



31 Executive Park Drive  
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*A Place To Call Home*

Find us on 

**PARK PLACE STAFF**

**General Manager**

Jonda Brown

**Office Manager**

Vicki Crooks

**Resident Care Director**

Jean Bourk, LPN

**Maintenance Director**

Chip McKenney

**Sales Director**

Stephanie Johnson

**Dietary Director**

JP Routhier

**Recreation Director**

Susan Jones

**John Glenn's Famous Spin**

Amidst the height of the Cold War and the space race, astronaut John Glenn circled the Earth three times aboard Friendship 7 on Feb. 20, 1962. The automatic-control system malfunctioned during his first orbit, forcing him to operate in manual mode for the following two orbits and upon re-entry. Americans held their breaths as they waited to see if Glenn would touch back down safely. Fortunately, Glenn made a secure landing 800 miles southeast of Cape Canaveral, Fla., becoming a national hero and the first American to orbit the Earth.

It is estimated that 600,000 million people watched it on TV.

*Resident **Thomas Mason** was a Radar Specialist in the Air Force at that time and was one of many who got John Glenn back home safely.*

**VALENTINE FAMILY DINNER**

Our Valentine Family Dinner is on Thursday, February 13th, at 5:30 pm. Please RSVP.

**David Anderson and Mary Lou Jarvis**

will end their reign as King and Queen 2024, and the 2025 King and Queen will be crowned.



**Enjoy Flowers Longer**

If you receive a bouquet of fresh flowers, help them last longer with this recipe: Dissolve 2 tablespoons each of sugar and white vinegar in a quart of warm water. Experts say another alternative is to mix one part lemon-lime soda with three parts water. Change the water mixture every few days.

**Welcome**  
  
**New Residents**

Feel free to call the front desk if we can help in any way. We are glad you have made Park Place your home. Join us for a "Meet and Greet" on Feb. 27th.



**Your Heart Never Rests**

The size of your fist, your heart is a hardworking organ! It beats 100,000 times and pumps about 2,000 gallons of blood each day, delivering oxygen and nutrients throughout your body.

**February is American Heart Month and Friday, February 7th, is National Wear Red Day.**

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**February Forecast**

February 2nd is Groundhog Day, when the furry forecaster from Pennsylvania emerges from his burrow. If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he doesn't, then spring is just around the corner. What will be your guess?

