

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Legend AR=Activity Room DR=Dining Room C=Cafe G=Gym L=Lobby MC=Memory Care P=Patio PDR=Private Dining Room T=Theatre</p>	<p>Happy Birthday! Carla C. 02/01 Marietta R. 02/03 Leonard B. 02/06 Betty W. 02/09 Mary G. 02/13 Florence V. 02/15 Colleen O. 02/20</p>			<p>Happy Hour w/ April 1 9:30 Exercise w/ Thomas (G) 9:45 Shopping Outing 10:00 Daily Chronicles (G) 10:15 Wii Games (AR) 1:30 Uno (AR) 3:00 Happy Hour (C) 6:00 Cards (AR)</p>	<p>2 9:30 Exercise (G) 10:00 Daily Chronicles (C) 10:30 Cranium Crunchers (AR) 1:45 Love Bug Clay Pot (AR) 2:00 Tai Chi w/ Jack (MC) 3:00 Poker (C) 6:00 Movies</p>	<p>3 9:30 Exercise (G) 10:00 Daily Chronicles (C) 10:30 Morning Drive w/ MC 1:00 Walking Club (L) 1:30 Bingo (AR) 3:00 Cards (AR) 6:00 Movies (T)</p>
<p>4 9:00 Catholic Mass (T) 9:30 Exercise (G) 10:00 Daily Chronicles (G) 10:30 Choir Club (T) 1:30 Nondenominational Service (T) 2:30 Bingo (AR) 6:00 Movie (T)</p>	<p>5 9:30 Exercise (G) 10:00 Daily Chronicles (G) 10:15 Teatime (C) 1:00 Walking Club (L) 1:30 Mardi Gras Craft (AR) 3:30 Game Hour (AR) 6:00 Movie (T)</p>	<p>6 9:30 Exercise w/ Thomas (G) 10:00 Communion (PDR) 10:00 Daily Chronicles 1:30 Jeopardy (AR) 2:30 Scrabble (AR) 3:00 Yarn Club (L) 6:00 Movie (T)</p>	<p>7 9:15 Mindful Meditation (MR) 9:30 Chair Yoga w/ Andie (G) 10:00 Town Hall Meeting (T) 1:30 Cooking W/ Tim (AR) 3:00 Choir Club (T) 3:30 Game Hour (AR) 6:00 Movie (T)</p>	<p>Happy Hour W/ Rossi Ross 8 9:30 Exercise w/ Thomas (G) 9:45 Shopping Outing 10:00 Daily Chronicles (G) 10:15 Wii Games (AR) 1:30 Tapple (AR) 3:00 Happy Hour (C) 6:00 Cards (AR)</p>	<p>9 9:30 Exercise (G) 10:00 Daily Chronicles (C) 10:30 Wellness Seminar w/ Atlas (T) 1:45 Macrame Hearts (AR) 2:00 Tai Chi w/ Jack (MC) 3:00 Poker (C) 6:00 Movies</p>	<p>Family Day - Lunar New Year 10 9:30 Exercise (G) 10:00 Daily Chronicles (C) 10:30 Bingo (C) 1:00 Walking Club (L) 2:00 Family Day Luncheon 3:00 Cards (AR) 6:00 Movies (T)</p>
<p>11 9:00 Catholic Mass (T) 9:30 Exercise (G) 10:00 Daily Chronicles (G) 10:30 Choir Club (T) 1:30 Nondenominational Service (T) 2:30 Bingo (AR) 6:00 Movie (T)</p>	<p>12 9:30 Exercise (G) 10:00 Daily Chronicles (G) 10:15 Teatime (C) 1:00 Walking Club (L) 1:30 Jewelry Day (AR) 3:30 Game Hour (AR) 6:00 Movie (T)</p>	<p>Mardi Gras 13 9:30 Exercise w/ Thomas (G) 10:00 Communion (PDR) 10:00 Music w/ Tim Hern (MC) 10:30 Andie's Kitchen (AR) 2:00 Trivia and Treats (AR) 3:30 Yarn Club (L) 3:30 Skip-Bo (AR) 6:00 Movie (T)</p>	<p>Valentine's Day Party - Greg James 14 9:15 Mindful Meditation (MR) 9:30 Chair Yoga w/ Andie (G) 10:00 Daily Chronicles (C) 10:30 Tech Class (C) 