

HAPPY Valentine's Day

The Windber Woods Review

February 2024



WELCOME & ANNOUNCEMENTS

We want to welcome everyone whom joined our Windber Woods community this past month.



Our Windber Woods Community

Agnes Mihalko Peggy Tustin, Mary Prince, Antonette Sadvari, Andrew Antolik, Daniel Cobaugh, Darlene Cassidy, David Rambish, David Custer, Eileen Holsopple, John Daily, David Maddy, James Kakabar, Karen Shuyhada, John Madey, Linda Madey, Charlotte Remz



CONNECT WITH WINDBER WOODS



www.windberwoods.com



www.facebook.com/Windber-Woods/



277 Hoffman Ave.
Windber, PA 15963



814.467.5505



NEWS & UPDATES

We would again like to offer Dr. Fockler's services in the community. If you currently follow with Dr. Fockler and/or would like to change your PCP. Please reach out to Dr. Fockler's office at 814-266-5650.

Please reach out to 814-361-6441 to let Melissa know that you are interested in having appointments with him in the community (Oasis).

Thank you.

Windber Woods





BIRTHDAYS & ANNIVERSARIES

WINDBER WOODS WISHES YOU THE HAPPIEST OF CELEBRATIONS.



Windber Woods

George Dabbs (06)
Lowell Hillegas (07)
Joseph Dzura (14)
Thelma Strongosky (19)
Beatrice Cameron (19)
Louise Angelo (21)



Orchard Point

Linda Livingston (04)
Charles Morgan (15)
Carole Hughes (24)
Vincent Maxwell (25)
Jack Daily (27)
Sandra Mader (27)



Staff

Brandi Johnson (06)
Sarah Martin (07)
Francine Zevorich (08)
Douglas Sanders (09)
Jamie Adamczyk (10)
Alexis Briggs (11)
Opal Gary (15)
Sandra Meck (17)
Hope Holsigner (19)
Arnold Yoder (19)
Calista Adomnik (24)
Kelly Kornprobst (25)
Vanella Lehman (27)



Taufer Place

Shirlee Matsko (05)



Coventry

Carol Caputo (03)
Grant Moore (04)
Carol Reed (26)
Shirley Miller (28)



Oasis

Maryann Craig (01)



VISITING HOURS MAIN BUILDING INFO

Normal visiting hours have resumed.

To Keep Our Residents, Your Loved Ones Safe, we ask that you limit your travel within the facility. All Social Distancing rules apply, you will be screened and will need to wear a mask through the visit. Welcome back to Windber Woods.



AIM FOR THE STARS WINNER FOR THIS MONTH:



Dorothy Bowser, LPN

Dorothy interacts well with residents, family and staff. She is pleasant and has a great personality. She is dedicated to making the residents' stay here as much like home as possible. She goes above and beyond when doing things for the residents. Dorothy is a good team member and is loyal to the Facility.

Congratulations and thank you Dorothy!!

Keep on Shining!

JOKE OF THE MONTH



MONTHLY THERAPY STAR



Eileen Holsopple

Our Therapy Star this month is Eileen Holsopple. Eileen admitted to Windber Woods in January of 2024. Bill is ambulating 100 feet with a wheeled walker. She has improved with transfers as well as increased independence with her environment.

Congratulations Eileen, keep on reaching for the stars!!

What flower gives the most kisses on Valentine's Day?



Dating Romance

"I made dinner reservations at the Italian place and bought tickets to that show you've been dying to see."



Married Romance

"I cleaned up the dog puke, picked up your pills, and bought that new scrubby sponge you said looked cool."



The Pennsylvania Tradition of the Groundhog

What does a sleepy, furry marmot have to do with seasonal change? According to fans of Punxsutawney Phil, everything! But why? The story begins with Candlemas, an early Christian holiday where candles were blessed and distributed. Celebrators of the holiday eventually declared clear skies on Candlemas meant a longer winter. The Roman legions, during the conquest of the northern country, brought this tradition to the Germanic tribes who concluded that if the sun made an appearance on Candlemas Day a hedgehog would cast a shadow, thus predicting six more weeks of bad weather or "Second Winter." German immigrants brought the tradition to Pennsylvania; but how did Punxsutawney Phil emerge? In 1886, a spirited group of groundhog hunters from Punxsutawney dubbed themselves "The Punxsutawney Groundhog Club." One member was an editor of Punxsutawney's newspaper. Using his ink, he proclaimed Punxsutawney Phil, the local groundhog, to be the one and only weather prognosticating groundhog. He issued this proclamation on Candlemas, and yes, Groundhog Day. Phil's fame spread, and newspapers from around the globe began to report his Gobbler's Knob prediction. Today you will find up to 30,000 in attendance and millions watching on television or streaming on the internet.



