9:30 Relaxation Music 10:00 Funny Videos IN2L 2:00 Activity\Restorative Exercise Hour 3:00 Cheese Puffs &amp; Alexa</p> 
<p>9:30 Morning Stretch 10:00 Worship Service &amp; Hymn Sing IN2L 2:00 Puppy Bowl 2024 3:00 Super Bowl Happy Hour &amp; Country Music</p> 	<p>9:30 Ball Kick\Toss 10:00 Valentine's Day Paper Heart Craft 2:00 Armchair Travel - City of Love: Paris 3:00 Cookies &amp; Alexa</p> 	<p>9:30 Balloon Volleyball 10:00 Armchair Travel - Europe IN2L 2:00 Terry Roberson - Singing Cowboy on Pines 3:00 Mardi Gras Snack</p> 	<p>9:30 Ring Toss 10:00 Catholic Mass* Ash Wednesday 2:00 V-Day Trivia\Videos 3:00 Valentine's Day Party</p> 	<p>9:30 Morning Stretch 10:00 Arbor - Church* 2:00 Bingo IN2L 3:00 Donut Shop &amp; Therapeutic Music</p>	<p>9:30 Margie Therapy Dd 10:00 Classic TV IN2L 2:00 Activity\Restorative Exercise Hour 3:00 Afternoon Snack &amp; Alexa</p>	<p>9:30 Relaxation Music 10:00 Funny Animal Videos IN2L 2:00 Activity\Restorative Exercise Hour 3:00 Cheese Puffs &amp; Alexa</p> 
<p>9:30 Morning Stretch 10:00 Worship Service &amp; Hymn Sing IN2L 2:00 Netflix Movie Time 3:00 Happy Hour &amp; Big Band Music Reminisce</p> 	<p>9:30 Ball Kick\Toss 10:00 Love on a Leash - Therapy Dogs 2:00 Keyboard with Pearl 3:00 Cookies &amp; Alexa</p> 	<p>9:30 Balloon Volleyball 10:00 Karaoke Time IN2L 2:00 Cooking Shows 3:00 Dump Cake with Elise &amp; Sharon</p>	<p>9:30 Ring Toss 10:00 Catholic Mass* 2:00 Bingo IN2L 3:00 Coffee, Cookies &amp; Classical Music</p> 	<p>9:30 Magazines &amp; Coffee 10:00 Arbor - Church* 2:00 Activity\Restorative Exercise Hour 3:00 Donut Shop &amp; Alexa</p>	<p>9:30 Chair Stretches 10:00 Family Feud IN2L 2:00 Sing-Along IN2L 3:00 Monthly Birthday Party</p> 	<p>9:30 Relaxation Music 10:00 Beth Williams Sing along IN2L 2:00 Activity\Restorative Exercise Hour 3:00 Popcorn &amp; Alexa</p>
<p>9:30 Morning Stretch 10:00 Worship Service &amp; Hymn Sing IN2L 2:00 Netflix Movie Time 2:30 Ice Cream &amp; 50's Music Reminisce</p>	<p>9:30 Relaxation Music 10:00 Short Stories IN2L 2:00 Puzzles &amp; Water Painting 3:00 Cookies &amp; Alexa</p>	<p>9:30 Balloon Volleyball 10:00 Puzzle, Magazine &amp; Newspaper Hour 2:00 Alan Brandt - Guitar Sing-along on Pines 3:00 Salty Snack, Soda &amp; Alexa.</p> 	<p>9:30 Ring Toss 10:00 Catholic Mass IN2L 2:00 Bingo IN2L 3:00 Snack Time &amp; Blue Grass Music</p>	<p>9:30 Relaxation Music 10:00 Arbor - Church* 2:00 Activity\Restorative Exercise Hour 3:00 Donut Shop &amp; Alexa</p> 	<p>9:30 Chair Stretches 10:00 Family Feud IN2L 2:00 Sing-Along IN2L 3:00 Monthly Birthday Party</p> 	<p>9:30 Relaxation Music 10:00 Library Cart &amp; Puzzles 2:00 Activity\Restorative Exercise Hour 3:00 Popcorn &amp; Alexa</p> <p>Chinese New Year (Year of the Dragon)</p>



Activity schedule subject to change. IN2L touch screen computer. \* Off unit activity



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2024

