

# ARRINGTON

Assisted Living Community

The American Heart Association is asking to wear RED February 1 to raise awareness for heart disease.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FEBRUARY</b>				February FLOWER: IRIS GEM: Amethyst	<b>1</b> Wear RED support American Heart Assoc. 10:00 -Exercise w/ Marie 10:30 -Cookies & Milk 12:00 -Happy B-Day Mr. Noland 2:00 -Activity w/Betty 5:00 -Supper	<b>2</b> Groundhog DAY 10:00 -Exercise w/ Betty 10:30 -Cookies & Lemonade 12:00 -Lunch 1:30 -BINGO w/ Snacks 3:00 -Lemonade 5:00 -Supper
<b>3</b> 8:00 -Sunday School 10:00 -First Baptist Church 12:00 -Lunch 2:00 -Church Service 5:00 -Supper <b>Super Bowl Sunday</b>	<b>4</b> 10:00 -Music w/ Bro. Mordecai 10:30 -Cookies & Lemonade 12:00 -Lunch 2:00 -BINGO w/ Prizes 3:00 -Lemonade 5:00 -Supper	<b>5</b> 10:00 -Exercise w/ Marie 10:30 -MEMORY Game w/ FLASH Cards 12:00 -Lunch 2:00 -Arts & Crafts 5:00 -Supper	<b>6</b> 8:30 -Pretty Nails 10:00 -PRICE Is RIGHT 12:00 -Lunch 1:00 -Bro. Nick 1:30 -Pretty Nails 2:00 -Movie w/ POPCORN 5:00 -Supper	<b>7</b> 10:00 -Bible Study w/ Pam 10:30 -Exercise w/ Marie 12:00 -Lunch 2:00 -Money BINGO \$\$\$ 3:00 -Lemonade 5:00 -Supper	<b>8</b> 10:00 -Exercise w/ Marie 10:30 -Cookies & Lemonade 12:00 -Lunch 2:00 -WORD Game 5:00 -Supper	<b>9</b> 10:00 -Sit and Chat 12:00 -Lunch 2:00 -Movie Time 5:00 -Supper
<b>10</b> 8:00 -Sunday School 10:00 -First Baptist Church 12:00 -Lunch 2:00 -Church Service 5:00 -Supper	<b>11</b> 10:00 -Exercise w/ Marie 10:15 -Cookies & Lemonade 12:00 -Lunch 2:00 -BINGO w/ Prizes 3:00 -Lemonade 5:00 -Supper	<b>12</b> Church of Christ 10:00 -MARDI GRAS Parade w/ Mordecai 12:00 -Lunch 2:30 -WORD Game 5:00 -Supper	<b>13</b> ASH Wednesday 8:30 -Pretty Nails 10:00 -PRICE Is RIGHT 12:00 -Lunch 1:00 -Bro. Nick 1:30 -Pretty Nails 2:00 -TV SHOW 5:00 -Supper	<b>14</b> Wear RED/ PINK Day 10:00 -Bible Study w/ Pam 12:00 -Happy B-Day Mrs. Abshire 1:00 -Bible Study w/ Bro. Nick 2:00 -VALENTINE Social KING & QUEEN 5:00 -Supper	<b>15</b> 10:00 -The Senior Band 10:30 -Cookies & Milk 12:00 -Lunch 2:00 -Movie Time 5:00 -Supper	<b>16</b> 10:00 -Exercise w/ Betty 10:30 -Cookies & Lemonade 12:00 -Lunch 1:30 -BINGO w/ Snacks 3:00 -Lemonade 5:00 -Supper
<b>17</b> 8:00 -Sunday School 10:00 -First Baptist Church 12:00 -Lunch 2:00 -Church Service 5:00 -Supper	<b>18</b> Presidents' Day 10:00 -Exercise w/ Marie 10:30 -Name All Presidents 12:00 -Happy B-Day Mrs. Atkins 2:00 -BINGO w/ Prizes 3:00 -Lemonade 5:00 -Supper	<b>19</b> 10:00 -Exercise w/ Marie 10:30 -East End Baptist 12:00 -Lunch 2:30 -WORD Game 3:00 + POPCORN 5:00 -Supper	<b>20</b> 8:30 -Pretty Nails 10:00 -PRICE Is RIGHT 12:00 -PIZZA Lunch 1:00 -Bro. Nick 1:30 -Pretty Nails 2:00 -TV SHOW 5:00 -Supper	<b>21</b> 10:00 -Bible Study w/ Pam 10:30 -Exercise w/ Marie 12:00 -Lunch 2:00 -Money BINGO \$\$\$ 3:00 -Lemonade 5:00 -Supper	<b>22</b> 10:00 -ART Class 10:30 -Cookies & Lemonade 12:00 -Lunch 2:00 -BINGO w/ Snacks 5:00 -Supper	<b>23</b> 10:00 -Sit and Chat 12:00 -Lunch 2:00 -Movie Time 5:00 -Supper
<b>24</b> 8:00 -Sunday School 10:00 -First Baptist Church 12:00 -Lunch 2:00 -Church Service 5:00 -Supper	<b>25</b> 10:00 -Exercise w/ Marie 10:15 -Cookies & Lemonade 12:00 -Lunch 2:00 -BINGO w/ Prizes 3:00 -Lemonade 5:00 -Supper	<b>26</b> Wear Blue Jeans DAY 10:00 -Exercise w/ Marie 10:15 -Cookies & Lemonade 12:00 -Lunch 2:00 -Penny Auction 5:00 -Supper	<b>27</b> 8:30 -Pretty Nails 10:00 -PRICE Is RIGHT 12:00 -Lunch 1:00 -Bro. Nick 1:30 -Pretty Nails 2:00 -TV SHOW 5:00 -Supper	<b>28</b> 10:00 -Bible Study w/ Pam 10:30 -Exercise w/ Marie 12:00 -Lunch 2:00 -Money BINGO \$\$\$ 3:00 -Lemonade 5:00 -Supper	Which Presidents have Birthdays in the month of February? 	
<b>DID YOU KNOW?</b> The official groundhog is named Punxsutawney Phil, who appears from his hole at Gobbler's Knole in Pennsylvania every year. The first recorded celebration of Groundhog Day, then still known as Candlemas Day, was in the year 1841 in Morgantown, PA. However, the first official Groundhog Day at Gobbler's Knole was in February of 1887.				 www.Plantation-Pointe.net		

# BEDFORD SUITES

Memory Loss Care

Activities subject to Change...  
All CHANGES WILL BE ANNOUNCED.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FEBRUARY</b>				<b>Black History MONTH</b>	<b>1</b> Wear RED support American Heart Assoc. 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Show & Tell 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>2</b> Groundhog DAY 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Movie w/ Popcorn 3:00 -Relaxation Time 4:30 -Supper
<b>3</b> Super Bowl Sunday 9:00 -Devotional 10:00 -First Baptist Service 10:30 -Newspaper & Coffee 11:30 -Lunch 2:00 -Service w/ Bro. Nick 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>4</b> Mrs. Tennyson Bday 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 12:00 -Lunch 2:00 -The Price Is Right 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>5</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 1:30 -SPA Day 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>6</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Story Time 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>7</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Arts & Crafts 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>8</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Puzzle Time 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>9</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Movie w/ Popcorn 3:00 -Relaxation Time 4:30 -Supper
<b>10</b> 9:00 -Devotional 10:00 -First Baptist Service 10:30 -Newspaper & Coffee 11:30 -Lunch 2:00 -Church Service 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>11</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -The Gold Fish Game 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>12</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 1:30 -SPA Day 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>13</b> ASH Wednesday 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Story Time 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>14</b> Wear Pink/RED Day 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Arts & Crafts 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>15</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Puzzle Time 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>16</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Movie w/ Popcorn 3:00 -Relaxation Time 4:30 -Supper
<b>17</b> 9:00 -Devotional 10:00 -First Baptist Service 10:30 -Newspaper & Coffee 11:30 -Lunch 2:00 -Church Service 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>18</b> Presidents' Day 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -BINGO w/Prizes 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>19</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 1:30 -SPA Day 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>20</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Story Time 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>21</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Arts & Crafts 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>22</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Puzzle Time 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>23</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Movie w/ Popcorn 3:00 -Relaxation Time 4:30 -Supper
<b>24</b> 9:00 -Devotional 10:00 -First Baptist Service 10:30 -Newspaper & Coffee 11:30 -Lunch 2:00 -Church Service 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>25</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Game Time 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>26</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 1:30 -SPA Day 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>27</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Story Time 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>28</b> 9:00 -Devotional 10:00 -Exercise 10:30 -Snack Time 11:30 -Lunch 2:00 -Arts & Crafts 3:00 -Soft Music/Refreshments 4:30 -Supper	<b>Happy Valentine's Day</b>	
To celebrate National Wear Red Day® on February 1, 2013, Go Red For Women has launched the America Goes Red Challenge! When you Go Red, you help women fight back against heart disease—the number one killer of women—				 www.Plantation-Pointe.net		

Return Service Requested



# The Good *Life*

Newsletters by www.DouglasUSA.com



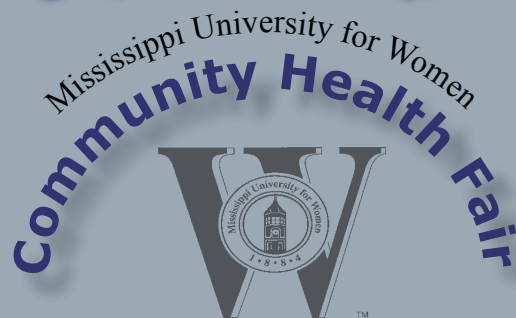
**THE BEDFORD SUITES** welcomes **Yolanda Diaz, LCSW**: is a Long Term Care consultant with over 30 years experience in the field. At Bedford Suites, Ms. Diaz will provide social work services to residents and families. These include psychosocial assessments, care planning, behavior management, and providing interventions to help residents maintain the highest practicable level of psychosocial well-being. She will also provide in-service training and consultation to staff in the areas of social services and activities. Ms. Diaz looks forward to being a part of this devoted team.



## VALENTINE'S DAY EVENTS!!

**AT THE WINDSOR PLACE...** There will be voting boxes at Nursing Station A&B - February 1 - 12. If you feel your loved one should be **Valentine King or Queen**, please cast a vote. All votes must be handwritten, not copied.

**HEALTH SCREENING**  
 for Blood Pressure, Cholesterol,  
 Blood Sugar, Bone Density, and Vision.



**Healthy You, Healthy Me:  
 A Lifetime Commitment**

**Wednesday, February 13, 2013**  
**9:00 a.m. - 12:00 p.m.**  
**Emma Ody Pohl Gymnasium**

**Entry is FREE and Open to the Public**  
**Contact: Misty Holder 662-241-5518 ext. 235**



## REHAB & RECOVERY The Windsor Place

For Loved Ones  
 Recovering From:

- Amputation
- Arthritis
- Back Pain & Dysfunction
- Brain Injuries
- Swallowing Disorders
- Knee Replacements
- Industrial Injuries
- Neurological Injuries
- Hearing Loss
- Hip Replacements
- Spinal Cord Injuries
- Sport Injuries
- Strokes
- Voice Loss