ATTN: Windber Woods Staff

Monthly Staff Appreciation

**Friday, February 9th is
National Pizza Day**

**Pizza will be provided for all
staff/all shifts**

**You are appreciated more
than you know!
Thank you for all you do!**



Whether you love Valentine's Day or hate it, one thing's clear: Valentine's Day history goes way back. And while Valentine's Day is now known for kissing, Valentine's Day gifts, and hard-to-get dinner reservations, the origins of the holiday are *far* less romantic. Here, the Valentine's Day history that wouldn't make it into a rom-com, featuring a saint, a massacre, and even the sinful nuns of Valentine's Day (seriously!).

First, a quick refresher: Valentine's Day *always* falls on February 14. Valentine's Day 2024 will be Wednesday, February 14. (But just wait until 2025, when it falls on a Friday!)









At the end of the 5th century, Pope Gelasius declared February 14 St. Valentine's Day, and since then, February 14th has been a day of celebration—though it was generally more religious than romantic.



NURSING HOME ACTIVITY CALENDAR

February 2024 – Windber Woods Senior Living /Nursing Facility

Activities are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
   				1 9AM Current Events 10AM Exercise Group 11AM Sensory Visit 1PM Station Activities Resident Council Meeting 2PM Thinking Thursday 6PM Card Game	2 Wear Red Day  Groundhog Day 9AM Current events 10AM Exercise Group 11AM One to One visit 1PM Station Activities \ Guess My Shadow 6PM Ground Hog Day/ Movie	3 9:30AM Morning News 10AM Exercise Group 11AM Sensory Visits 1PM Station Activities Bowling 4PM Words of Advice 6PM Table talk
4 10AM Reminisc / Refreshments 11AM Sensory Visits 2PM Worship Service 4PM Compliment Day 6PM Coloring Art	5 9AM It's in the News 10AM Exercise 11AM One to One Visits 1PM Station Activities Large Screen Movie 4PM Reminisc Box 6PM Uno	6 9AM Current Events 10AM Exercise/ Sensory 1PM Station Activities Word Pictures 2PM Pet Therapy Visits 4PM Tune Tuesday 6PM Card games	7 9AM Morning Talk 10AM Exercise Group 1PM Station Activities 2PM Shery Lynn (spruce) 4PM Imponderables 6PM Name it	8 9AM News Headlines 10AM Exercise 11AM Sensory Visits 1PM Station Activities Arts and Crafts 4PM Weather Lore 6PM Scrabble	9 9AM Morning Talk 10AM Exercise Group 1PM Station Activities Bingo 4PM Spinning Vinyl	10 9:30AM Morning News/ 10AM Exercise Group 11AM Sensory Saturday 1PM Root Beer Floats 4PM Trivia 6PM Sentimental Reflections
11 Super Bowl 10AM Reminisc Hour 11AM Sensory Visits 2PM Worship Service  4PM Sports Trivia 6PM Sunday Night Football	12 9AM What's Happening 10AM Exercise Group 11AM Sensory Visits 1PM Station Activities Arts and Crafts 4PM Love Songs 6PM Name that Candy	13 Fat Tuesday/ Mardi Gras 9AM What's Happening 10AM Exercise Group 11AM Sensory Visits 1PM Station Activities World Radio Day 2PM Pet Therapy Visits 6PM Famous Couples	14 Valentine's Day / ASH Wednesday 10AM Exercise Group 1:15 Catholic Worship service 2PM Brian Harshberger Love songs 4PM Conversations Hearts 6PM Valentine Jingo	15 9AM What's Happening 10AM Exercise Group 11AM Sensory Visits 1PM Station Activities Coloring Art 3PM Wheel of Fortune 6PM Thinking Thursday	16 9AM What's Happening 10AM Exercise group 11AM Sensory Visits 1PM Station Activities Bingo 4PM Music reflections 6pm Finishing Lines	17 9:30AM Morning News 10AM Exercise Group 11AM Sensory Saturday 1PM Station Activities/ Jeopardy 4PM Spinning Vinyl 6PM Card Games
18 10AM Reminisc Hour 11AM Sensory Visits 2PM Worship service 4PM Table talk 6PM Sentimental Reflections	19 Presidents' Day 9AM It's in the News 10AM Exercise Group 11AM one to one Visits 2PM Special Treat sponsored by 365 Hospice 4PM Washington or Lincoln 6PM Presidential Trivia	20 9AM Morning Talk 10AM Exercise Group 11AM Sensory Visits 1PM Station Activities 2PM Pet Therapy Visits 4PM Thinking Tuesday 6PM Penny Ante	21 9AM What's Happening 10AM Exercise Group 11AM Sensory Visits 1PM Station Activities 1:30 Tom Voytas 4PM Music Hour 6PM Wacky Wednesday	22 9AM Morning Talk 10 AM Exercise Group 11AM Sensory Visits 1:30 Station Activities Bingo 4PM Finishing Lines 6PM Thinking Thursday	23 9AM Morning News 10AM Exercise Group 11AM One to One Visits 1PM Station Activities Fun and Games 4PM Color my Word	24 9:30 AM Morning News/ 10AM Exercise Group (Maple) 11AM Sensory Stimulation 1PM Station Activities 4PM Memory Lane 6PM Lawrence Welk/ Music
25 9AM Morning Talk 11AM Sensory Visits 2PM Worship Service 4PM Music Hour 6PM Sentimental Reflections	26 9AM It's in the News 10AM Exercise Group 11AM one to one Visits 1PM Station Activities Drumming 4PM Hometown Memories 6PM Uno	27 19AM Current Events 10AM Exercise Group 11AM Sensory Visits 1PM Station Activities 2PM Pet Therapy Visits 6PM Tune Tuesday	28 9AM What's Happening 10AM Exercise Group 11AM Sensory Visits 1PM Station Activities 2PM Brian Harshberger (spruce) 4PM Card Games 6PM Wacky Wednesday	29 9AM What's Happening 10AM Exercise Group 11AM Sensory Visits 1PM Station Activities Bingo 4PM Music Hour 6PM Card Games	 	