## Meal Calendar

<b>4</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/Breakfast Meat Cinnamon Raisin Toast Lunch Fried Chicken/ Baked Ziti w/ Italian Sausage Cheesy Hash Brown Casserole Green Bean w/ Mushrooms/ Buttered Corn Breakfast/ Creamy Custard Pie Supper Creamy Potato Soup Hot Ham & Cheese Sandwich Macaroni Salad/ Diced Tomato Salad Sliced Peas	<b>5</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Pancakes Lunch Beef Pot Roast/ Glazed Pork Chop Candied Sweet Potatoes/ Mashed Potatoes w/ Gravy Sautéed Cabbage/ Winter Blend Vegetables Dinner Roll/ Pound Cake Topped w/ Strawberries Supper Homemade Vegetable Soup/ Salmon Patty Herb Dill Rice/ Mediterranean Vegetables Watergate Salad	<b>6</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Toast Lunch Sliced Roast Turkey/ Lemon Pepper Tilapia Cranberry Sauce/ Herb Stuffing Baby Bakers Potatoes/ Hidden Valley Ranch Crumbs Topped Buns Supper Tomato Basil Soup/ Three Noodle Bake Baked Potato Chips/ Broccoli Raisin Salad Goopy Butter Roll	<b>7</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Biscuit & Gravy Lunch Autumn Pork Roast (Apple Glazed) Mashed Potatoes & Gravy Loaded Mashed Potatoes/ Baked Beans Zucchini/ Seven Layered Salad Supper Homestyle Chicken Noodle Soup Chicken Drumsticks/ Roasted Root Vegetables Green Beans/ Fresh Cut Pineapple	<b>8</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat French Toast Lunch Chicken & Broccoli Stir Fry Beef Liver & Onions/ Stuffed Rice Mashed Potatoes & Gravy/ Hawaiian Roll Oriental Vegetables/ California Blend Vegetables Lemon Fluff Supper Starchy Joes on Bun Fried Potatoes & Onions/ Chili Louisiana Fruit Salad	<b>9</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Danish Lunch Chili/ Grilled Cheese/ Potato Encrusted Fish Sweet Potato Wedges Confetti Colelaw/ Grilled Vegetables S more Building Parfait Supper Tomato Florentine Soup Deviled Egg Salad on Sandwich Broccoli & Cauliflower Salad/ Cheese Bread Stick Chevy Cake Cinnamon Day	<b>10</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Raisin Toast Lunch Salsburg Steak/ Pork on a Bun Sour Cream Macaroni & Cheese Sugar Snap Peas/ Cowboy Saled Autumn Fruit Crisp Supper Chicken Pot Pie Spinach Baked Side Salad w/ Dressing Spiced Cake w/ Frosting Chinese New Year (Year of the Dragon)	<b>11</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Banana Bread Lunch Baked Pork Chops/ Baked Chicken Baked Potato/ Sour Cream Butter Harvard Beans/ Broccoli with Cheese Sauce Chocolate Cream Pie Supper Cream of Mushroom Soup/ French Dip Beef Sandwich Cheesy Mashed Potatoes California Cobb Salad Oatmeal Raisin Cookie	<b>12</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Breakfast Muffin Lunch Bruschetta Chicken/ Bratwurst on Bun Garden Blend Rice/ German Potato Salad Buttered Squash/ Buttered Asparagus Ice-Cream Sundae Supper Beef Stroganoff over Noodles Vegetables Au Gratin Dinner Roll Autumn Fruit Crumble	<b>13</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Biscuit & Gravy Lunch Meatloaf/ Rosemary Pork Mashed Potatoes & Gravy Country Style Potatoes Western Spinach/ Parried Cauliflower Dinner Roll/ Bread Pudding w/ Vanilla Sauce Supper French Onion Soup/ Braunschweiger Vegetables Au Gratin BLT Pasta Salad/ Three Bean Salad Dinner