



MONTHLY NEWSLETTER



FEBRUARY 2019

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Debra Waters
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LOVE DAY!!

If you will be single this Valentine's Day, that calls for a celebration. Single people should be celebrating not only our love for who we have in our lives, but our love for ourselves. After all, Valentine's Day is not called the day of couples, or the day of relationships. It's called the day of love. And who wouldn't want to celebrate that? Instead of being incredibly happy with another person, be incredibly happy with yourself. Instead of having to spend your hard earned money on a significant other, you get to choose how you spend your money, if any at all. You get to plan a day for yourself. It is so empowering to be able to have the confidence and maturity to really love yourself wholeheartedly. This Valentine's Day is a day of celebrating you and anyone in your life who you care for! Make the most of it by being kind to yourself and to others. Spread the love on this special day!

By Lauren Jarvis-Gibson

HEART HEALTHY MONTH!

FEBRUARY IS HEART HEALTHY MONTH!

In honor of Heart Healthy Month, MSA Home Health will be offering a blood pressure clinic every TUESDAY:

1:00—2:00PM
Laundry Room
East Building

2:15—3:15PM
Laundry Room
West Building

RESIDENTS' COUNCIL INFORMATION

The January meeting went well. We want to communicate more easily during the meetings so while a particular subject is being addressed, please refrain from talking until the floor is open. One topic that came up is that of using carts on property. The idea was mentioned that residents should buy their own carts. Another point that was brought up had to do with the West lobby door needing repair as it was staying open. Wii Bowling has begun in the community room and will be played at 2:00pm every Friday EXCEPT for the first Friday of the month. All residents are welcome to come play! The February birthday party date will be announced. Please come to the council meetings and have your voice heard. We can relay any concerns we share as a property to management.

Marie Miller
President

HAPPY BIRTHDAY FRIENDS

Carolyn McLarty	Feb. 2
Clayton Doerr.....	Feb. 5
Bob Ballas	Feb. 11
Mark McDonald.....	Feb. 11
Jeniver Holton.....	Feb. 20
Barbara Neiser.....	Feb. 25
Pat Price.....	Feb. 26
Deborah Feldman.....	Feb. 26
Marsha Cymbalski.....	Feb. 27

Deborah Donaldson
Georgiy Mosesov



YOUR PERSONAL HEALTH

Come attend this program regarding discreet, personal health matters presented in a tasteful manner. Information covered will include sexual health, incontinence issues, prostate matters, and anything else that would be considered personal health issues like questions about sex, sexually transmitted disease, etc. Please ask any questions that you would like to. If your question makes you blush or feel uncomfortable, no worries, as there will be a question box placed in the lobby near the mailbox where you can place your anonymous question. Please don't write your name on it. The presenter will look at the questions before the program and will answer them during the presentation but no one will know who asked the questions. Please come and learn about things that may help your personal health. This presentation has been very well attended at other properties.

WEDNESDAY, FEBRUARY 27TH
2:00 PM COMMUNITY ROOM

All Residents Are Welcome!

