



CAMBRIDGE

C · O · U · R · T

Assisted Living and Memory Care Community

711 Matador Ln • Mesquite, TX 75149

p.(972) 285-9800 • f.(972) 285-9134 • www.CambridgeCourtALF.com

Emotional Musings

"If you have only one smile in you, give it to the people you love. Don't be surly at home, then go out in the street and start grinning 'Good morning' at total strangers."
—*Maya Angelou*

American Heart Month Supports Healthier Lives

During February Heart Health Month, **Health Yes** will be here on Feb. 17, from 8:30 a.m. to 5 p.m., for a Heart Disease and Stroke Prevention Event. They will be offering seven different tests at a special discount rate.

Posters and flyers will be provided with detailed information.

Mardi Gras Party, Feb. 16

Mardi Gras, or the last day of Shrovetide, is the final celebration of feasting before the fast of Lent. It takes place for a week between Epiphany and Ash Wednesday, the official start of the Roman Catholic Lenten season. It originated in Rome as a pagan carnival and spring fertility rite. The first American Mardi Gras was celebrated in 1699, 60 miles south of present-day New Orleans. Today, the biggest parades occur in New Orleans, Brazil, France and Germany.

Cheers for Cherries

In honor of George Washington's birthday, Feb. 22, bake a delicious cherry pie—it's National Cherry Month!

February 2010

CAMBRIDGE COURT FAMILY

It's time to celebrate romance and friendship despite the chill that is still in the air. Here's hoping that the groundhog doesn't see his shadow and that winter will be over sooner rather than later. I hope everyone has someone special with whom to spend Valentine's Day, and I want to take this opportunity to say: We LOVE our residents! Thank you for continuing to choose to call our community home. Happy Valentine's Day!

Go Red for Women

February is National Heart Month, and the American Heart Association focuses on women and heart disease. Wear Red Day (the first Friday in February) is designated to increase awareness of cardiovascular diseases that claim the lives of nearly 500,000 women each year.

LEND a HAND to MEND a HEART; FEB. 11, at 6:30 p.m.

Bring an item for "Sharing Life" and Mesquite Social Services.

Please call Fran for further information.

Melani Skybell will perform, and snacks will be provided.



Your Friendly Staff at Cambridge Court

Administrator

Joy Pepper

Community Relations

Fran Toarmina

Resident Care

LaShundra Clark, LVN

Business Office

Jackie Arredondo

Activity Director

Cheryl Sternberg

Dietary Supervisor

Jose Vasques

Maintenance

John Michell

Receptionist

Shannon Howle

COWBOYS!!!

(or Not)

End the football season right! Watch the big game on our big screen. We're hosting a Super Bowl Party in the TV lounge on Super Bowl Sunday. Bring your team spirit and your favorite Super Bowl snack. We'll see you at the coin toss!

Thanks!

—Cheryl

WELCOME, NEW NEIGHBORS

Ann Clifford

Jim and Reggie McLead

Genelle Trammel

Johnny Wood

Marilyn Hardsity


John Briggs


Floyce Gandy

Lola Sanders

Alma Craft

Bill Sanders

Sunday	Monday	Tuesday
	1	2
		GROUNDHOG DAY 10:00 Exercise 11:30 Reading with Cheryl 2:30 Bingo 4:30 Music
7	8	9
	10:00 EXERCISE 11:00 READING with Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	10:00 Exercise 11:30 Reading with Cheryl 1:30 Resident Council 2:30 Bingo 4:30 Music
14	15	16
VALENTINE'S DAY 12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	Presidents' Day 10:00 EXERCISE 11:00 READING with Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	MARDI GRAS PARTY 10:00 Exercise 11:30 Reading with Cheryl 2:30 Bingo 4:00 Mardi Gras Party with Rob Holbert on Saxophone
21	22	23
12:30 "PLUS" Video 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS	CHERRY PIE DAY 10:00 EXERCISE 11:00 READING with Cheryl 11:30 Music 2:00 WALMART 6:00 Residents' Music Selections	10:00 Exercise 11:30 Reading with Cheryl 2:30 Bingo 4:30 Music
28		
12:30 "PLUS" VIDEO 1:30 Bingo 3:00 Lakepointe Bible Study FAMILY VISITS		