**Debbi Bailes Musical Entertainment**

Join us for some great musical entertainment with Debbi Bailes and Friends on Wednesday, February 5th, at 2:30 pm, in the main dining room. Dust off your dancing shoes! Invite your family and friends.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>ADDITIONAL ACTIVITIES may be added or omitted during the month. Please view the BULLETIN BOARDS located in numerous areas on Independent Living and Assisted Living. Announcements will be made at noon for additional information.</i>	<b>LOCATIONS OF ACTIVITIES</b> (A) ACTIVITY ROOM (AL) ASSISTED LIVING (C) CHAPEL (L) LOBBY (4) CARD ROOM ON IL	(*) REQUIRES YOU TO SIGN UP IN THE OUTING BOOK LOCATED IN THE DINING ROOM BY IL DOORS. YOU'LL ALSO BE ABLE TO SIGN UP FOR CRAFTS AND OTHER CLASSES, SHOPPING BUS TRIPS AND LUNCH BUNCH OUTINGS. TRIPS WILL BE CANCELED DUE TO BAD WEATHER CONDITIONS.		1 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 REFRESHMENT SOCIAL (AL-1) 11:00 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) 6:30 HAND AND FOOT (IL-2)
<b>Groundhog Day</b> 2 9:00 TRANSPORTATION TO 1ST BAPTIST CHURCH IN H'VILLE / Sign Up (L) 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC / HYMNS WITH LETA (4TH FLOOR COMMON AREA) 2:00 RUMMIKUB (4) 2:00 SUNDAY COLORING (AL-1) 6:30 HAND AND FOOT (A)	3 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 HEART MAKING CRAFT (AL-1) 1:30 BINGO MANIA / PRIZES (AL-1) 1:30 BINGO MANIA WITH KAREN (A) 2:45 CROSSWORD CHALLENGE (A) 6:30 HAND & FOOT (IL-2) 6:30 RUMMIKUB (A)	4 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LOBBY POPCORN 10:30 VALENTINE WORD SCRAMBLE (A) 2:00 BALANCE CLASS WITH TOTAL WELLNESS (A) 3:00 CORNHOLE (AL-1) 6:30 RUMMIKUB (A) & (4) 6:30 SKIP-BO (2)	5 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 UNO CARD GAME (AL-1) 1:15 BINGO MANIA / PRIZES WITH JANE (A) 2:30 DEBBI BAILES MUSICAL (DR) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (LIBRARY)	6 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LOBBY POPCORN 10:30 BIBLE STUDY (A) 1:15 MEN'S POKER GROUP (AL-1) 1:45 CHAIR YOGA WITH PAT (A) 2:00 KROGER SHOPPING / Sign Up (L) 6:30 HAND AND FOOT (A)	7 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT WITH LAUGH IT UP WORD SEARCH (AL-1) 1:30 BINGO MANIA / PRIZES (A) 1:30 BINGOCIZE (AL-1) 2:00 POCKET BILLIARDS (4) 3:30 BOCCE BALL WITH JOE (IL-2) 6:30 HAND AND FOOT (IL-2) 6:30 RUMMIKUB (A)	8 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 REFRESHMENT SOCIAL (AL-1) 11:00 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) 6:30 HAND AND FOOT (IL-2) 6:30 MUSICAL MELODIES WITH JOE (C)
9 9:00 TRANSPORTATION TO 1ST BAPTIST CHURCH IN H'VILLE / Sign Up (L) 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC / HYMNS WITH LETA (4TH FLOOR COMMON AREA) 2:00 RUMMIKUB (4) 2:00 SUNDAY COLORING (AL-1) 5:00 GRAB AND GO SUPER BOWL PARTY (A) 6:30 HAND AND FOOT (A)	10 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 MORNING STRETCHES (AL-1) 1:30 BINGO MANIA / PRIZES (AL-1) 1:30 BINGO MANIA WITH KAREN (A) 1:30 WALMART SHOPPING / Sign Up (L) 3:15 IPHONE CLASS WITH JOEY HOLLAND (A) 6:30 HAND & FOOT (IL-2) 6:30 RUMMIKUB (A)	11 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LOBBY POPCORN 10:30 Pictionary (A) 1:30 FEBRUARY JEOPARDY (A) 2:30 JEWELRY SALE WITH HARRIET (DR) 3:00 HAND MASSAGE THERAPY (AL-1) 6:30 RUMMIKUB (A) & (4) 6:30 SKIP-BO (2)	<b>Lincoln's Birthday</b> 12 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 HOT CHOCOLATE SOCIAL WITH NAME 5 (AL-1) 1:30 BINGO MANIA / PRIZES (A) 3:00 CORNHOLE FUN (AL-1) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (LIBRARY)	13 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LOBBY POPCORN 10:30 BIBLE STUDY (A) 1:15 MEN'S POKER GROUP (AL-1) 1:45 CHAIR YOGA WITH PAT (A) 2:30 CROSSWORD CHALLENGE (A) 5:30 VALENTINE'S FAMILY DINNER (DR) 6:30 HAND AND FOOT (A)	<b>Valentine's Day</b> 14 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT WITH VALENTINE WORD SEARCH (AL-1) 1:30 BINGO MANIA / PRIZES (A) 1:30 BINGOCIZE (AL-1) 2:00 POCKET BILLIARDS (4) 3:30 BOCCE BALL WITH JOE (IL-2) 6:30 HAND AND FOOT (IL-2) 6:30 RUMMIKUB (A)	15 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 REFRESHMENT SOCIAL (AL-1) 11:00 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) 6:30 HAND AND FOOT (IL-2)
16 9:00 TRANSPORTATION TO 1ST BAPTIST CHURCH IN H'VILLE / Sign Up (L) 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC / HYMNS WITH LETA (4TH FLOOR COMMON AREA) 2:00 RUMMIKUB (4) 2:00 SUNDAY COLORING (AL-1) 6:30 HAND AND FOOT (A)	<b>Presidents Day</b> 17 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 DOMINOES (AL-1) 1:30 BINGO MANIA / PRIZES (AL-1) 1:30 BINGO MANIA WITH KAREN (A) 2:45 CROSSWORD CHALLENGE (A) 6:30 HAND & FOOT (IL-2) 6:30 RUMMIKUB (A)	18 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LOBBY POPCORN 10:30 CHARADES (A) 2:00 BALANCE CLASS WITH TOTAL WELLNESS (A) 2:00 HAPPY HOUR (AL-1) 3:00 CORNHOLE / SWEET LIPS COCKTAILS (A) 6:30 RUMMIKUB (A) & (4) 6:30 SKIP-BO (2)	19 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 DECORATING COOKIES (AL-1) 1:30 BINGO MANIA / PRIZES WITH JANE (A) 1:30 DOLLAR GENERAL MARKET SHOPPING / Sign Up (L) 3:00 CORNHOLE FUN (AL-1) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (LIBRARY)	20 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LOBBY POPCORN 10:30 BIBLE STUDY (A) 1:15 MEN'S POKER GROUP (AL-1) 1:45 CHAIR YOGA WITH PAT (A) 3:00 FEBRUARY BIRTHDAY / ANNIVERSARY PARTY (A) 6:30 HAND AND FOOT (A)	21 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT WITH JUST DESSERTS WORD SEARCH (AL-1) 1:30 BINGO MANIA / PRIZES (A) 1:30 BINGOCIZE (AL-1) 2:00 POCKET BILLIARDS (4) 3:30 BOCCE BALL WITH JOE (IL-2) 6:30 HAND AND FOOT (IL-2) 6:30 RUMMIKUB (A)	<b>Washington's Birthday</b> 22 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 REFRESHMENT SOCIAL (AL-1) 11:00 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) 6:30 HAND AND FOOT (IL-2) 6:30 MUSICAL MELODIES WITH JOE (C)
23 9:00 TRANSPORTATION TO 1ST BAPTIST CHURCH IN H'VILLE / Sign Up (L) 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC / HYMNS WITH LETA (4TH FLOOR COMMON AREA) 2:00 RUMMIKUB (4) 2:00 SUNDAY COLORING (AL-1) 6:30 HAND AND FOOT (A)	24 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 HOT CHOCOLATE WITH COLORING ART (AL-1) 1:30 BINGO MANIA / PRIZES (AL-1) 1:30 BINGO MANIA WITH KAREN (A) 3:15 IPHONE CLASS WITH JOEY HOLLAND (A) 6:30 HAND & FOOT (IL-2) 6:30 RUMMIKUB (A)	25 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LOBBY POPCORN 10:15 IN ROOM RESIDENT COUNCIL (AL) 1:00 CROSSWORD CHALLENGE (A) 2:30 TOWN HALL MEETING (A) 6:30 RUMMIKUB (A) & (4) 6:30 SKIP-BO (2)	26 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 UNO CARD GAME (AL-1) 1:30 BINGO MANIA / PRIZES (A) 1:30 GLENBROOK SHOPPING / Sign Up (L) 3:00 CORNHOLE FUN (AL-1) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (LIBRARY)	27 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LOBBY POPCORN 10:30 BIBLE STUDY (A) 1:15 MEN'S POKER GROUP (AL-1) 1:45 CHAIR YOGA WITH PAT (A) 2:30 MUSICAL MEMORIES WITH RAY AND JOE (DR) 3:30 "MEET & GREET" CHOCOLATE TASTING PARTY (A) 6:30 HAND AND FOOT (A)	28 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT WITH TEA TIME WORD SEARCH (AL-1) 1:30 BINGO MANIA / PRIZES (A) 1:30 BINGOCIZE (AL-1) 2:00 POCKET BILLIARDS (4) 3:30 BOCCE BALL WITH JOE (IL-2) 6:30 HAND AND FOOT (IL-2) 6:30 RUMMIKUB (A)	