February 2024

Independent Living

Coventry / Taufer/ Orchard Point / Oasis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8 1PM Move & groove	9	10
11 	12	13	14  Valentine Luncheon	15	16	17
18	19 	20 1PM Po-Ke-No Orchard Pt. /Oasis	21 1PM Po-Ke-No Coventry	22 1PM Move & groove	23	24
25	26	27 1PM Po-Ke-No Taufer	28	29		

* Please view Notices *

Please see and view individual flyers for details

PLEASE feel free to CALL for additional information: Windber Woods Senior Living

814 467-5505

Melissa Lux/ Marketing Director EXT: 6441

SUSAN/ACTIVITIES EXT 6466.



MEMO

Windber Woods Independent Living Community

Moving & Grooving

Thursday February 8, 2024

1PM

&

Thursday February 22, 2024

1PM

Location: Oasis / Former Dining Room



Tentative upcoming dates for 2024:



March 7 & March 21

April 4 & April 25



Windber Woods Senior Living Independent Living Community

Coventry/ Oasis/ Orchard Point/ Taufer



Tuesday February 20, 2024 Orchard Point/ Oasis
(Oasis Dining area)

Wednesday February 21, 2024 Coventry Place
(Main Floor lounge area)

Tuesday February 27, 2024 Taufer Place
(2nd floor conference room)

Time: Area will open at 12:30PM/

First Game will start at 1PM



***Please RSVP:**

Please call Susan/ Activities
Windber Woods Senior Living
(814)467-5505 Ext:6466

Light Refreshments served.....



