


## Villages at Laurelbrooke Monthly Activity Calendar - February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
	2pm	Ground Hog Day	10am	chair exercise	10am	chair exercise	
		Turn in your predictions early spring or 6 more weeks of winter & get a ground hog cookie. Village II CC	Ground Hog Day				
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
Superbowl	Happy Birthday Elizabeth Hallman	Happy Birthday Charlotte Miller	10am	chair exercise	Happy Birthday Shirley Shannon	10am	
					1-4pm	Becky at Village III	
					12:00 PM	Valentines Day Treat Village II CC	
					President's day trivia due		
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
Valentine's Day	President's Day		Ash Wednesday				
			10am	chair exercise	10am	chair exercise	
				Random Act of Kindness Day			
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
			Happy Birthday Marie Smith				
			10am	chair exercise	10am	chair exercise	
				1-4pm	Dianne Village III CC		
<b>28</b>	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;">*Calendar subject to change*</div>						

VILLAGES AT LAURELBROOKE  
UPCOMING EVENTS  
FEBRUARY 2021



Events on the calendar are listed **but subject to change** due to COVID more than likely could be cancelled on a week to week basis. Use your own discretion when going outside your apartment. Always wear your mask & remember 6' social distancing. Masks or shields are required when in the Community Center. Your nose & mouth are to be covered to be effective. This practice protects not only you but other tenants at the Village. Any questions or concerns, please contact Becky Park, 849-0814. Thank you

**Valentine's Day**

Decorate your front windows with red & pink hearts, valentine's & white lights to spread a little Valentine Day cheer for all to enjoy during the month of February.

**Valentine's Day Treat**

Stop by Village II Community Center on Friday, February 12<sup>th</sup> at noon for a Valentine's Day treat.

**Crochet or Knitting**

Looking for anyone interested in crocheting or knitting mittens, hats, scarfs, slippers or dish cloths?? This would be an activity that you could do during the long winter months in your apartment. This would be a great way to give you something to do & help others in needs. These donations could be donated to the local food bank to be distributed to those in need. Any interest or questions, please call Becky at 849-0814.

**President's Day Trivia**

How much do you know or remember about George Washington & Abraham Lincoln? Attached is some fun trivia to test your knowledge. Complete the trivia, turn it in to Becky or Dianne. Winner will be drawn on Thursday, February 11<sup>th</sup> for a free candy bar.

**Mail**

It has been brought to my attention on several occasions that tenants are getting other tenants mail on a regular basis. I called the Brookville Post Office on 12/29/20 to discuss this problem. If you are getting other tenants mail, please call the Brookville Post Office, 849-8359, the day it happens. Please do not wait for days or weeks to report. You need to call that day to report. This will help the Post Office resolve the problem. Thank you.

**Ground Hog Day**

What is your prediction will we have 6 more weeks of winter weather or an early spring? Turn your prediction into Dianne on Monday, 2/1/2020 at 2pm & get a ground hog cookie. Please submit your prediction on a piece of paper with your name on it. Hoping for an early spring.

**Random Act of Kindness Day**

Wednesday, February 17<sup>th</sup> remember a family member, friend or neighbor. You can send a card, make a phone call or take someone a little treat to let them know you are thinking of them.

Something to remember every day - *Today you could be standing next to someone who is trying their best not to fall apart. So, whatever you do today, do it with kindness in your heart.*



Villages at Laurelbrooke



**American**



**Heart Month**

**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.