


Highland Oaks Monthly Activity Calendar - February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 National Freedom Day	2 Groundhog Day!	3 The Day the Music Died	4	5 National Wear Red Day	6 Frozen Yogurt Day!
	9:30A-10:45A Exercise	9:30A-10:45A Exercise	9:30A-10:45A Exercise	9:15A-9:45A Exercise	9:30A-10:45A Exercise	10:15A-11:45A Exercise
	11:00A-11:45A Freedom From Slavery Videos	11:00A-11:45A Groundhog Day scavenger hunt and Predictions 1:00P-2:30P Sing Along	11:00A-11:45A Listen to music of Buddy Holly, Richie Valens, J.R. Richardson	10:00A-10:30A Strength & Balance Class 11:00A-11:45A Scavenger Collage	11:00A-11:45A Spelling Bee 1:00P-2:30P Let's make a lava lamp	1:00P-2:30P Frozen Yogurt dots 2:30P-4:00P Candy Land
	1:00P-2:30P Make a Heart Banner craft	2:30P-4:00P Groundhog Craft Facts about Groundhogs! 5:30P-7:00P Corn Hole Game	1:00P-4:00P Bingo 5:30P-7:00P Trouble!	1:00P-2:30P Family FaceTime 2:30P-4:00P Kickball	2:30P-4:00P Puzzle Piece Wreaths	6:00P-8:00P Seasonal Theatrical Presentation
	2:30P-4:00P Pictionary			Eat homemade soup for lunch		
7 Send a card to a friend day	8 National Kite Flying Day	9 National Bagel & Lox day	10	11	12	13
9:30A-11:00A Church	9:30A-10:45A Exercise	9:30A-10:45A Exercise	9:30A-10:45A Exercise	9:15A-9:45A Exercise	9:30A-10:45A Exercise	10:15A-11:45A Exercise
1:00P-2:30P write & send cards to friends	11:00A-11:45A One-on-One's 1:00P-2:30P Let's make a Kite	11:00A-11:45A Reminisce Reading 1:00P-2:30P Create your own Bagel Station	11:00A-11:45A Walking Club 1:00P-2:30P Family FaceTime	10:00A-10:30A Strength & Balance Class 1:00P-2:30P hymn song	11:00A-11:45A Nerf Gun Competition 1:00P-4:00P Bingo!	1:00P-2:30P Noodle Ball 2:30P-4:00P Devotions
2:30P-4:00P Super Bowl Tailgate	2:30P-4:00P Guess the Staff Game 5:30P-7:00P Word Searches	2:30P-4:00P Sock Hockey	2:30P-4:00P Tower Competitions	2:30P-4:00P Minute to win it games		6:00P-8:00P Seasonal Theatrical Presentation
14 Valentines Day	15 Presidents' Day	16 Mardi gras	17 Ash Wednesday	18	19	20
9:30A-11:00A Church	9:30A-10:45A Exercise	9:30A-10:45A Exercise	9:30A-10:45A Exercise	9:15A-9:45A Exercise	9:30A-10:45A Exercise	10:15A-11:45A Exercise
12:00P-1:30P Valentines Day Party!	11:00A-11:45A Guess the President	11:00A-11:45A Paper Plate Tambourines	11:00A-11:45A Penny Boat Competition	10:00A-10:30A Strength & Balance Class	11:00A-11:45A Walking Club	1:00P-2:30P Family FaceTime
2:00P-4:00P Valentines Day Bingo	1:00P-2:30P Homemade Sundaes 2:30P-4:00P Family FaceTime	1:00P-2:30P Donut & Pancake Social 2:30P-4:00P Hangman 5:30P-7:00P Color by Number	1:00P-4:00P Bingo!	1:00P-2:30P Fleece Blankets 2:30P-4:00P Kickball 6:00P-8:00P Wine and Cheese time!	1:00P-2:30P Let's Laugh 2:30P-4:00P Craft	2:30P-4:00P Corn Hole Game 6:00P-8:00P Seasonal Theatrical Presentation
						
