


Village at Ridgmont Monthly Activity Calendar - February 2021

Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	1		2	Ground Hog Day	3		4		5	Wear Red Day	6	
	9AM	Walk Fit	Stop by for a groundhog cookie		9AM	Walk Fit	9AM	Walk Fit	9AM	Walk Fit		
		Punxy Phil's Pre4diction Springtime/Winter	9AM	Walk Fit								
	1pm	Happy Birthday TO GO Cake & Ice cream	1pm	Bingo								
	<i>OFFICE HOURS</i>											
7	Superbowl	8		9		10		11		12	Lincoln's Birthday	13
		9AM	Walk Fit	9AM	Walk Fit	9AM	Walk Fit	9AM	Walk Fit	9AM	Walk Fit	
				10am	Valentine Cookies TO-GO							
				<i>OFFICE HOURS</i>								
14	Valentine's Day	15	President's Day	16	Mardi Gras	17	Ash Wednesday	18		19		20
		9AM	Walk Fit	9AM	Walk Fit	9AM	Walk Fit	9AM	Walk Fit	9AM	Walk Fit	
								1pm	Bingo			
								2:30PM	Cherry Pie & Ice Cream TO GO			
									DISPLAY COLORED ARTWORK			
									<i>OFFICE HOURS</i>			
21		22	Washington's Birthday	23		24		25		26		27
		9AM	Walk Fit	9AM	Walk Fit	9AM	Walk Fit	9AM	Walk Fit	9AM	Walk Fit	
				1PM	Award Winner of President Day Trivia Bingo							
					Happy Birthday Peg Schreiber							Happy Birthday Shirley Nero
					<i>OFFICE HOURS</i>							
28		<div style="border: 1px solid black; padding: 5px; display: inline-block;">*Calendar subject to change*</div>										

**VILLAGE AT RIDGMONT
UPCOMING EVENTS
FEBRUARY 2021**



Monthly Birthday Party Schedule:

Residents get together for a birthday party on the first Monday of each month. The following residents have volunteered to provide cake for the designated months:

February: Grace Yankovich March: Art Zambanini
April: Barbara Whitehouse May: Rose Dattoli
June: Sonny & Becky Chenot
Everyone is welcome to attend.

Upcoming Events:

Ground Hog Day in Punxsutawney, Pennsylvania. Do you have any idea what Punxy Phil will predict? Spring or more wintry days? Please take a guess and add your vote to the guess box. A box will be placed in the Community Room.

Valentine's Day! Please light up your front window and spread love and joy and happiness. Decorate your front window for the month of February.

Art Appreciation: Colored pencils (available for your usage) and coloring pages are in the Community Room. Please choose and color a picture(s) at your leisure (home, community). We will be displaying and sharing the pictures to Brighten the winter doldrums.

How much do you remember about George Washington and Abraham Lincoln? Attached is some fun Presidential Trivia to test your knowledge. Complete the trivia and turn into Becky or Dianne (you may also slide under the office door). A winner will be drawn from all entries for a candy bar on Tuesday, February 23, 2021.

- 2/1/2020 Birthday Party, cake & ice cream 1pm
Please give your Prediction, Will we have 6 more weeks of winter or Spring?
- 2/9/2020 Valentine Cookies TO - GO at 10am
Bingo, 1pm
- 2/18/2021 Bingo, 1pm
Cherry Pie and Ice Cream TO-GO at 2:30 pm
Display Coloring Artwork
- 02/23/2020 Award Winner of President Day Trivia, 1pm
Bingo, 1pm

February 7, 2021, is *SEND A CARD TO A FRIEND DAY*. Consider sending correspondence...mail a smile and hug..... brighten their day, especially during our trying times.

February is noted for the following:

- American Heart Month: Consider joining the Walk Fit group or start a new routine to keep your heart strong and healthy. (See attached flier)
- Black History Month. There are many great leaders and humanitarians that we are proud and grateful for their contributions to our nation. Please take a moment to reflect.
- National Bird Feeding Month. Please add a little extra bird seed to your feeders.
- National Cherry Month: George Washington's legend, who as a youth chopped down the family cherry tree with his new ax.

March Madness: Please consider making a crazy HAT for March using any item you have on hand to make your hat. We will display all of the hats and everyone will cast a ballot for the craziest creation. More details next month.

Village at Ridgmont is following the CDC guidelines and PA Governor Wolf recommendation that everyone wear a face covering, mask or shield and practice 6' social distancing while in the Community Center.



Village at Ridgmont



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.