**February 2019**

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| See Bulletin Boards for Sunday Mass Schedules & Transport Info | Sign up for events in **Green** in MultiPurpose Room |  | Beauty/Barber Shop Hours:Wednesday 9 a.m. – 4 p.m./Friday eveningsCall Linda at 560-0851 to make an appointmentWalk-ins Welcome! |    | 1DaisyC:\Users\baty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O8RZZQEJ\clipart0020[1].jpgVisits @ 101:00 Exercise Class  2:00 Craft & Chat FFL | 2  |
| 3 C:\Users\baty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\YY9Y6M2Z\4059040422_403a9d986e_z[1].jpg **Pot Luck/BYOB****Super Bowl Party!** **6:00 p.m** | 4 Last day to sign up for Coffee Hour 1:00 Exercise Class Word Build 2:00**6:30 Dr. Kenneth Snyder – Stroke MH** | 5 8:15 Rosary/Chapel**5:00 Eat Smart Workshop** 6:00 Phase 10 -FFL | 6 9:30 Chapel 2:00 Exercise & BP C:\Users\baty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A7IIQ12N\bingo_logo[1].jpg**7:00 - MP** | 7  Guild Meeting-Noon  | 8 1:00 Exercise Class **Casino Bus 10:00 pick up**  2:00 Craft & Chat FFL | 9C:\Users\baty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A7IIQ12N\bingo_logo[1].jpg**7:00 - MP** |
| 10   | 11 1:00 Exercise Class Last day to sign up for Dinner Party (In office) | 12 8:15 Rosary/Chapel**11:00 Do Tell …**6:00 Phase 10 -FFL | 13 9:30 Chapel  **1:00 Bday & New Resident Celebration Coffee Hour –** 2:00 Exercise Class & BPC:\Users\baty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A7IIQ12N\bingo_logo[1].jpg**7:00 - MP** | 14 Don’t forget to check out February’s Resident of the Month Wall C:\Users\baty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0D3J8LV2\Redheart[1].pngEvening Prayer 6:00 | 15  1:00 Exercise Class 2:00 Craft & Chat FFL | 16   |
| 17   | 18 1:00 Exercise ClassWord Build 2:00**6:30 – Dr. Natalie Gugino Living with Dementia - MH** | 19 8:15 Rosary/Chapel **5:00 Eat Smart Workshop** 6:00 Phase 10 -FFL | 20 9:30 Chapel  **10:00 Health & Spirituality w/ Renee** 2:00 Exercise Class & BPC:\Users\baty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A7IIQ12N\bingo_logo[1].jpg **7:00 - MP** | 21 **5:30 Dinner Party followed by Tom Bender entertains**  | 22 1:00 Exercise Class **Casino Bus 10:00 pick up** 2:00 Craft & Chat FFL | 23 C:\Users\baty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A7IIQ12N\bingo_logo[1].jpg**7:00 - MP** |
| 24   | 25  1:00 Exercise Class**6:30 – Dr. JoAnne Cobler** **Heart Health - MH** | 26 8:15 Rosary/Chapel6:00 Phase 10 -FFL | 27 9:30 Chapel **10:00 Spiritual Enrichment with Renee**  **Casino Bus 10:00 pick up**2:00 Exercise Class & BP C:\Users\baty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\A7IIQ12N\bingo_logo[1].jpg**7:00 - MP** | 28   | C:\Users\baty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\16B6PY5T\playing-cards-303998_960_720[1].pngPinochle – Monday thru Saturday6:30 p.m. in FFL | **Locations:****FFL**- First Floor Lounge**MP** – Multi PurposeMH –Montabaur  |

**OFFICE: 759-2122 \*\* After Business WATER EMERGENCIES ONLY (716) 289-6651 \*\* Fire Emergencies ALWAYS call 9-1-1**

***Notes from the Office:***

\*February is a time for Love and Football!!! This month we start with a Pot Luck/BYOB Super Bowl Party on Sunday, February 3rd beginning at 6 p.m. Bring a dish or snacks to share and your own beverages of choice and cheer on your team.

\*Love comes in all different shapes, sizes and forms. This month we are ALL residents of the month as we share photos of what love ![C:\Users\baty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0D3J8LV2\Redheart[1].png]()means to us. Bring your fav photo to the office for display. Check the wall often to see daily additions.

\* Montabaur Heights offers the “Dr. Series” this month. Hear from the experts on relevant health issues. Transportation is available.

 February Birthdays!!

3rd Edith Perry Apt 137

4th Eloise Folan Apt 105

15th Marjorie Feldman Apt 126

24th Janice Chapman Apt 211

(if you would you like your birthday noted on the calendar, make sure Jan is aware!)

 \*Join our new **“Do Tell” Social Club**. Each month we get together to discuss news of the

 day, special events in our lives, and answer fun engaging questions. You provide your

 morning beverage -- the pastry is complimentary!

 \*Please consider trying the free exercise classes provided during the week. They are conducted

 by Jill Conway, R.N. who is very relaxed and fun! Jill also does free Blood Pressure

 readings for anyone interested after class on Wednesdays.

 ( You do not have to participate in class to have your Blood Pressure taken. )