21	22	23	24	25	26	27
9:30A-11:00A Church	9:30A-10:45A Exercise w Alexis Mason	9:30A-10:45A Exercise w Alexis Mason	9:30A-10:45A Exercise w Alexis Mason	9:30A-10:45A Exercise w Alexis Mason	9:30-10:45A Exercise w Alexis Mason	10:15A-11:45A Exercise
1:00P-2:30P Virtual Organ Concert	11:00A-11:45A Sing Along	11:00-11:45A Spot the Differences	11:00A-11:45A Finish the Proverb	11:00A-11:45A BINGO!	11:00A-11:45A Virtual tour of Hawaii	1:00P-2:30P Move and Groove to music
2:30P-4:00P Noodle Ball	1:00P-2:30P Card Games 2:30P-4:00P Painting	1:00P-2:30P Write your own Poem 2:30P-4:00P Toss n Talk Ball	1:00P-2:30P Monthly Birthday Party 2:30P-4:00P Virtually visit Yosemite National Park	1:00P-2:30P Let's Color 2:30P-4:00P Hangman	1:00P-2:30P Kickball 2:30P-4:00P Comedy w Jeanne Robertson	2:30P-4:00P Sun catchers 6:00P-8:00P Season Theatrical Presentation
28	<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> For updates on or if you would like to schedule a window visit with your loved one, please call the front desk at (814)226-3799. </div> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 60%; text-align: center;"> *Calendar subject to change* </div>					
9:30A-11:00A Church						
1:00P-2:30P Homemade Birdfeeders						
2:30P-4:00P Homemade Stress Balls						

Caregiver Tips:

> Help Strengthen The Immune System

The human immune system is constantly fighting to protect the bodies of the seniors in our care. We do our best to keep that system in shape and help it do its job.

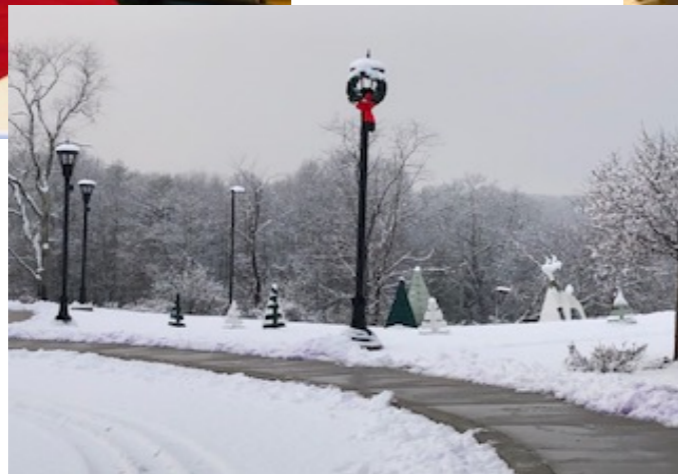
A good diet and needed hydration are important. So we make tasty, nutritious foods and plenty of liquids available. Then we encourage our residents to eat and drink for need and for enjoyment. If they resist, we look for swallowing, taste, dental and digestive issues that can affect desire.

Studies have shown that regular physical activity can support the aging immune system. This can be a challenge with Covid-19 restrictions. However, we have found that putting on some music can get people moving on their feet or in a chair. And we fit in walks when it is safe to do so.

Keeping stress levels down is a must. Relaxing music can help with that. Most important is staying connected with one's family and friends. So we do our best to organize personal visits (when permitted). In addition, we arrange video and telephone calls, and help those in our care follow family social network pages.



RESIDENTS CELEBRATING THE HOLIDAYS



American



The Nation Goes Red in February

National Wear Red Day® - Friday, February 5, 2021

On the first Friday of every February, which is designated as **American Heart Month**, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

-The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via [Proclamation 3566](#) on December 30, 1963.

-The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.

-While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders.