



SENIOR LIVING *with Style!*

FRANKLIN PARK TPC PARKWAY

February 2024

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ASSISTED LIVING

Love is in the Air... and on the Screen

It's February and we all know what that means. Valentine's Day is upon us. Hearts are aflutter and love is in the air. We could talk about new ways to woo your partner or show affection to those you love, but instead, let's dip our toes into a pool of on-screen romances. Sometimes the simplest way to say "I love you" is to share a bowl of popcorn and a cuddle on the couch. Films like "Casablanca," "Sleepless in Seattle" and "The Notebook" have been known to set the standard for modern-day love affairs and are classics that many of us have come to adore. Those films are worthy of a Valentine's Day screening without a doubt. You might also consider watching one of the pictures listed below, each of which rank among the top 10 list for February 14 features.

- "Pretty Woman" – This film generally falls into the fairy tale category with an unlikely pair finding love both amid and despite their uniquely interesting, sometimes questionable, circumstances.
- "Love Actually" – Also categorized as a Christmas classic, this film embodies all things love, depicting the depths of the sentiment by interweaving stories from different types of relationships.
- "Eternal Sunshine of the Spotless Mind" – This movie leans into a more abstract style of romance, using a science-fiction based love story to embody the concept of endurance in love. It falls nicely into the "Love will always find a way" category.



BLACK HISTORY MONTH HIGHLIGHT:

Jean-Michel Basquiat

Artist Jean-Michel Basquiat was born in Brooklyn, NY, on December 22, 1960, to Matilde Andradas and Gerard Basquiat. Growing up with parents of Puerto Rican and Haitian decent, respectively, he was steeped in both cultures, as well as that of America. This led to his fluency in three languages: English, French and Spanish.

Basquiat started painting and drawing at a young age, and it wasn't long before he began sharing his talents publicly. His artistic worldview was rooted in his surroundings and daily life in New York. His eyes were always open, and like many people, he saw too much as a child. He gave others the opportunity to experience the world through his lens with graffiti art, which began appearing in the 1970s. He quickly made a name for himself during the Neo-Expressionism era of the 1980s,



which led him to collaborate with one of America's most famous artists, Andy Warhol.

Basquiat was well known for the graffiti tag, "Samo," which appeared on buildings, subways and train stations throughout New York on street art he co-created with fellow artist Al Diaz. His signature crown motif also garnered attention, paying homage to his heritage, Black history and culture. Jean-Michel Basquiat died at the young age of 27, but during his short time on earth, he accomplished great things.

A Sleuth's Game

You don't have to be a crime expert to love a mystery. A good "whodunit" novel or film is something that many people enjoy.

Mystery games first made their way into the world in the 1930s. "The Jury Box" led to other games' formation such as "Clue," which hit the U.S. in the late 1940s. It was dubbed the "first murder mystery board game" despite its predecessor paving the way for its creation. When the digital age hit, then the mystery-based video games hit the online market. That led to the emergence of virtual and interactive mystery dinners, theater shows and parties.

Now these events are fondly found worldwide. Groups of all sizes gather in homes, warehouses, restaurants and other venues to play out a plot with secret clues and vague answers that help them to solve even the oddest and trickiest of perplexing puzzles for people in real time. It's more fun than you can even imagine. It's not very complicated at all to host a mystery party, too, if you just do a little research. Choose a theme and plot, invite some friends, create and follow a script, wear costumes to really get into character and decorate. Consider a themed potluck to match your mystery if you are going with a mystery dinner party. What do you think a mystery event might look like for your community or family? There's a mystery afoot! Who's going to solve it?



Senior Living with Style!