## Walk of Fame's First Step

On Feb. 8, 1960, construction began on the legendary Hollywood Walk of Fame. The next month, the first permanent star placed in the walk was for film director and producer Stanley Kramer.



## Geography 101: Sweden's Icehotel

Visitors looking for a cool destination can chill out each winter at any one of the world's many ice hotels, found at locales in Canada, Finland and Norway. But the world's first and largest is Sweden's Icehotel in the town of Jukkasjarvi, about 125 miles north of the Arctic Circle. The must-see-to-believe establishment is more than 60,000 square feet, and is rebuilt each year entirely out of snow and blocks of ice taken from the nearby Torne River.

Accommodations range from standard rooms to deluxe suites, all with walls, artwork, furniture and even beds created out of ice.

## 5 Things About: Chocolate

- Chocolate in the form of cocoa beans was used as currency by ancient Mayans.
- It takes about 400 cocoa beans to make 1 pound of chocolate.
- Americans eat about \$21 billion worth of the sweets each year.
- Researchers say eating it can cause the brain to release endorphins, which is why it's so enjoyable for some.
- The world's largest chocolate bar weighed more than 12,000 pounds. It was made by an English candy company in 2011.

## 3 Things You Need to Know

Something as simple as going for regular walks can have a big impact on your health. If you start walking 30 minutes every day, here are a few of the benefits you'll see.

1) Your mood will improve, especially if you include social interaction by walking with someone else. If you walk outside, the exposure to sunlight is also a good antidote for the winter blues.

2) You will increase your metabolism by burning calories and preventing muscle loss.

3) Walking lowers your blood sugar levels and your overall risk for diabetes, according to the American Diabetes Association.

## Brainteaser

Question: If you have one, you want to share it, but if you share it, you haven't got it. What is it?

Answer: A secret.



New Year fun with games and musical entertainment



## ANNIVERSARIES RESIDENTS

3 Years - Dorothy Stallworth

7 Years - Ruth Gourley

7 Years - Ron Courtney

## STAFF

1 Year - Stephanie Johnson

1 Year - Lisa Rogers

1 Year - Dustin Huntsman

1 Year - Michelle Graves

1 Year - Ashley Jacobs

1 Year - Cree Taylor

## BIRTHDAYS RESIDENTS

02—Edna Burwell

06—Cecil Felker

08—Betty Connolly

09—Thomas Karnes

10—Judy Cherry

15—Nancy Hobbs

19—Dave Anderson

28—Walter Lamb

## STAFF

18—Essie Edwards

21—Alma Flippin

## Super Bowl Party

It's Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials? Whatever draws you to the big game, join us for football, popcorn and drinks during our Super Bowl "Grab and Go" Party on Feb. 5th, at 5 pm, in the Activity Room on IL.