1:00 Bingo (AR) 2:00 Valentine's Day Party (C) 3:30 Game Hour (AR) 6:00 Movie (T)</p>	<p>15 9:30 Exercise w/ Thomas (G) 9:45 Shopping Outing 10:00 Daily Chronicles (G) 10:15 Wii Games (AR) 1:30 Cutthroat Kitchen (AR) 3:00 Social Hour (C) 6:00 Cards (AR)</p>	<p>16 9:30 Exercise (G) 10:00 Daily Chronicles (C) 10:30 Cranium Crunches (AR) 1:45 Q-Tip Dandelion Painting (AR) 2:00 Tai Chi w/ Jack (MC) 3:00 Poker (C) 6:00 Movies</p>	<p>17 9:30 Exercise (G) 10:00 Daily Chronicles (C) 10:30 Morning Drive w/ MC 1:00 Walking Club (L) 1:30 Bingo (AR) 3:00 Cards (AR) 6:00 Movies (T)</p>
<p>18 9:00 Catholic Mass (T) 9:30 Exercise (G) 10:00 Daily Chronicles (G) 10:30 Choir Club (T) 1:30 Nondenominational Service (T) 2:30 Bingo (AR) 6:00 Movie (T)</p>	<p>Presidents Day 19 9:30 Exercise (G) 10:00 Daily Chronicles (G) 10:15 Teatime (C) 1:00 Walking Club (L) 1:30 Recycled Flower Craft 3:30 Game Hour (AR) 6:00 Movie (T)</p>	<p>20 9:30 Exercise w/ Thomas (G) 10:00 Communion (PDR) 10:00 Daily Chronicles 1:30 Jeopardy (AR) 2:30 Scrabble (AR) 3:00 Yarn Club (L) 6:00 Movie (T)</p>	<p>21 9:15 Mindful Meditation (MR) 9:30 Chair Yoga w/ Andie (G) 10:00 Daily Chronicles (G) 10:30 Tech Class (C) 1:30 Rendezvous w/ Atlas (C) 3:00 Choir Club (T) 6:00 Movie (T)</p>	<p>Happy Hour W/ Ellen Davis 22 9:30 Exercise w/ Thomas (G) 9:45 Shopping Outing 10:00 Daily Chronicles (G) 10:15 Wii Games (AR) 1:30 Jewelry Making (AR) 3:00 Happy Hour (C) 6:00 Cards (AR)</p>	<p>23 9:30 Exercise (G) 10:00 Daily Chronicles (C) 10:30 Cranium Crunches (AR) 1:45 Pipe Cleaner Flowers (AR) 2:00 Tai Chi w/ Jack (MC) 3:00 Poker (C) 6:00 Movies</p>	<p>24 9:30 Exercise (G) 10:00 Daily Chronicles (C) 10:30 Morning Drive w/ MC 1:00 Walking Club (L) 1:30 Bingo (AR) 3:00 Cards (AR) 6:00 Movies (T)</p>
<p>25 9:00 Catholic Mass (T) 9:30 Exercise (G) 10:00 Daily Chronicles (G) 10:30 Choir Club (T) 1:30 Nondenominational Service (T) 2:30 Bingo (AR) 6:00 Movie (T)</p>	<p>26 9:30 Exercise (G) 10:00 Daily Chronicles (G) 10:15 Teatime (C) 1:00 Walking Club (L) 1:30 Terrarium Earrings (AR) 3:30 Game Hour (AR) 6:00 Movie (T)</p>	<p>27 9:30 Exercise w/ Thomas (G) 10:00 Communion (PDR) 10:00 Music w/ Tim Hern (MC) 10:30 Andie's Kitchen (AR) 2:00 Trivia and Treats (AR) 3:30 Yarn Club (L) 3:30 Skip-Bo (AR) 6:00 Movie (T)</p>	<p>28 9:15 Mindful Meditation (MR) 9:30 Chair Yoga w/ Andie (G) 10:00 Daily Chronicles (G) 10:30 Tech Class (C) 1:30 Cooking Club (AR) 3:00 Choir Club (T) 6:00 Movie (T)</p>	<p>Happy Hour W/ Rip James 29 9:30 Exercise w/ Thomas (G) 9:45 Shopping Outing 10:00 Daily Chronicles (G) 10:15 Wii Games (AR) 1:30 Paint Practice (AR) 3:00 Happy Hour (C) 6:00 Cards (AR)</p>		