Franklin Park TPC Parkway - Assisted Living



February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>HAPPY Valentine's Day! FEBRUARY 14</p>						
<p>9:30 Chronicles/Chicken Soup Short Story-3 ⁴</p> <p>9:45 Bible Word Search-Prayer</p> <p>10:00 Spiritual Hymns-2</p> <p>10:15 Christian Worship-Chapel</p> <p>3:00 Guitar Music W/Diego-Chapel</p>	<p>9:30 NEWS & VIEWS W/coffee & Donuts-4 ⁵</p> <p>9:30 Shuttle- Walmart</p> <p>9:45 Catholic Communion</p> <p>10:35 Chronicles-3</p> <p>10:45 February IQ-Puzzles-3</p> <p>2:00 Play Hangman-3</p> <p>5:00 Domino Group-3</p>	<p>9:30 Chronicles -3 ⁶</p> <p>9:45 Souper Detective-Puzzles-3</p> <p>10:00 Play UNO Card Game-3</p> <p>2:00 Bingo-2</p> <p>3:00 Sit & Be Fit Exercise - 3</p> <p>5:00 Domino Group-3</p>	<p>9:30 Happy Feet Walking -3 ⁷</p> <p>10:00 Bible Study-3</p> <p>10:00 Paws - Visit W/Jasper</p> <p>10:45 "Two" Puzzles/Valentine Worksheets-3</p> <p>2:00 Make Valentine Card Bags-4</p> <p>3:00 Book Club- Chapel</p> <p>5:00 Domino Group-3</p>	<p>Happy B-Day Jane M. ¹</p> <p>9:45 Civil Rights Activists/Rise-n-Shine Detective-3</p> <p>10:00 PAWS-Visit W/Neily</p> <p>1:15 Exercise W/Ageility/Joel-3</p> <p>2:00 Bingo-2</p> <p>3:00 Librarian Ann- Author Talk-2</p>	<p>GROUNDHOG DAY ²</p> <p>9:30 Chronicles-3</p> <p>9:45 Groundhog Day Reading/Puzzles-3</p> <p>10:30 Bunco Group-3</p> <p>1:30 Shuttle -Walgreens</p> <p>2:00 Sing-A-Long W/ Jerry-2</p> <p>5:00 Domino Group-3</p>	<p>9:30 Sit & Be Fit Exercise-3 ³</p> <p>10:00 Chronicles-3</p> <p>10:30 Crossword #26/Puzzles-3</p> <p>1:00 Play UNO Card Game-3</p> <p>2:00 Quarter Bingo-2</p> <p>3:00 Book Club- Chapel</p> <p>5:30 MOVIE NIGHT- Groundhog Day-2</p>
<p>SUPER BOWL ¹¹</p> <p>9:30 Chronicles-SUPER BOWL Puzzles-3</p> <p>9:45 Bible Word Search-Prayer</p> <p>10:00 Spiritual Hymns-2</p> <p>10:15 Christian Worship-Chapel</p> <p>3:00 Guitar Music W/Diego-Chapel</p> <p>5:30 SUPER BOWL GAME-2</p>	<p>9:30 Shuttle- HEB ¹²</p> <p>9:45 Catholic Communion</p> <p>10:00 Sit & Be Fit Exercise-3</p> <p>10:35 Chronicles-3</p> <p>10:45 Clark Gable Word Search-Puzzles-3</p> <p>2:00 Happy Hour W/Kai-2</p> <p>5:00 Domino Group-3</p>	<p>MARDI GRAS ¹³</p> <p>9:30 Chronicles -3</p> <p>9:45 MARDI GRAS New Orleans CW/Puzzles-3</p> <p>10:00 Play UNO Card Game-3</p> <p>2:00 MARDI GRAS BINGO & King Cake-4</p> <p>3:00 Sit & Be Fit Exercise - 3</p> <p>5:00 Domino Group-3</p>	<p>VALENTINE'S DAY ¹⁴</p> <p>9:30 Happy Feet Walking -3</p> <p>10:00 Bible Study-3</p> <p>10:00 Paws - Visit W/Jasper</p> <p>10:45 ASH WEDNESDAY-That's Romantic CW-3</p> <p>11:30 Valentine's Day Lunch-2</p> <p>2:00 Sweetheart Sing-A-Long-2</p> <p>5:00 Domino Group-3</p>	<p>9:30 Chronicles- 3 ¹⁵</p> <p>9:45 Pinocchio Word Search-Puzzles-3</p> <p>10:00 PAWS-Visit W/Neily</p> <p>1:15 Exercise W/Ageility/Joel-3</p> <p>2:30 ARMCHAIR ASTRONOMY-2</p> <p>5:00 Domino Group-3</p>	<p>Happy B-Day Glenn H. ¹⁶</p> <p>9:30 Chronicles-3</p> <p>9:45 Oregon Word Search-Puzzles-3</p> <p>10:15 Country Drive & lunch at Dairy Queen</p> <p>10:30 Bunco Group-3</p> <p>1:30 Shuttle -Walgreens</p> <p>5:00 Domino Group-3</p>	<p>9:30 Sit & Be Fit Exercise-3 ¹⁷</p> <p>10:00 Chronicles-3</p> <p>10:30 Happy Hippopotamus Crossword- 3</p> <p>1:00 Play UNO Card Game-3</p> <p>2:00 Quarter Bingo-2</p> <p>3:00 Book Club- Chapel</p>
<p>9:30 Chronicles-Chicken Soup Short Story-3 ¹⁸</p> <p>9:45 Bible Word Search-Prayer</p> <p>10:00 Spiritual Hymns-2</p> <p>10:15 Christian Worship-Chapel</p> <p>3:00 Guitar Music W/Diego-Chapel</p>	<p>9:30 Shuttle- Walmart ¹⁹</p> <p>9:45 Catholic Communion</p> <p>10:00 Sit & Be Fit Exercise-3</p> <p>10:35 Chronicles-3</p> <p>10:45 PRESIDENTS' DAY-Presidential Puzzles-3</p> <p>2:00 Play Hangman-3</p> <p>5:00 Domino Group-3</p>	<p>9:30 Chronicles -3 ²⁰</p> <p>9:45 Arizona Word Search-Puzzles-3</p> <p>10:00 Play UNO Card Game-3</p> <p>2:00 Bingo-2</p> <p>3:00 Sit & Be Fit Exercise - 3</p> <p>5:00 Domino Group-3</p>	<p>9:30 Happy Feet Walking -3 ²¹</p> <p>10:00 Bible Study-3</p> <p>10:00 Paws - Visit W/Jasper</p> <p>10:15 Outing -Scobee Planetarium & Lunch</p> <p>10:45 Chef Categories-Puzzles-3</p> <p>3:00 Book Club- Chapel</p> <p>5:00 Domino Group-3</p>	<p>9:30 Chronicles- 3 ²²</p> <p>9:45 Bubble Gum Word Fit-Puzzles-3</p> <p>11:30 RODEO LUNCH & Music-2</p> <p>1:15 Exercise W/Ageility/Joel-3</p> <p>2:00 Bingo-2</p> <p>3:00 Food Committee Meeting-2</p>	<p>9:30 Chronicles-3 ²³</p> <p>9:45 Spelling Charles Darwin-Puzzles-3</p> <p>10:30 Bunco Group-3</p> <p>1:30 Shuttle -Walgreens</p> <p>2:00 Chili Cook Off Contest-2</p> <p>2:30 Happy Tails Show-2</p> <p>5:00 Domino Group-3</p>	<p>Happy B-Day Bill R. ²⁴</p> <p>9:30 Sit & Be Fit Exercise-3</p> <p>10:00 Chronicles-3</p> <p>10:30 "Wine and Cheese" Fill In-Puzzles-3</p> <p>1:00 Play UNO Card Game-3</p> <p>2:00 Quarter Bingo-2</p> <p>3:00 Book Club- Chapel</p>
<p>9:30 Chronicles-Chicken Soup Short Story-3 ²⁵</p> <p>9:45 Bible Word Search-Prayer</p> <p>10:00 Spiritual Hymns-2</p> <p>10:15 Christian Worship-Chapel</p> <p>3:00 Guitar Music W/Diego-Chapel</p>	<p>9:30 Shuttle- HEB ²⁶</p> <p>9:45 Catholic Communion</p> <p>10:00 Sit & Be Fit Exercise-3</p> <p>10:35 Chronicles-3</p> <p>10:45 A-Mazing Date Night Maze-Puzzles</p> <p>2:00 Happy Hour W/Shawn-2</p> <p>5:00 Domino Group-3</p>	<p>9:30 Chronicles -3 ²⁷</p> <p>9:45 Time For Breakfast Photo Match-Puzzles-3</p> <p>10:00 Play UNO Card Game-3</p> <p>2:00 Bingo-2</p> <p>3:00 Sit & Be Fit Exercise - 3</p> <p>5:00 Domino Group-3</p>	<p>Happy B-Day John J. ²⁸</p> <p>8:00 Women & Waffles-2</p> <p>9:30 Happy Feet Walking -3</p> <p>10:00 Bible Study-3</p> <p>10:00 Paws - Visit W/Jasper</p> <p>10:45 The Beatles Word Match-Puzzles-3</p> <p>2:00 Cheese Fondue Party-4</p> <p>3:00 Book Club- Chapel</p>	<p>9:30 Chronicles- 3 ²⁹</p> <p>9:45 LEAP DAY-Leap For Leap Day Puzzles-3</p> <p>10:00 PAWS-Visit W/Neily</p> <p>1:15 Exercise W/Ageility/Joel-3</p> <p>2:00 Bingo-2</p> <p>3:00 Resident Meeting-2</p> <p>5:00 Domino Group-3</p>		