Independent Living Sweetheart Luncheon

Wednesday, February 14, 2024

@ 12 noon

Scalp Level Covenant Brethren
Church Hall

RSVP: 814-361-6441

February 2024 – Windber Woods Senior Living / The Gardens / Personal Care Unit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Activities subject to change WII, Puzzles, Movies & Board Games are available for Independent Activities any time of day.</p>				1 Exercise Group Resident Council Mt.	2 Groundhog Day Exercise Group  February Trivia Did I see my Shadow?	3 Independent Exercise Traveling Vending Cart
4 2PM Worship Service	5 Morning Exercise Group Movie on the Large Screen	6 Morning Exercise Group 2PM Pet Therapy	7 Morning Exercise Group Bingo	8 Morning Exercise Group Arts and Crafts	9 Exercise Group Puzzle Hour	10 Independent Exercise Traveling Vending Cart
11 2PM Worship Service Superbowl LVIII 	12 Exercise Group Arts and Crafts	13 Fat Tuesday/Mardi Gras Morning Exercise Group 2PM Pet Therapy	14 Valentine's Day Morning Exercise Group 1:15 Ash Wednesday Service 2PM Brian Harshberger	15 Morning Independent Activities Wheel of Fortune	16 Morning Exercise Group Bingo	17 Exercise Group Traveling Vending Cart
18 2PM Worship Service	19 Presidents' Day Morning Exercise Group Special Treat Sponsored by 365 Hospice	20 Morning Exercise Group Muffin Day 2PM Pet Therapy	21 Morning Exercise Group 1:30 Tom Voytas	22 Morning Independent Activities Bingo	23 Morning Exercise Group WII Games	24 Independent Exercise Traveling Vending Cart
25 2PM Worship Service	26 Exercise Group Fact or Crap	27 Morning Exercise Group 2PM Pet Therapy	28 Morning Exercise Group Bingo	29 Morning Exercise Group Drumming		



MONTHLY DINING WEEK AT A GLANCE

REGULAR

Sunday 02/04	Monday 02/05	Tuesday 02/06	Wednesday 02/07	Thursday 02/08	Friday 02/09	Saturday 02/10
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Hash Brown Patty Hot Oatmeal Tomato & Cheese Egg Bake	Cream of Wheat Cereal Breakfast Sausage. French Toast - Syrup - Margarine	Grits Cereal Scrambled Eggs Glazed Cinnamon Bun	Hot Oatmeal Egg & Cheese on an English Muffin	Cream of Wheat Cereal Crispy Bacon Pancakes - Margarine - Syrup	Hot Oatmeal Scrambled Eggs Coffee Cake	Grits Cereal Breakfast Sausage. Waffles - Syrup - Margarine Banana
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Brown Sugar Glazed Ham Beef Chopped Steak - Onion Gravy Bread Stuffing Steamed Rice Brussels Sprouts Tropical Fruit	Broccoli Cheddar Soup (GF) - Saltine Crackers Beef Hot Dog on a Bun - Mustard Cornflake Chicken - Poultry Gravy Vegetarian Baked Beans Steamed Rice Chocolate Banana Pudding	Crispy Chicken Patty on a Bun - Mayonnaise Beef Patty Melt on Rye w/ Tomato French Fries - Ketchup Steamed Rice Green Beans Jello w/ Non-Dairy Whip Topping	Chicken Cacciatore w/ Tom, Peppers & Mushrooms Chef Salad w/ Ham, Egg & Cheese - Italian Dressing Egg Noodles Mashed Potatoes Broccoli Spice Cake	Sloppy Joe (3oz) On a Bun Lemon Basil Chicken - Poultry Gravy Baked Tater Tots - Ketchup Steamed Rice Succotash Carrots Orange Fluff	Split Pea Soup (vegetarian) (GF) - Saltine Crackers Family Style Macaroni & Cheese Pork Rib Patty on Bun - BBQ Sauce Green Beans Chocolate Cake	Ham & Cheddar Potato Casserole Hamburger on a Bun - Ketchup Peas Carrots Sugar Cookies
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Cheesy Tomato Beef -A-Roni Casserole Breaded Fish On a Bun - Tartar Sauce Italian Vegetables Garlic Bread Vanilla Ice Cream	Herb Baked Chicken Breaded Pork Fritter - Gravy Parmesan Bowtie Pasta Mashed Potatoes Capri Vegetables Chilled Pears	Sweet & Sour Pork Beef & Rice Stuffed Pepper Casserole Steamed Rice Mashed Potatoes Asian Vegetables Fruit Mix	Classic Meatloaf - Brown gravy Curry Chicken Cheesy Mashed Potatoes Steamed Rice Harvard Beets Cinnamon Baked Apples	Roast Turkey - Poultry Gravy Stuffed Beef Steak Roll - Brown gravy Candied Yams Bread Stuffing Cream Style Corn Pineapple Tidbits	Herb Baked Fish Oven Fried Chicken Rosemary Roasted Potatoes Steamed Rice Cauliflower Chilled Peaches	Creamy Swedish Meatballs Baked Crab Cake - Tartar Sauce Egg Noodles Mashed Potatoes California Vegetables Fruit Crisp