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	Happy Birthday! Carla C. 02/01 Marietta R. 02/03 Leonard B. 02/06 Betty W. 02/09 Mary G. 02/13 Florence V. 02/15 Colleen O. 02/20			Happy Hour W/ April 1 9:30 Exercise 9:30 Daily Chronicles 10:00 Drum Fit 11:30 Lunch 1:30 Games Time 3:00 Happy Hour 4:30 Dinner 6:00 Movie	2 9:30 Exercise 9:30 Daily Chronicles 10:00 Balloon Toss 11:30 Lunch 1:00 Pretty Nails 2:00 Tai Chi w/ Jack 3:00 Hydration Hour 4:30 Dinner 6:00 Movie 'n' Popcorn	3 9:30 Daily Chronicles 10:30 Morning Drive 11:30 Lunch 1:30 Twister Beanbag Toss 2:30 Fruit Punch and Stories 4:30 Dinner 6:00 Movie
4 9:00 Catholic Mass (T) 9:30 Church Service 10:15 Exercise 10:30 Daily Chronicles 11:30 Lunch 1:30 Music Trivia 2:30 Cocoa 'n' Stories 4:30 Dinner 6:00 Movie 'n' Popcorn	5 9:30 Exercise 10:00 Daily Chronicles 10:30 Pool Noodle Tennis 11:30 Lunch 1:00 Walking Club 3:00 Who Am I? 4:30 Dinner 6:00 Movie 'n' Popcorn	6 Salon / Tim Hern 9:30 Drum Fit 10:00 Communion (PDR) 10:00 Music w/ Tim Hern 10:30 Kitchen Time 2:00 EZ Does it Trivia 3:30 Ladder Ball 6:00 Movie (T)	7 9:30 Exercise 10:00 Daily Chronicles 10:30 Match Game 11:30 Lunch 1:30 Hydration Time 2:30 Heart Doily Craft 4:30 Dinner 6:30 Movie	8 Happy Hour W/ Rossi Ross 9:30 Exercise 9:30 Daily Chronicles 10:00 Drum Fit 11:30 Lunch 1:30 Bowling 3:00 Happy Hour 4:30 Dinner 6:00 Movie	9 9:30 Exercise 9:30 Daily Chronicles 10:00 Balloon Toss 11:30 Lunch 1:00 Pretty Nails 2:00 Tai Chi w/ Jack 3:00 Hydration Hour 4:30 Dinner 6:00 Movie 'n' Popcorn	10 Family Day - Lunar New Year 9:30 Daily Chronicles 10:30 Morning Drive 11:30 Lunch 1:30 Cornhole 2:00 Family Day Luncheon 4:30 Dinner 6:00 Movie
11 9:00 Catholic Mass (T) 9:30 Church Service 10:15 Exercise 10:30 Daily Chronicles 11:30 Lunch 1:30 Music Trivia 2:30 Cocoa 'n' Stories 4:30 Dinner 6:00 Movie 'n' Popcorn	12 9:30 Exercise 10:00 Daily Chronicles 10:30 Pool Noodle Tennis 11:30 Lunch 1:00 Walking Club 3:00 Who Am I? 4:30 Dinner 6:00 Movie 'n' Popcorn	13 Mardi Gras 9:30 Drum Fit 10:00 Communion (PDR) 10:00 Garden Club 10:30 Kitchen Time 2:00 EZ Does it Trivia 3:30 Ladder Ball 6:00 Movie (T)	14 Valentine's Day Party W/ Greg James 9:30 Exercise 10:00 Daily Chronicles 10:30 Match Game 11:30 Lunch 1:30 Hydration Time 3:00 Valentine's