

## The Gardens

### February Events

**2/2** Ground Hog Day

**2/4 & 2/18**

Scott-Farrar Singers

**2/10 & 2/24**

Mary Armstrong  
Music and Movement

**2/11** Choppy Choir

**2/12** Durable Power of  
Attorney - Presentation  
by Attorney Phil Runyan

**2/14** Valentine's Day Party

**2/16** President's Day

**2/21** Dianne Ammons - Piano

**2/24** Arm Chair Travel -  
France



### Notes from Joanne Activities

This winter we had an update to the Tover Table. New games have been added with options for brighter images for visually impaired residents. The new games have beautiful graphics that are more entertaining and ultimately more fun. Bingo and trivia continue to be favorite pastimes, and we will have some fun holiday themed activities around Valentine's Day and President's Day. With February here it won't be long before we will be able to get out to the courtyard for some fresh air, even if it is just for quick strolls. (fingers crossed!)



### February Birthdays

**2/2** Lois W.

**2/10** Rich B.



*Above, Cresca and Terry having fun with the new Table Tennis game on the Tover Table.*



## February Flower-Violet

Violets are the traditional flower to give on

February 14. Legend has it that while imprisoned by the Romans, the Christian priest Saint Valentine used crushed violet petals as ink to write secret notes of love and friendship. Thus, violets came to symbolize faithfulness and love. In addition to its decorative charms, this lovely little flower can be used in foods like salads, smoothies, and sweets.

## February Birthstone-Amethyst



The amethyst has been prized for thousands of years for its

beauty and perceived mythical powers. Amethysts were buried with Egyptian pharaohs and in the caves of Neolithic man. In the Middle Ages, amethysts were worn to protect against sorcery and bring victory in battle. The name comes from the Greek word *amethystos*, meaning "not drunk," as the violet stone was thought to prevent intoxication.

## Did You Know ...

The date of Groundhog Day (February 2) coincides with Candlemas, a Christian festival that marks the midpoint between the winter Solstice and spring equinox. Historically, Candlemas was associated with weather predictions; clear weather on this day was thought to indicate a prolonged winter, while cloudy weather suggested an early spring. This belief was adapted by German Immigrants who replaced the badger, traditionally used in their homeland with the groundhog of America.

*European Badger*



## February Special Days

2/2 Groundhog Day

2/14 Valentine's Day

2/16 Presidents' Day

2/17 Chinese New Year  
(Lunar New Year) Begins

## Recent Activities

### Gambling with Bananagrams Word Game (For Chocolate!)



*Left, Cresca studies her last three letters— B, X, and Z, but she was eligible to pick five more letters. Below, Dave was stuck with a Q, but wasn't disheartened and continued to push forward! He had one illegal word; no surprise there since he's the man who calls Bingo after two numbers are called!*



*Don had help from Jodie and Pauline. His strategy was to pretend he was stuck and have the ladies do all the work. Smart move! Bottom right is The kitty— each player had to ante up a chocolate kiss to stay in the game. Watch out Las Vegas!*



## **Advance Care Planning**

**In the Auditorium**

**Durable Power of Attorney**

**Thursday February 12th, 1- 2:30 Resident Session**

Presented by Attorney Phil Runyon

This session will cover the ins and outs of financial durable power of attorney and attorney for healthcare, and why it's so important to have these.

**Embracing End of Life Death Café**

**Thursday March 19th, 1-2:30 Resident Session**

Hosted by Jessica Johansson, End of Life Doula and ordained Interfaith Minister

A death Café is a group directed discussion of death with no agenda objectives or themes. It is an informal discussion to increase comfortability of death with a view to helping people make the most of their (finite) lives.



### **Monthly Religious**

### **Services**

### **Offered at Scott-Farrar**

Communion – 2nd and 4th Monday

Episcopal Service – 2nd Tuesday

Mass – 2nd Thursday

Apostolic Lutheran Service –

Last Sunday

Dementia Support Group for Memory Care meets on the second Thursday of each month at 4pm in the auditorium.

If you have any questions contact Bethany, Memory Care Director.

(603)924-3691 Extension 207

