



The Country Village Newsletter

The Country House - The Commons - The Country Club February 2012

Birthdays and Major February Events

Here you will find all of our major events for the month of February. Using this in conjunction with our weekly calendar will let you know exactly what is going on and when; here at the Country House and Country Commons! Please see Tawnya or Mandy with any questions you may have!

- 2/1 Folk Music with Michael 2:30pm
- 2/5 Super Bowl Sunday Party! 3:00pm
- 2/9 Music w/ Kim & JoJo 3:00pm
- 2/10 Golden Grill 10:00am
- 2/10 Folk Music with Michael 2:30pm
- 2/11 Encore Class 10:00am
- 2/12 Hymns w/ Donna & Dale 2:00pm
- 2/14 Valentine's Day Party! 3:00pm
- 2/15 Folk Music with Michael 2:30pm
- 2/16 Harmonica w/ Archie 2:00pm
- 2/21 Happy Birthday Gary!
- 2/21 Mardi Gras Celebration! 3:00 pm
- 2/23 Music w/ Kim & JoJo 3:00pm
- 2/24 Folk Music with Michael 2:30pm
- 2/26 Hymns w/ Donna & Dale 2:00pm
- 2/26 Oscars "Red Carpet" Party 3:00pm
- 2/28 Almond Blossom Run 2:00pm

Dear Country Village Families and Friends,

Dear Friends,

I love February here in the North State for several reasons. First of all, what woman doesn't love Valentine's Day. My 64 year old brother still sends all 6 of his siblings those silly little cards we use to send when we were in grade school. I know it may sound strange, but it brings out the joyful child in me once more. I love it, and hope he never stops sending them. We can do the same for our elderly family members and friends. Also remember that most elders lament that "no one touches me anymore". Many of our elderly are widows who have few opportunities for meaningful touch. Research has shown that touch has a benefit for the giver and recipient. We have the power in our hands, arms and fingers to give kindness, warmth, tenderness, support, healing, security and a sense of belonging all wrapped up in a hug. So, this Valentine's Day make your gift of love a hug!

I also love February because the almond trees come into full bloom toward the end of the month. It is so breathtaking to overlook an orchard full of bloom with the backdrop of the foothills of the Sierras.

I also love February because my youngest daughter was born in February. So, it's a special month for me. I hope you can find as much joy in it as I do.

Website and Calendars



**Encore Series
For Boomers & Beyond!**

**Free educational classes for
Seniors 50+ at CARD
Second Saturday every Month
10:00am-11:00am**

February 11th
Know Your Public Benefits for all Levels
of Care including Home Care

March 10th
Secrets of the 100 Year Lifestyle

April 14th
An Educational Presentation on
Diabetes and Your Feet

May 12th
Taking the Mystery out of Funeral
Planning

Remember to make it a point to show your love for others and Mother Nature this month! I'm sure Tawnya, Mandy and staff have "lovely" events for us all this month! Come enjoy them with us!

Lyn

Activities News...

Check out our new Blog!

As we continue to leap forward and keep up with life's social media, our latest endeavor towards this feat is our new blogsite countryvillage.wordpress.com

This is another avenue of how you can stay connected with Country Village, learn more about Dementia/Alzheimer's, advice and tips on caring for loved ones, senior moments and more!

As the year progresses you will notice more information. If you have any questions or suggestions regarding our blog or facebook page, please feel free to call Tawnya at 342-7002.

The Country Village Welcomes...

We would like to take the time to welcome Robert at the Country House. We hope you enjoy your stay here with us as much as we have enjoyed having you here so far!