Party 4:30 Dinner 6:30 Movie	15 9:30 Exercise 9:30 Daily Chronicles 10:00 Drum Fit 11:30 Lunch 1:30 Parachute Fun 3:00 Social Hour (C) 4:30 Dinner 6:00 Movie	16 9:30 Exercise 9:30 Daily Chronicles 10:00 Balloon Toss 11:30 Lunch 1:00 Pretty Nails 2:00 Tai Chi w/ Jack 3:00 Hydration Hour 4:30 Dinner 6:00 Movie 'n' Popcorn	17 9:30 Daily Chronicles 10:30 Morning Drive 11:30 Lunch 1:30 Twister Beanbag Toss 2:30 Fruit Punch and Stories 4:30 Dinner 6:00 Movie
18 9:00 Catholic Mass (T) 9:30 Church Service 10:15 Exercise 10:30 Daily Chronicles 11:30 Lunch 1:30 Music Trivia 2:30 Cocoa 'n' Stories 4:30 Dinner 6:00 Movie 'n' Popcorn	19 Presidents Day 9:30 Exercise 10:00 Daily Chronicles 10:30 Pool Noodle Tennis 11:30 Lunch 1:00 Walking Club 3:00 Who Am I? 4:30 Dinner 6:00 Movie 'n' Popcorn	20 Tim Hern Salon Day 9:30 Drum Fit 10:00 Communion (PDR) 10:00 Music w/ Tim Hern 10:30 Kitchen Time 2:00 EZ Does it Trivia 3:30 Ladder Ball 6:00 Movie (T)	21 9:30 Exercise 10:00 Daily Chronicles 10:30 Match Game 11:30 Lunch 1:30 Hydration Time 2:30 Coffee Filter Flower Craft 4:30 Dinner 6:30 Movie	22 Happy Hour W/ Ellen Davis 9:30 Exercise 9:30 Daily Chronicles 10:00 Drum Fit 11:30 Lunch 1:30 Balloon Bowling 3:00 Happy Hour 4:30 Dinner 6:00 Movie	23 9:30 Exercise 9:30 Daily Chronicles 10:00 Balloon Toss 11:30 Lunch 1:00 Pretty Nails 2:00 Tai Chi w/ Jack 3:00 Hydration Hour 4:30 Dinner 6:00 Movie 'n' Popcorn	24 9:30 Daily Chronicles 10:30 Morning Drive 11:30 Lunch 1:30 Cornhole 2:30 Fruit Punch and Stories 4:30 Dinner 6:00 Movie
25 9:00 Catholic Mass (T) 9:30 Church Service 10:15 Exercise 10:30 Daily Chronicles 11:30 Lunch 1:30 Music Trivia 2:30 Cocoa 'n' Stories 4:30 Dinner 6:00 Movie 'n' Popcorn	26 9:30 Exercise 10:00 Daily Chronicles 10:30 Pool Noodle Tennis 11:30 Lunch 1:00 Walking Club 3:00 Who Am I? 4:30 Dinner 6:00 Movie 'n' Popcorn	27 Salon Day 9:30 Drum Fit 10:00 Communion (PDR) 10:00 Garden Club 10:30 Kitchen Time 2:00 EZ Does it Trivia 3:30 Ladder Ball 6:00 Movie (T)	28 9:30 Exercise 10:00 Daily Chronicles 10:30 Match Game 11:30 Lunch 1:30 Cooking Club (AL) 3:00 Balloon Toss 4:30 Dinner 6:30 Movie	29 Happy Hour W/ Rip James 9:30 Exercise 9:30 Daily Chronicles 10:00 Drum Fit 11:30 Lunch 1:30 Parachute Fun 3:00 Happy Hour 4:30 Dinner 6:00 Movie		