PABLO HAMLET RESIDENT COUNCIL







**MONTHLY RESIDENTS'
COUNCIL MEETING
WEDNESDAY
FEBRUARY 20
2:00 PM**



**RESIDENT
BIRTHDAY PARTY
TO BE DETERMINED**

~ FEBRUARY 2019 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<i>HEALTHY</i> 	<i>HEART</i> 	<i>MONTH!</i> 		1 <u>GROUNDHOG DAY</u> <u>COMMUNITY ROOM RESERVED</u> 7:30AM—12:30PM <u>SIMPLY SHARING</u> 2:00 PM	2
3 Transport To Community Presbyterian Church 10:15 AM	4 <u>PEST CONTROL</u> Apts. 126-132 Apts. 228-236 Apts. 328-336 <u>Tai Chi 2:30pm</u> <u>GAME NIGHT</u> 5:00 PM	5 <u>CORN HOLE COURTYARD</u> 10:00AM <u>CRAFTY CRITTERS</u> 1:00 PM <u>BLOOD PRESSURE CLINIC</u> LAUNDRY ROOM 1:00-2:00PM EAST 2:15-3:15 PM WEST	6	7 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>BINGO</u> 6:15 PM	8 <u>GETTING WIRED</u> 10:00—12:00 Noon <u>Wii BOWLING</u> 2:00 PM	9
10 NO Transport To Church	11 <u>GAME NIGHT</u> 5:00 PM	12 <u>CORN HOLE COURTYARD</u> 10:00AM <u>CRAFTY CRITTERS</u> 1:00 PM <u>BLOOD PRESSURE CLINIC</u> LAUNDRY ROOM 1:00-2:00PM EAST 2:15-3:15 PM WEST	13 <u>NUTRITION WITH TOM KISKA</u> 2:00 PM	14  <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	15 <u>GETTING WIRED</u> 10:00—12:00 Noon <u>Wii BOWLING</u> 2:00 PM <u>SENIOR MOMENTS</u> 6:00 PM	16
17 Transport To Community Presbyterian Church 10:15 AM	18 PRESIDENTS' DAY <u>PEST CONTROL</u> Apts.101-108 Apts. 201-209 Apts. 301-309 <u>TAI CHI</u> 2:30 PM <u>GAME NIGHT</u> 5:00 PM	19 <u>CORN HOLE COURTYARD</u> 10:00AM <u>CRAFTY CRITTERS</u> 1:00 PM <u>BLOOD PRESSURE CLINIC</u> LAUNDRY ROOM 1:00-2:00PM EAST 2:15-3:15 PM WEST	20 <u>DR. CUNNINGHAM</u> PODIATRIST 9:00AM <u>RESIDENTS' COUNCIL MEETING</u> 2:00 PM	21 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>BINGO</u> 6:15 PM	22 <u>GETTING WIRED</u> 10:00—12:00 Noon <u>Wii BOWLING</u> 2:00 PM	23
24 Transport To Community Presbyterian Church 10:15 AM	25 <u>GAME NIGHT</u> 5:00 PM	26 <u>CORN HOLE COURTYARD</u> 10:00AM <u>CRAFTY CRITTERS</u> 1:00 PM <u>BLOOD PRESSURE CLINIC</u> LAUNDRY ROOM 1:00-2:00PM EAST 2:15-3:15 PM WEST	27 YOUR PERSONAL HEALTH 2:00PM	28 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>PRODUCE MAN</u> 11:30—12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM		

ETC. ETC. ETC.

DAN, THE PRODUCE MAN EVERY THURSDAY 11:30AM - 12:30 PM

Fresh Fruits and Vegetables

His wife will sometimes make: Boiled Peanuts, Banana Pudding, Pineapple Upside Down Cake—and a few other surprises!



Dan will set up at the Courtyard. If it's raining, he'll set up between the East and West Building under the awning!
See you there!

GETTING WIRED

Getting Wired is a program that continues this month on Fridays from 10:00 AM – 12:00 Noon. It is being provided by a volunteer who is graciously giving of her time to help us learn how to deal with minor technology issues with our cell phones, tablets, and laptops.

Come with your device and your questions. The program will be held every Friday of the month from 10:00 AM – 12:00 Noon EXCEPT THE 1ST FRIDAY OF THE MONTH. Come GET WIRED with us!

		1	2			7	6	4
							8	3
6				8			2	
		4		3				9
			5		7			
2				6		5		
	4			2				7
1	3							
7	8	6				5	3	

Daily SuDoku: Fri 18-Jan-2019

medium

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SIMPLY SHARING Friday, February 2:00 PM

Please come enjoy some time to just celebrate life and talk about the good things we have to share together. It's great to see more residents joining us and having fun!

We have been talking about all sorts of interesting things.

Heavy Snacks will be Provided

NUTRITIONIST

Dr. Tom Kiska, Nutritionist, has recently been joining us to discuss daily nutrition, prescription drug effects, and nutrient depletions.

However, when he comes this month, he is going to discuss information regarding:

- GENETIC TESTING
- HOW MEDICARE AND MEDICAID ARE NOW COVERING CERTAIN TYPES OF GENETIC TESTING

HE WILL BRING CGX TESTING KITS AND POSSIBLY THE PGX KITS FOR DRUG PROCESSING DATA

Come find out what this means and how it affects you!

WEDNESDAY, FEBRUARY 13
2:00 PM COMMUNITY ROOM

Daily SuDoku: Fri 18-Jan-2019 medium

7	8	7	6	8	1	4	5	3	2
1	3	2	3	2	9	7	8	4	6
9	4	5	5	2	3	6	8	1	7
2	7	8	4	9	6	4	9	5	1
3	6	9	9	5	1	7	2	4	8
5	1	4	8	3	8	2	6	7	9
6	9	3	7	8	4	1	2	5	5
4	2	7	6	5	1	9	8	3	3
8	5	1	5	2	9	3	7	6	4

Sudoku Solution

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