Elevate Mind, Body, & Soul

Self-esteem can be a tricky thing to gauge. High, low or so-so...it has a deep capacity for fluctuation and a profound impact on perspective. If it is teetering on the lower or unhealthy end of the spectrum, it can have devastating consequences fueling a distorted perception of oneself and reality. Mental health specialists who focus on cognitive behavioral therapy recommend the following for consideration when working from a place of low self-esteem:



- What situations affect your level of self-esteem? Name those triggers. Major life events like a child leaving home, job change or conflict with a loved one are common examples of situations where self-esteem begins to take a downward turn.
- When do you see negative patterns emerging? By recognizing your triggers, you can more easily discern how you feel about a situation and why.
- Question the source of negative thoughts. Do facts or feelings come into play? What about your belief system? Be honest with yourself. Even though you might have known something to be true your entire life, that doesn't mean it is true. Examples of negative thought patterns include rushing to judgment, interpreting emotion as fact, rejecting good attributes about yourself and dismissing them as invalid and negative self-talk, among others.
- Focus on being your authentic and true self. Replace negative thought patterns with positive ones. Avoid "must" and "should" statements rooted in expectation. Offer compassion and forgiveness to yourself and others. Operate from a place of hope with all that you do and express gratitude. There's something to be gained and learned from every experience.