Crisp Oreo Fluff	<b>14</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Pancakes Lunch Bacon Ranch Chicken/ Baked Mostaccioli Garlic Red Roasted Potatoes Saled Vinegar & Oil Dressing Butter Italian Blend Vegetables/ Garlic Bread Carrot Cake w/ Cream Cheese Frosting Supper Western Egg Bake/ Cheesy Hash brown Casserole Bacon or Turkey Sausage Fresh Fruit Platter/ Biscuit Valentine's Day	<b>15</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Chocolate Eclair Lunch Honey Glazed Ham/ Roast Turkey w/ Gravy Cranberry Sauce/ Candied Yams Bread Dressing Cranberry Pasta/ Dinner Roll Pumpkin Pie Supper Open Faced Turkey Sandwich w/ Gravy Green Bean Casserole Cranberry White Chip Oatmeal Cookie	<b>16</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat English Muffin/ Cream Cheese Lunch Orange Chicken Almond Crusted Baked Fish Baked Macaroni & Cheese Fried Rice/ Carri Vegetables/ Oriental Salad Pineapple Upside Down Cake Supper Tomato Tortellini Soup/ Baked Dip/ Salmon Grilled Mixed Vegetables/ Bread Fruit Pizza	<b>17</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Raisin Toast Lunch Beef Bowl/ Polish Sausage Mashed Potatoes w/ Gravy Sautéed Zucchini & Onions Sausbrat/ Biscuit/ Margarine Cheesecake Supper Philly Cheese w/ Grilled Onions & Peppers on Sour Cream Chive Mashed Potatoes Cream Corn Chocolate Ice-Cream Cup	<b>18</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Banana Bread Lunch Baked Pork Chophers/ Baked Chicken Baked Potato w/ Sour Cream & Butter Mashed Potatoes & Gravy Harvard Beets/ Broccoli with Cheese Sauce Chocolate Cream Pie Supper Cream of Mushroom/ French Dip Beef Sandwich Cheesy Mashed Potatoes California Cobb Salad Oatmeal Raisin Cookie	<b>19</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Breakfast Muffin Lunch Bruschetta Chicken/ Bratwurst on Bun Garden Blend Rice/ German Potato Salad Buttered Squash/ Buttered Asparagus Ice-Cream Sundae Supper Beef Stroganoff over Noodles Vegetables Au Gratin Dinner Roll Autumn Fruit Crumble	<b>20</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Biscuit & Gravy Lunch Mashed Potatoes & Gravy Country Style Potatoes Western Spinach/ Parried Cauliflower Dinner Roll/ Bread Pudding w/ Vanilla Sauce Supper French Onion Soup/ Braunschweiger Sandwich BLT Pasta Salad/ Three Bean Salad Oreo Fluff	<b>21</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Pancakes Lunch Bacon Ranch Chicken/ Baked Mostaccioli Garlic Red Roasted Potatoes Saled Vinegar & Oil Dressing Butter Italian Blend Vegetables/ Garlic Bread Carrot Cake w/ Cream Cheese Frosting Supper Western Egg Bake/ Cheesy Hash brown Casserole Bacon or Turkey Sausage Fresh Fruit Platter/ Biscuit Valentine's Day	<b>22</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Chocolate Eclair Lunch Honey Glazed Ham/ Roast Turkey w/ Gravy Cranberry Sauce/ Candied Yams Bread Dressing/ Grated Carrots Cranberry Pecan Salad/ Dinner Roll Pumpkin Pie Supper Open Faced Turkey Sandwich w/ Gravy Green Bean Casserole Cranberry White Chip Oatmeal Cookie	<b>23</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat English Muffin/ Cream Cheese Lunch Orange Chicken Almond Crusted Baked Fish Baked Macaroni & Cheese Fried Rice/ Carri Vegetables/ Oriental Salad Pineapple Upside Down Cake Supper Tomato Tortellini Soup/ Baked Dip/ Salmon Grilled Mixed Vegetables/ Bread Fruit Pizza	<b>24</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Raisin Toast Lunch Beef Bowl/ Polish Sausage Mashed Potatoes w/ Gravy Sautéed Zucchini & Onions Sausbrat/ Biscuit/ Margarine Cheesecake Supper Philly Cheese w/ Grilled Onions & Peppers on Sour Cream Chive Mashed Potatoes Cream Corn Chocolate Ice-Cream Cup	<b>25</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Coffee Cake Lunch Cranberry Glazed Pork Chop Spaghetti with Meat Sauce Herb Roasted Potatoes/ Dutch Green Beans California Blend Vegetables/ Garlic Bread Raspberry Dream Cake Supper Asian Chicken/ Fried Rice Stir Fry Vegetables/ Egg Roll/ Bread Fruited Lime Gelatin	<b>26</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Pancakes Lunch Chicken & Dumpling/ Butterfly Shrimp Waffle Fried Green Peas w/ Pearl Onions Poppy Seed Spinach Salad w/ Strawberry/ Almonds/ Dinner Roll Apple Crisp Supper Mushroom/ French Dip Beef Sour Cream Chive Mashed Potatoes Glazed Carrots/ Dinner Roll Tropical Fruit	<b>27</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Toast Lunch Beef Tips in Gravy/ Smoked Sausage Mashed Potatoes w/ Gravy Buttered Noodles/ Asparagus/ Sauerkraut German Chocolate Cake Country Gravy Lima Beans Normandy Blend Vegetables Bread Peanut Butter Lunch	<b>28</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Biscuit & Gravy Lunch Resistant Choice Polenta Country Gravy Lima Beans Normandy Blend Vegetables Bread Peanut Butter Lunch	<b>29</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat/ French Toast Lunch Meatloaf/ Smoked Ham/ Chicken Mac & Cheese Bites/ Dinner Roll Roasted Brussel Sprouts/ Bermuda Vegetables Cherry Pie Supper Pub Burger on Bun/ Cheesy Relish Plate Corn Nuggets/ Creamy Cucumber & Onion Relish Fruit Salad	<b>3</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Raisin Toast Lunch Beef Pepper Steak/ Lemon Herb Chicken Au Gratin Potatoes Steamed Cauliflower/ Buttery Sugar-Snap Peas Cinnamon Scallops Supper Chicken & Wild Rice Soup/ BLT Sandwich Italian Pasta Salad/ Tomato Parmesan Salad Cookies & Cream Ice-Cream	<b>1</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat/ French Toast Lunch Meatloaf/ Smoked Ham/ Chicken Mac & Cheese Bites/ Dinner Roll Roasted Brussel Sprouts/ Bermuda Vegetables Cherry Pie Supper Pub Burger on Bun/ Cheesy Relish Plate Corn Nuggets/ Creamy Cucumber & Onion Relish Fruit Salad	<b>2</b> Breakfast Choice of Hot or Cold Cereal Egg of Choice/ Breakfast Meat Danish Lunch Chili/ Grilled Cheese/ Potato Encrusted Fish Sweet Potato Wedges Confetti Colelaw/ Grilled Vegetables S more Building Parfait Supper Tomato Florentine Soup Deviled Egg Salad on Sandwich Broccoli & Cauliflower Salad/ Cheese Bread Stick Chevy Cake Cinnamon Day
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Meal Tickets can be purchased for \$4.00 at the front desk.