The Grand Slam of Showbiz

Only a handful of people have achieved EGOT status, which is winning all four major entertainment awards—the Emmy, Grammy, Oscar and Tony. View this cast of EGOT winners and the decade in which they earned the honor.

Decade	EGOT Winners
1960s	Richard Rodgers
1970s	Helen Hayes, Rita Moreno
1990s	John Gielgud, Audrey Hepburn, Marvin Hamlisch, Jonathan Tunick
2000s	Mel Brooks, Mike Nichols, Whoopi Goldberg
2010s	Scott Rudin, Robert Lopez, Andrew Lloyd Webber, Tim Rice, John Legend
2020s	Alan Menken, Jennifer Hudson, Viola Davis

"This Month In History"

FEBRUARY

1942: Year-round daylight saving time, called "war time," is signed into U.S. law by President Franklin D. Roosevelt. To save energy, all time zones moved ahead one hour until the end of World War II.

1950: Disney's animated fairy tale feature "Cinderella" delights audiences when it opens in movie theaters.

1960: In a civil rights movement milestone, four Black college students begin a sit-in protest at a lunch counter in Greensboro, N.C., where they had been denied service.

1972: With over 15 million manufactured, the Volkswagen Beetle becomes the world's bestselling car.

1989: A network of 24 GPS satellites is launched into orbit over Earth, revolutionizing navigation and everyday technology.

1998: British singer-songwriter Elton John is knighted by Queen Elizabeth II for his contributions to music and his charity work.

2006: A blizzard buries the Northeast. New York City received a record-setting 26.9 inches of snow.

2020: At the Oscars, the South Korean thriller "Parasite" is named best picture. It was the first foreign-language film to win the top honor.



THE RETREAT

AT ALAMEDA

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Take a Leap

2024 is a leap year, when February has an extra day. Take inspiration from Leap Day on Feb. 29 to "take a leap" and try something new in your life, such as joining a club or taking a class.

Making a Splash

If you watch sports, then you probably know about the famed Gatorade shower, also known as the Gatorade dunk or bath. This tradition of dumping a cooler full of liquid onto the head coach—or star player—began with New York Giants defensive tackle Jim Burt in 1984. After some grueling practices that resulted in a winning game, Burt, linebacker Harry Carson and team dumped the icy drink all over head coach Bill Parcells. This bit of fun has since become a beloved tradition for victorious teams.

Memorable Melody: 'You've Got a Friend'

This beloved folk ballad was written and recorded by Carole King in 1971, but her close friend and collaborator James Taylor was the one who took it to the top of the charts that same year. Though King didn't write the tune specifically for Taylor, she was inspired by a line in his hit song "Fire and Rain"—"I've seen lonely times when I could not find a friend"—and penned a heartfelt response, reassuring the listener that "All you have to do is call, and I'll be there." Both artists earned Grammys for "You've Got a Friend"—song of the year for King and best male pop vocal for Taylor—and it's a signature song for each that they've often performed together.

February 2024



Awaiting the Season's Change

"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch." —Patience Strong

Beloved Rom-Com

The first film to sweep the Oscars, winning all five major categories (best picture, director, actor, actress and screenplay), "It Happened One Night" premiered in February 1934. Celebrate the movie's 90th birthday with a screening of the romantic comedy starring Clark Gable and Claudette Colbert.

Year of the Dragon

Happy Lunar New Year! The Year of the Dragon begins on Feb. 10. Of the 12 animals in the Chinese zodiac, the dragon is the only mythological creature, and it's associated with power, intelligence, confidence and prosperity.

Learn About Leap Year

The special and fleeting 29th day of February is known as Leap Day, occurring about once every four years. A year with this extra day is called a leap year—and 2024 is one of them! Take the leap and learn more about this timely phenomenon.

- Though a calendar year is 365 days, the Earth actually takes 365 days, 5 hours, 48 minutes and 45 seconds to completely orbit the sun. Without Leap Day, every year would be missing six hours, and after 100 years, our calendar would be off by a whopping 24 days.
- Leap years help the seasons stay consistent. Without them, eventually August would be a spring month!
- A leap year doesn't occur every four years. A year ending in "00" must be divisible by 400 or it functions as a normal 365-day year.
- There is a one in 1,461 chance of being born on Leap Day; these babies are known as "leapers" or "leaplings."
- Even with leap years, the Earth's rotation doesn't completely match up with our calendar, so scientists occasionally implement a "leap second" to even out the score. The last one happened in December 2016.



Reach for a Rom-Com

The meet-cute. The love triangle. The star-crossed soul mates. While romantic comedies aren't always realistic, watching them can have some real-life benefits!

Less stress. Often following a formula, a romantic comedy tends to be an "easy watch," which is perfect when you need to unwind. Watching a story with a happy ending releases feel-good chemicals in the brain, and research shows that enjoying a rom-com before bedtime can help with insomnia.

