



FEBRUARY 2026



SUNDAY

MONDAY

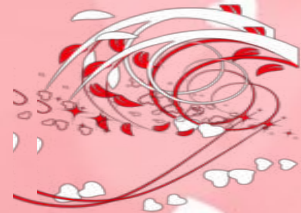
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 10:00 TRIVIA PLAY & HOT COCOA 11:00 CHURCH "YOUTUBE" 2:00 ONE ON ONE NAIL CARE 3:00 CROSSWORD/COLORING 6:00 EVENING MATINEE	2 <u>Ground Hog Day</u> 9:00 MORNING MINGLE 10:00 TREASURES OF THE ISLES MARDI GRAS PARADE 11:00 B I N G O 2:00 EVENING MATINEE	3 9:00 HAIR & HAVEN SALON 10:00 FANCY NAILS 11:00 BOOK READING WITH GSPL 2:00 MUSIC & CHURCH WITH BILL 3:00 SING-A-LONG	4 9:00 MORNING MINGLE 10:00 LIVE MUSIC 11:00 BALL TOSS 2:00 CHAIR YOGA 6 EVENING MATINEE	5 9:00 MORNING MINGLE 10:00 CATHOLIC COMMUNION 11:00 CRAFTY CORNER 2:00 TREATS & MUSIC WITH THE GOLDEN GIRLS 3:00 GAMES SHOW 6:00 EVENING MATINEE	6 9:00 MORNING MINGLE 10:00 PARACHUTE PLAY 11:00 BOARD GAMES 2:00 V-DAY GLAMOUR SHOTS PHOTO SHOOT 6:00 ELVIS MUSIC VIDEOS	7 10:00 COLORING & COFFEE 11:00 FOOD TRIVIA 2:00 B I N G O 3:00 GILLIGANS ISLAND 6:00 PIANO MELODIES WITH JOHN
8 10:00 TRIVIA PLAY & HOT COCOA 11:00 CHURCH "YOUTUBE" 2:00 ONE ON ONE NAIL CARE 3:00 CROSSWORD/COLORING 6:00 EVENING MATINEE	9 9:00 MORNING MINGLE 10:00 CHAIR ZUMBA 11:00 B I N G O 2:00 PIZZA PIE DAY 6:00 EVENING MATINEE	10 9:00 HAIR & HAVEN SALON 10:00 FANCY NAILS 2:00 MUSIC & CHURCH WITH BILL 3:00 SING-A-LONG 6:00 EVENING MATINEE	11 FLORIA CHANCEY'S B-DAY 9:00 MORNING MINGLE 10:00 LIVE MUSIC 11:00 BALL TOSS 1:30 LIVE MUSIC 2:00 FEBRARY BIRTHDAY PARTY 6 EVENING MATINEE	12 9:00 MORNING MINGLE 10:00 CATHOLIC COMMUNION 11:00 VALENTINES DAY PARTY 2:00 TREATS & MUSIC WITH THE GOLDEN GIRLS 3:00 GAMES SHOW 6:00 EVENING MATINEE	13 9:00 MORNING MINGLE 10:00 PARACHUTE PLAY 11:00 BOARD GAMES 2:00 CRAFTY CORNER 6:00 ELVIS MUSIC VIDEOS	14 Valentine's Day 10:00 PUZZLES & COFFEE 11:00 FOOD TRIVIA 2:00 B I N G O V-DAY PARTY 3:00 GILLIGANS ISLAND 6:00 PIANO MELODIES WITH JOHN
15 10:00 TRIVIA PLAY & HOT COCOA 11:00 CHURCH "YOUTUBE" 2:00 ONE ON ONE NAIL CARE 3:00 CROSSWORD/COLORING 6:00 EVENING MATINEE	16 Presidents' Day 9:00 MORNING MINGLE 10:00 CHAIR ZUMBA 11:00 PRESIDENT'S DAY TRIVIA 2:00 PARACHUTE PLAY 6:00 EVENING MATINEE	17 9:00 HAIR & HAVEN SALON 10:00 HAVEN MARDI GRAS PA- RADE 2:00 MUSIC & CHURCH WITH BILL 3:00 SING-A-LONG	18 9:00 MORNING MINGLE 10:00 CHAIR DANCE 11:00 BALL TOSS 2:00 BOWLING FUN 6:00 EVENING MATINEE	19 9:00 MORNING MINGLE 10:00 CATHOLIC COMMUNION 11:00 CRAFTY CORNER 2:00 TREATS & MUSIC WITH THE GOLDEN GIRLS 3:00 GAMES SHOW 6:00 EVENING MATINEE	20 9:00 MORNING MINGLE 10:00 CHERRY PIE DAY 11:00 BOARD GAMES 2:00 LIVE MUSIC 6:00 ELVIS MUSIC VIDEOS	21 10:00 COLORING & COFFEE 11:00 FOOD TRIVIA 2:00 B I N G O 3:00 GILLIGANS ISLAND 6:00 PIANO MELODIES WITH JOHN
22 10:00 TRIVIA PLAY & HOT COCOA 11:00 CHURCH "YOUTUBE" 2:00 ONE ON ONE NAIL CARE 3:00 CROSSWORD/COLORING 6:00 EVENING MATINEE	23 9:00 MORNING MINGLE 10:00 CHAIR ZUMBA 11:00 B I N G O 2:00 BANANA BREAD DAY 6:00 EVENING MATINEE	24 9:00 HAIR & HAVEN SALON 10:00 FANCY NAILS 2:00 MUSIC & CHURCH WITH BILL 3:00 SING-A-LONG 6:00 EVENING MATINEE	25 9:00 MORNING MINGLE 10:00 LIVE MUSIC 11:00 BALL TOSS 2:00 LIVE MUSIC 6 EVENING MATINEE	26 9:00 MORNING MINGLE 10:00 CATHOLIC COMMUNION 11:00 CRAFTY CORNER 2:00 TREATS & MUSIC WITH THE GOLDEN GIRLS 3:00 GAMES SHOW 6:00 EVENING MATINEE	27 9:00 MORNING MINGLE 10:00 STRAWBERRY DAY 11:00 BOARD GAMES 2:00 LIVE MUSIC 6:00 ELVIS MUSIC VIDEOS	28 10:00 PUZZLES & COFFEE 11:00 FOOD TRIVIA 2:00 B I N G O 3:00 GILLIGANS ISLAND 6:00 PIANO MELODIES WITH JOHN