Wednesday	Thursday	Friday	Saturday
<p align="right">3</p> <p>Wii Game 11:00-4:00</p> <p>10:00 Exercise 11:00 Reading with Cheryl 1:00-4:00 Errand Day 3:00 Joy's Game 6:00 Residents' Music Selections</p>	<p align="right">4</p> <p>10:00 Exercise 11:00 Reading with Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour</p>	<p align="right">5</p> <p>WEAR RED HEART ASSOCIATION FOR WOMEN</p> <p>10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender</p>	<p align="right">6</p> <p>1:00 Era Music 2:30 Ice Cream Social 3:00 Movie</p> <p align="center">FAMILY VISITS</p>
<p align="right">10</p> <p>Wii Game 11:00- 4:00</p> <p>10:00 Exercise 11:00 Reading with Cheryl 1:00-4:00 Errand Day 3:00 Joy's Game 6:00 Resident's Music Selections</p>	<p align="right">11</p> <p>LEND A HAND TO MEND A HEART</p> <p>10:00 Exercise 11:00 Reading with Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour 6:30 Lend a Hand to Mend a Heart Party with Melani Skybel</p>	<p align="right">12</p> <p>10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender</p>	<p align="right">13</p> <p>CHINESE NEW YEAR YEAR OF THE TIGER</p> <p>1:00 Era Music 2:30 Ice Cream Social 3:00 Movie</p> <p align="center">FAMILY VISITS</p>
<p align="right">17</p> <p>"HEALTH YES" FAIR 8:30-5:00 Wii Game 11:00-4:00</p> <p>10:00 Exercise 11:00 Reading with Cheryl 2:00 February Birthday Party with Lee Wolfgang 6:00 Residents' Music Selections</p>	<p align="right">18</p> <p>10:00 Exercise 11:00 Reading with Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour</p>	<p align="right">19</p> <p>WOMEN OF EXCELLENCE</p> <p>10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender 5:30 "Women of Excellence"</p>	<p align="right">20</p> <p>1:00 Era Music 2:30 Ice Cream Social 3:00 Movie</p> <p align="center">FAMILY VISITS</p>
<p align="right">24</p> <p>Wii Game 11:00-4:00</p> <p>10:00 Exercise 11:00 Reading with Cheryl 1:00-4:00 Errand Day 3:00 Joy's Game 6:00 Residents' Music Selections</p>	<p align="right">25</p> <p>10:00 Exercise 11:00 Reading with Cheryl 1:30 MISD Bingo 3:00 Manicures 4:00 Music Hour</p>	<p align="right">26</p> <p>10:00 Exercise 11:00 Reading with Cheryl 11:30 Music 2:00 Table Games 4:30 Weekender</p>	<p align="right">27</p> <p>1:00 Era Music 2:30 Ice Cream Social 3:00 Movie</p> <p align="center">FAMILY VISITS</p>
		<p align="center">  </p>	

February 2010

Be My Valentine Word Search February

Arrow	Heart
Candy	Hug
Card	Kiss
Cupid	Love
February	Red
Flowers	Roses
Friends	Sweet
Groundhog	Valentine

G V A L E N T I N E F D R A C
O F R U O X C O S R E W O L F
H E P J V V V R Q P B A S A R
D E W R D N E R I C R J E F I
N K A N S B B I X R U C S J E
U X D R I N F U O S A P X O N
O R L S T A K W V N R B I K D
R X I L I E T O D E Y G M D S
G U H H T L E Y S A F H C T O
S F C P D I U W S Z K D E M R
G F O B X Y I V S I U T K K P
U K Y Z S B D R K S T J C K K
W W Z K U B L I D U I G O B X
C E Z X P X F H K B U K C A A



I Love You

On one hand, extend your thumb, pointer and pinky fingers up and out, while lowering your middle and ring fingers toward your palm.

Valentine's Day Sign Language