Creative Creatures

How much do we know about hybrid animals? Let's see...

- They actually exist.
- They play a reoccurring role in sci-fi cinema.
- They're rarely seen in the real world.
- They're the offspring of two different species of animal (hence the term "hybrid").

Collectively, it's safe to say we all know those things to be true. Aside from that, they're also difficult to identify, let alone name. So let's expand our hybrid knowledge. These creatures have a proven existence and been known to roam the ever-evolving animal kingdom.

- Jaglion – The offspring of a female lion and male jaguar, there are only two of these creatures known to be in existence. They live together in Canada.
- Toyger – A union of tabby and Bengal, this cat was bred to live in a domesticated environment while maintaining a wild flare, making it more appealing in the eyes of big cat lovers.
- Grolar bear – The brown bear and polar bear combine to make this fierce predator. Their mating patterns are largely influenced by changes in climate and territory.
- Coywolf – Where a wolf and coyote come together, here you'll find a coywolf, one of the more common hybrids. The coywolf's parents find lifelong mates. Whether that's the case for the coywolf, scientists have yet to determine.
- Cama – An animal formed from the union of a llama and camel, this creature was designed to harbor specific traits of both parents. You won't see a hump but you'll see quite a bit of wool being produced.

February 2024 DATES TO CELEBRATE

Groundhog Day.....	2/2
Chinese New Year	2/10
Super Bowl Sunday.....	2/11
Mardi Gras.....	2/13
Valentine's Day.....	2/14
Presidents Day	2/19
Love Your Pet Day.....	2/20
Full Moon.....	2/24
Leap Year Day.....	2/29

Birthstone: Amethyst | **Flower:** Violet
Zodiac: Aquarius & Pisces | **Year of the Dragon**



Mardi Gras

Little Known Facts & History

Mardi Gras' roots lie in the Christian calendar, as a last day of indulgence before Lent begins on Ash Wednesday. What is less known about Mardi Gras is its relation to the Christmas season and Carnival.

Carnival comes from the Latin words carne vale, meaning "farewell to the flesh." Like many Catholic holidays and seasonal celebrations, it likely has its roots in pre-Christian traditions based on the seasons. As early as the middle of the second century, the Romans observed a Fast of 40 Days, which was preceded by a brief season of feasting, costumes and parties.

The Carnival season kicks off with the Epiphany, also known as Twelfth Night, which falls on January 6,

twelve days after Christmas. Epiphany celebrates the visit of the Wise Men bearing gifts for the infant Jesus. In cultures that celebrate Carnival, Epiphany kicks off a series of parties leading up to Mardi Gras.

Mardi Gras came to the New World in 1699, when a French explorer arrived at the Mississippi River, about 60 miles south of present day New Orleans. He named the spot Point du Mardi Gras because he knew the holiday was being celebrated in his native country that day. Mardi Gras literally means "Fat Tuesday" in French. The name comes from the tradition of slaughtering and feasting upon a fattened calf on the last day of Carnival.

Whodunit?

- ALIBI
- BROKEN GLASS
- CANDLESTICK
- FINGERPRINTS
- FOUL PLAY
- GUN
- KNIFE
- MYSTERY
- RANSOM NOTE
- ROPE
- SEARCH PARTY
- SHOE PRINTS
- VICTIM
- WEAPON
- WHODUNIT

Y	I	O	A	W	H	O	D	U	N	I	T	X	T	B	O	O	N	E	
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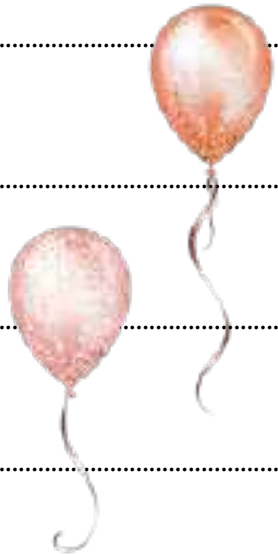
Happy Birthday!

Jane M.....2/1

Glenn H. 2/16

Bill R. 2/24

John J..... 2/28



Welcome!

Janice A.

Jerry D.

John J.



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