REGULAR

Sunday 02/11	Monday 02/12	Tuesday 02/13	Wednesday 02/14	Thursday 02/15	Friday 02/16	Saturday 02/17
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Shredded Hash Browns Hot Oatmeal Biscuit w/ Country Gravy	Cream of Wheat Cereal Breakfast Sausage. French Toast - Syrup - Margarine	Grits Cereal Scrambled Eggs Glazed Cinnamon Bun	Hot Oatmeal Egg & Cheese on an English Muffin	Cream of Wheat Cereal Crispy Bacon Pancakes - Margarine - Syrup	Hot Oatmeal Scrambled Eggs Coffee Cake	Grits Cereal Breakfast Sausage. Waffles - Syrup - Margarine Banana
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Herb Rubbed Pork - Gravy Beef Chopped Steak - Onion Gravy Mashed Potatoes Steamed Rice Winter Blend Vegetables Dinner Roll - Margarine Tropical Fruit	Hamburger on a Bun - Ketchup Cornflake Chicken - Poultry Gravy Wedge Cut Fries - Ketchup Steamed Rice Creamy Coleslaw Carrots Tapioca Pudding	Tomato Soup - Unsalted Crackers Breaded Chicken Cutlet - Pepper Cream Sauce Beef Patty Melt on Rye w/ Tomato Egg Noodles Mashed Potatoes Brussels Sprouts Jello w/ Non-Dairy Whip Topping	Breaded Fish - Tartar Sauce Crispy Chicken Salad w/ Parmesan & Croutons - Caesar Dressing French Fries - Ketchup Steamed Rice Creamy Coleslaw Green Beans Yellow Cake w/ Frosting	Beef Chili Lemon Basil Chicken - Poultry Gravy Steamed Rice Mashed Potatoes Yellow Squash Chocolate Chip Cookies	Lentil Soup (vegetarian) (GF) - Saltine Crackers Egg Salad (3oz) on White Pork Rib Patty on Bun - BBQ Sauce Italian Pasta Salad Steamed Rice Pineapple Fluff	Stewed Chicken Hamburger on a Bun - Ketchup Egg Noodles Steamed Rice Peas Carrots Glazed Bread Pudding
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Mexican Beef Casserole Breaded Fish On a Bun - Tartar Sauce Steamed Rice Mashed Potatoes Fiesta Corn Chocolate Ice Cream	BBQ Chicken Breaded Pork Fritter - Gravy Parsley New Potatoes Steamed Rice Southern Green Beans Chilled Pears	Three Cheese Baked Ziti w/ Marinara Sauce Beef & Rice Stuffed Pepper Casserole Broccoli Fruit Mix	Polish Sausage & - Sauerkraut Curry Chicken Mac-N-Cheese Steamed Rice Cinnamon Baked Apples	Roast Turkey - Poultry Gravy Stuffed Beef Steak Roll - Brown gravy Baked Sweet Potato - Margarine Bread Stuffing Green Beans Pineapple Tidbits	Rosemary Baked Fish Oven Fried Chicken Lyonnaise Potatoes Steamed Rice Stewed Tomatoes Chilled Peaches	Shepherd's Pie w/ Diced Carrots & Mashed Potatoes - Beef Gravy Baked Crab Cake - Tartar Sauce Steamed Rice California Vegetable Fruit Crisp