THE HAVE POST



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Quotes from Famous Love Poems:

"She walks in beauty, like the night, Of cloudless climes and starry skies; And all that's best of dark and bright, Meet in her aspect and her eyes."
~Lord Tennyson

"With the earth and the sky and the water, remade, like a casket of gold, For my dreams of your image that blossoms a rose in the deeps of my heart."
~William Butler Yeats

"Come live with me and be my love, And we will all the pleasures prove, That valleys, groves, hills and fields, Woods or steepy mountains yields."
~Christopher Marlowe

"Her gesture, motion, and her smiles, Her wit, her voice my heart beguiles, Beguiles my heart, I know not why, And yet, I'll love her till I die."
~Thomas Ford

"I love thee with the passion put to use, In my old griefs, and with my childhood's faith. I love thee with a love I seemed to lose, With my lost saints,--I love thee with the breath, Smiles, tears, of all my life!--and, if God choose, I shall but love thee better after death." ~Elizabeth Barrett Browning

"I wish I could remember the first day, First hour, first moment of your meeting me; If bright or dim the season it might be; Summer or winter for aught I can say. So, unrecorded did it slip away, So blind was I to see and to foresee, So dull to mark the budding of my tree, That would not blossom, yet, for many a May." ~Christina Rossetti

"Drink to me, only with thine eyes, And I will pledge with mine; Or leave a kiss but in the cup, And I'll not look for wine. The thirst that from the soul doth rise, Doth ask a drink divine: But might I of Jove's nectar sup I would not change for thine." ~Ben Jonson

February Is...

- AMD/Low Vision Awareness Month
- American Heart Month
- American History Month
- Black History Month
- Bake for Family Fun Month
- Canned Foods Month
- Celebration of Chocolate Month
- Great American Pies Month
- Humpback Whale Awareness Month
- International Boost Self-Esteem Month
- International Embroidery Month
- Learn Italian Month
- Library Lovers' Month
- National Bird Feeding Month
- National Blah Buster Month
- National Cat Health Month
- National Cherry Month
- National Cruise Vacation Month
- National Fiber Focus Month
- National Fondue Month
- National Grapefruit Month
- National Heart Healthy Month
- National Hot Breakfast Month
- National Macadamia Nut Month
- National Senior Independence Month
- National Snack Food Month
- National Time Management Month
- Open Your Heart to Love Month
- Potato Lovers' Month
- Return Shopping Carts to the Supermarket Month
- Spunky Old BROADS Month
- Sweet Potato Month
- Therapeutic Recreation/Recreational Therapy Month

BIRTHSTONE – Amethyst (Sincerity)
FLOWERS – Violet (Alt. – Primrose)
COLORS – Light Blue & Yellow

TO YOUR HEALTH—

By: Dr. Daniel Scarbrough, Corporate Medical Director, Community Health Systems, Inc.

Today, let's talk about anxiety disorders. This is a condition that will probably eventually affect almost all of us. Each year, approximately 25 million Americans are affected, and women seem to be affected twice as frequently as men. It is the most common or frequently occurring mental disorder. Anxiety can be understood as the pathological counterpart of normal fear and is manifested by disturbances of mood, as well as thinking and behavior. Some signs and symptoms you look for are pounding/irregular heartbeat, sleeping disorders, sweating, tightness or pain in the chest, shortness of breath, headache, choking, trembling, and feeling of being all tensed up. These signs can produce an intense, almost unrealistic state of apprehension and fear. When anxiety strikes, your blood pressure may rise, and you may feel nauseated, agitation, and discomfort. The causes of anxiety disorders are as individual as the people affected, and the symptoms vary in degrees. In order to treat anxiety disorders, you should always see a doctor to rule out a serious medical disorder, which is physical.

Once you have ruled out a physical medical problem, you are left with "What can I do now?" Depending on the severity of your condition, the answer may be as simple as avoiding caffeine, decongestants, tobacco, or alcohol. Breathing exercises and bio-feedback muscle relaxation techniques are often helpful. Exercise will also help you feel calmer and sleep better. Talk it out. Speak with your pastor, as he has been trained to help you. Remember, it also helps to pray daily. However, if your anxiety is more complex or debilitating, you will need to talk with your doctor, who will prescribe more intense treatments – medication and/or a counselor. I hope this helps if you are experiencing any of the above problems.

- Dr. Dan