Better relationships. Of course, life isn't as picture-perfect as a movie, but experts say that watching rom-coms can raise levels of empathy, helping you to be more sensitive to others' needs.

Releases emotions. If you've ever craved "a good cry," then you know how cathartic tears—happy or sad—can be. That's because crying relieves the body of stress-inducing cortisol and adrenaline, helping you feel better after you've dried your eyes. Sweet and sentimental storylines can also bring back fond memories, giving you a dose of comforting nostalgia.

Mmm, Mmm, Mardi Gras

Mardi Gras, Fat Tuesday, Carnival—whatever you call this global celebration, food is an integral part of the festivities. Traditional menus vary, but most include a variety of decadent treats.

King cake. Popular in New Orleans, this eye-catching confection is closer to a sweet bread roll than cake. The ring-shaped dough is often filled with flavorful cream cheese or chocolate and glazed in the Mardi Gras colors of gold, green and purple. If you find the tiny plastic baby hidden in your slice, then you're the lucky king or queen for the day—but you have to bring next year's cake!

Pancakes. Several countries, especially in Europe, know the holiday as Pancake Day. Historically, pancakes were an easy way to use up milk, butter and eggs, and the delicious tradition lives on. Typically, these pancakes are closer to crepes than thick, fluffy flapjacks.

Paczki. Another name for Fat Tuesday? Paczki Day! Pronounced "POONCH-key," these Polish doughnuts are filled with custard or jam and dusted with powdered sugar.



Highlighting Black History

The U.S. is home to dozens of museums dedicated to preserving the history and honoring the achievements of African Americans. Celebrate Black History Month with a tour of some top destinations:

National Museum of African American History and Culture. Located on the National Mall in Washington, D.C., this is the largest Black history museum in the country, with several floors of around 40,000 artifacts—many of which you can view online in an extensive database.

National Civil Rights Museum. Experience hands-on history at this dynamic museum in

Memphis, located on the grounds of the Lorraine Motel where Martin Luther King Jr. was assassinated. Visitors can relive moments from the Civil Rights Movement by sitting on a Montgomery bus and at an original lunch counter from the Greensboro sit-ins.

National Underground Railroad Freedom Center. More than 100,000 people escaped slavery via the secretive network of passages and safe houses known as the Underground Railroad. The interactive exhibits at this Cincinnati museum invite visitors to hear powerful stories about Harriet Tubman and other historic figures.



The Pro Bowl Games

A week before the big football face-off, Super Bowl LVIII on Feb. 11, another spectacular sporting event occurs: the Pro Bowl Games.

Dating back to 1939, this event first began as the National Football League All-Star Game, but transformed into the first official "Pro Bowl" in January 1951. Pitting the AFC against the NFC, the games feature players from each conference, chosen from 30 of the 32 league teams

(the two teams playing at the Super Bowl are excluded). Team rosters are filled through votes cast by coaches, players and fans.

Now the "Pro Bowl Games," the event celebrates players' skills with a week full of various contests, including dodgeball, golf, precision passing and a catching competition. Flag football is the highlight, with multiple games leading up to an ultimate showdown between the conferences.

Brothers Eli and Peyton Manning will return this year to coach the teams. The final flag football game and the crowning of the champion will take place Feb. 4 in Orlando, Fla.

Wit & Wisdom

"How sweet the words of truth,
breathed from the lips of love."
—James Beattie

"Once in a young lifetime one
should be allowed to have as
much sweetness as one can
possibly want and hold."
—Judith Olney

"What's in a name? That which
we call a rose by any other name
would smell as sweet."
—William Shakespeare

"The road to greatness is often
sought, but if journeyed with
kindness, it is sweetly paved."
—Tom Althouse

"Connecting our hearts through
love yields a nectar so sweet we
are forever full."
—Amy Leigh Mercree

"But friendship is the breathing
rose, with sweets in every fold."
—Oliver Wendell Holmes

"Oh, how sweet it is to hear
one's own convictions
from another's lips."
—Johann Wolfgang von Goethe

"Be sweet, be good,
and honest always."
—Emma Bunton

"Even when the strings are
broken in our lives, the sweet
music plays on in our hearts."
—Bryant McGill