MONTHLY DINING WEEK AT A GLANCE

REGULAR						
Sunday 02/18	Monday 02/19	Tuesday 02/20	Wednesday 02/21	Thursday 02/22	Friday 02/23	Saturday 02/24
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Hash Brown Patty Hot Oatmeal Tomato & Cheese Egg Bake	Cream of Wheat Cereal Breakfast Sausage. French Toast - Syrup - Margarine	Grits Cereal Scrambled Eggs Glazed Cinnamon Bun	Hot Oatmeal Egg & Cheese on an English Muffin	Cream of Wheat Cereal Crispy Bacon Pancakes - Margarine - Syrup	Hot Oatmeal Scrambled Eggs Coffee Cake	Grits Cereal Breakfast Sausage. Waffles - Syrup - Margarine Banana
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Brown Sugar Glazed Ham Beef Chopped Steak - Onion Gravy Whipped Sweet Potatoes Steamed Rice Corn O'Brien Tropical Fruit	Cream of Potato Soup (GF) - Saltine Crackers Beef Hot Dog on a Bun - Mustard Cornflake Chicken - Poultry Gravy Vegetarian Baked Beans Steamed Rice Chocolate Banana Pudding	Crispy Chicken Patty on a Bun - Mayonnaise Beef Patty Melt on Rye w/ Tomato Creamy Macaroni Salad Steamed Rice Zesty Beets Jello w/ Non-Dairy Whip Topping	Cantonese Chicken Chef Salad w/ Ham, Egg & Cheese - Italian Dressing Steamed Rice Mashed Potatoes Asian Vegetables Spice Cake	Sloppy Joe (3oz) On a Bun Lemon Basil Chicken - Poultry Gravy Baked Tater Tots - Ketchup Steamed Rice Peas Carrots Orange Fluff	Split Pea Soup (vegetarian) (GF) - Saltine Crackers Family Style Macaroni & Cheese Pork Rib Patty on Bun - BBQ Sauce Stewed Tomatoes Chocolate Cake	Ham & Cheddar Potato Casserole Hamburger on a Bun - Ketchup Brussels Sprouts Sugar Cookies
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Cheesy Tomato Beef -A-Roni Casserole Breaded Fish On a Bun - Tartar Sauce Green Beans Garlic Bread Vanilla Ice Cream	Grilled Chicken Breaded Pork Fritter - Gravy Rotini Alfredo Mashed Potatoes Broccoli w/ Garlic Chilled Pears	BBQ Pulled Pork Beef & Rice Stuffed Pepper Casserole Baked Potato - Sour Cream - Margarine Steamed Rice Southern Green Beans Fruit Mix	Classic Meatloaf - Brown gravy Curry Chicken Mashed Potatoes Steamed Rice Braised Cabbage Cinnamon Baked Apples	Cheesy Chicken Parmesan w/ Marinara Sauce Stuffed Beef Steak Roll - Brown gravy Penne Pasta w/ - Marinara Sauce Mashed Potatoes California Vegetables Pineapple Tidbits	Garlic Buttered Fish Oven Fried Chicken Rosemary Roasted Potatoes Steamed Rice Cream Style Corn Chilled Peaches	Creamy Beef Stroganoff w/ Mushrooms Baked Crab Cake - Tartar Sauce Egg Noodles Mashed Potatoes Capri Vegetables Fruit Crisp

REGULAR						
Sunday 02/25	Monday 02/26	Tuesday 02/27	Wednesday 02/28	Thursday 02/29	Friday 03/01	Saturday 03/02
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Shredded Hash Browns Hot Oatmeal Biscuit w/ Country Gravy	Cream of Wheat Cereal Breakfast Sausage. French Toast - Syrup - Margarine	Grits Cereal Scrambled Eggs Glazed Cinnamon Bun	Hot Oatmeal Egg & Cheese on an English Muffin	Cream of Wheat Cereal Crispy Bacon Pancakes - Margarine - Syrup	Hot Oatmeal Scrambled Eggs Coffee Cake	Grits Cereal Breakfast Sausage. Waffles - Syrup - Margarine Banana
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Breaded Chicken Cutlet - Pepper Cream Sauce Beef Chopped Steak - Onion Gravy Mashed Potatoes Steamed Rice Broccoli Dinner Roll - Margarine Tropical Fruit	Hearty Potato Vegetable Soup (GF) - Saltine Crackers Hamburger on a Bun - Ketchup Breaded Pork Fritter - Gravy Italian Pasta Salad Mashed Potatoes Tapioca Pudding	Three Cheese Baked Ziti w/ Marinara Sauce Beef Patty Melt on Rye w/ Tomato Italian Blend Vegetables Jello w/ Non-Dairy Whip Topping	Breaded Fish - Tartar Sauce Crispy Chicken Salad w/ Parmesan & Croutons - Caesar Dressing French Fries - Ketchup Steamed Rice Creamy Coleslaw Green Beans Yellow Cake w/ Frosting	BBQ Pulled Pork Lemon Basil Chicken - Poultry Gravy Baked Tater Tots - Ketchup Steamed Rice Cauliflower Chocolate Chip Cookies	Lentil Soup (vegetarian) (GF) - Saltine Crackers Tuna Salad (3oz) on White Pork Rib Patty on Bun - BBQ Sauce Potato Salad Steamed Rice Pineapple Fluff	Cheesy-Mac Turkey Tetrazzini Hamburger on a Bun - Ketchup Broccoli Glazed Bread Pudding
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Beef Chili Breaded Fish On a Bun - Tartar Sauce Steamed Rice Mashed Potatoes Corn O'Brien Chocolate Ice Cream	Herb Rubbed Pork - Gravy Cornflake Chicken - Poultry Gravy Parsley New Potatoes Steamed Rice Braised Cabbage Chilled Pears	BBQ Chicken Beef & Rice Stuffed Pepper Casserole Mac-N-Cheese Steamed Rice Green Beans Fruit Mix	Italian Sausage w/ - Peppers & Onions... Curry Chicken Parmesan Bowtie Pasta Steamed Rice Brussels Sprouts Cinnamon Baked Apples	Chicken Marsala w/ Mushroom Sauce Stuffed Beef Steak Roll - Brown gravy Herb Buttered Rice Mashed Potatoes Capri Vegetables Pineapple Tidbits	Lemon Pepper Fish Oven Fried Chicken Lyonnais Potatoes Steamed Rice Glazed Carrots Chilled Peaches	Shepherd's Pie w/ Diced Carrots & Mashed Potatoes - Beef Gravy Baked Crab Cake - Tartar Sauce Steamed Rice California Vegetables Fruit Crisp



Thought For the Month

“ FILLINGTHEJARS.COM

If January is the month of change, February is the month of lasting change. January is for dreamers... February is for doers.

MARC PARENT ”

Hello, **FEBRUARY**

May this month bring you more love, beautiful blessings and fulfilled dreams that bring you closer to God.

Minnie Roiles
FB/COME OUT AND SHINE

28
DAYS IN THE MONTH
*Except for Leap Year

Leap Day Every 4 Years

Library Lovers Day

Presidents Day

Violets + Primrose
February Flowers

FEBRUARY

FUN FACTS

National Cherry Month

Random Act of Kindness Week

KINDNESS

National Golden Retriever Day

Most Romantic Month

National Tater Tot Month

National Pizza Day

Super Bowl 2nd Sunday

Valentine's Day

Make a Friend Day

2nd Month of The Year

Groundhog Day

Amethyst Birthstone

BLACK HISTORY MONTH

Astrology Signs

Aquarius Pisces

MADEWITHHAPPY.COM

VALENTINE'S DAY

♥ WORD SEARCH ♥

Q Q R N F U R Z F K Y M F X D E L C L D
R Z C U C E P N R A I R A L I I H E Q R
Y W F H R I G L O X L S A O O O P X N G
F D K I G U H D H D B L S U C W Q U R U
F H M U W B V B R D F I I O R P E D C O
C D I B X S T T Z N T B L N G B Y R O Y
A G G A S W Y B J Q E A R O L T E Y S E
K S P Q W E Q X R M T F T U S O D F D V
E F A L M E W S I E S X A W O W V S J O
L T N M G T T N R W R T Z B C Z I E M L
O V X J D H E W E B O U Q U E T R O T I
V R W L H E G J Q B D I I L V Y O N R T
E M D P R A E N I T N E L A V P M E A K
I L I E J R Y V Z V L U W A S R A J E J
N N Y Q R T S R M P E U C A M N N B H V
K B T W K E O S R E I W G J Y P C O G I
M Z E Z S M N G F W N Y A W I G E B Y Q
X T E O J W U T V B U D X O Y D N A C I
W V R P C G V H G I F T H X G I N M Y Y
M C V J J N R Z H U F M U I K Q E V E R

ADMIRER
CANDY
FALL IN LOVE
GIFT
I LOVE YOU
PINK
ROSES

BE MINE
CHOCOLATE
FEBRUARY
HEART
KISS
RED
SWEETHEART

BOUQUET
CUPID
FLOWERS
HUG
LOVE
ROMANCE
VALENTINE

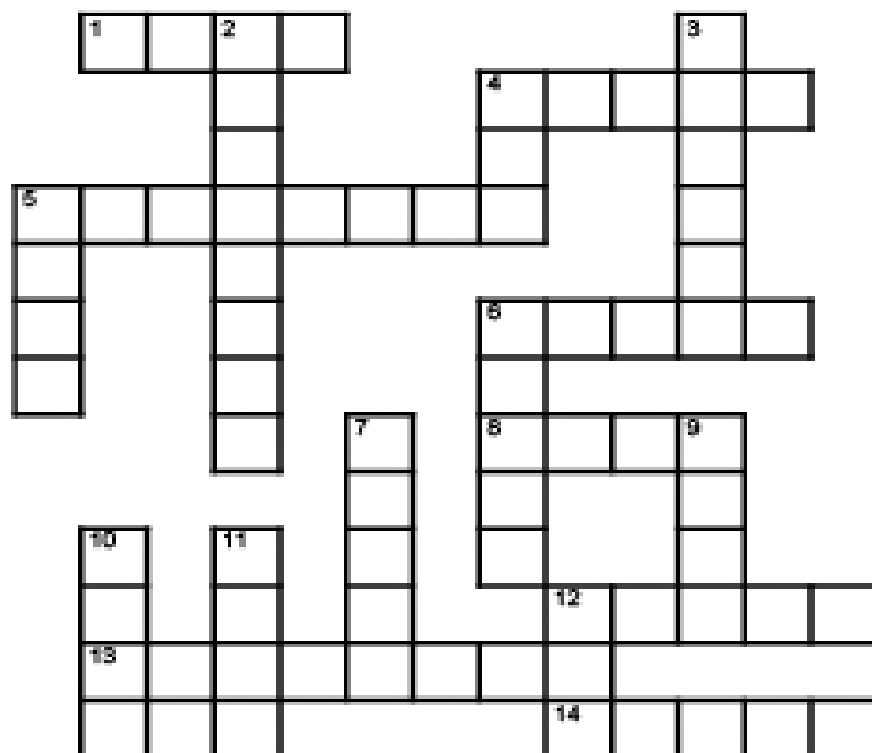


Name: _____ Date: _____

Be My Valentine

Across

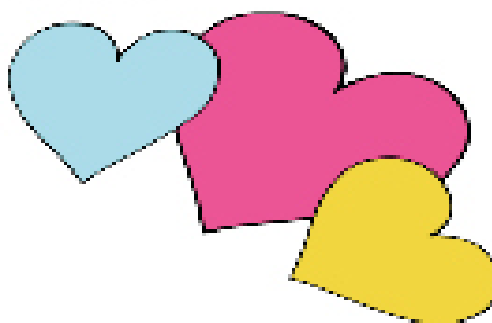
1. A special item given to show love and appreciation.
4. A symbol commonly associated with love and emotion.
5. The act of pursuing someone romantically.
6. Sweet treats that come in various flavors and shapes.
8. A color often associated with love and romance.
12. Beautiful and fragrant plants often associated with love.
13. A container for sending a special message or gift.
14. Symbolic birds representing love and peace.



Down

2. The month that celebrates love and Valentine's Day.
3. A close companion with whom one shares affection and trust.
4. A gesture of affection where two people embrace tightly.
5. A small piece of paper with a heartfelt message.
6. The Roman god of love, often depicted with bow and arrow.
7. A heavenly being often depicted with wings and a halo.
9. A gentle touch of lips as a sign of affection.

10. A heartfelt piece of writing expressing emotions.
11. A feeling of deep affection and care.
12. A vibrant color symbolizing love and passion.



Angel
Candy
Card
Courting
Cupid
Doves
Envelope
February
Friend
Gift
Heart
Hug
Kiss
Love
Pink
Poem
Red
Roses

