

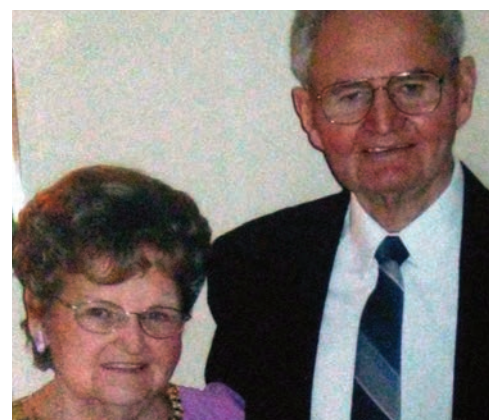
CountrySide Chronicle

MONTHLY NEWS CALENDAR

FEBRUARY 2019

Love Never Ends

*We hold love in our heart, even when we are apart.
We feel love each and every way, at the beginning and end of everyday,
Love is the greatest gift from and to, and we share our love for all of you!*



From the Director's Desk

Happy February! Valentine's Day is right around the corner. Don't forget your loved ones' favorite candy or flowers. If they aren't a candy or flower type, find a special card that puts in print how you feel about them and what they mean to you.

We have lots of activities planned for the month. We are continuing the Teddy Bear drive through the end of March. We have a Valentine's Day Special Chef's Table at 6:30 pm on the 13th. Come and sample some delicious

food – served in a way that is sure to impress. A free blood pressure check clinic will also be held on the 13th from 10 am to 2 pm. We have our usual numerous musical entertainers, and even a magician this month.

This is the month to make sure the ones you love know it. Cards, flowers, and candy are the usual way. If this isn't for you, don't forget a phone call. Most of the time, hearing your voice and catching up will be a perfect gift for this special day. Take advantage



of every opportunity to let the people in your life know what they mean to you. Do that today. Tomorrow is not promised.

Make a difference today.

Charlie



*Congratulations
Pete!*

RESIDENT SPOTLIGHT

Pete Chambers

A member of our community since early in December, Pete is a Navy veteran who likes the food here – a lot. And the people, too.

Speaking of food, he has a system: When it's time to eat, he tries to sit with somebody new at every meal. "That way you get to know more people pretty quick and you get to know the place better too," he said. "It works good for me."

Pete chose CountrySide Lakes on the recommendation of his daughter and son-in-law, who had spent considerable time looking into communities in the area. They wanted to find him the right place – something that fit perfectly – and it appears they succeeded.

"I'm going to get into the exercise programs heavily," Pete said. "I heard they have a good gym and I have met a lot of people, and I think the care here is very good."

From everybody here at CountrySide Lakes, we wish you a hearty welcome, Pete.

Bella's Corner

Follow Bella's photos & videos

@CSL32127

Bella visited the CUDAS Unhooked house in New Smyrna Beach. Now she has a whole new group of friends!

Bella is not just a dog, pet, or companion – she is a symbol of the joy, care, love and friendship that everyone at Shepherd wants to bring to every resident, family member and teammate.

The CUDAS Unhooked program, which helps at-risk youths, offers mentoring, personal development and housing. The program also offers youths use of a three-bedroom, two bath home that Bella visited.

CountrySide Lakes has helped the CUDAS Unhooked program multiple times in recent months. Now Bella is bringing smiles as well.



Teddy bear drive building on last year's success

Who doesn't feel a little better when they see a teddy bear?

Keeping that in mind, community members at CountrySide Lakes collect new stuffed animals to give to emergency responders in the area. Now, when they go to an incident where a child may be afraid – a car accident, domestic violence or an illness, for example – the responders can give them a stuffed animal for comfort. Before our residents and staff started helping, many first responders bought these stuffed animals with their own money.

Last year we collected almost 400.

The goal this year is 1,000!



CULINARY CORNER

Now is the time to join us for chefs table. The menu is a great example of the “LOVE” for food. February 13 at 6:30 p.m., sign up at the front desk before February 8th. Couples are buy one, get one 50% off!

- ♥ Bloody Mary Shrimp Cocktail
- ♥ Fried Green Tomato
- ♥ Bacon-wrapped Tenderloin
- ♥ Brown Butter Ice Cream

Let your taste buds experience the love!



A Boy Scout to the Rescue

Looking to earn a service badge, a young Boy Scout named Matthew volunteered to do some cleanup work around CountrySide Lakes – and he was a tremendous help. By the time he was finished, he was well on his way to being awarded his service badge.

What could be better? When young men like this learn valuable lessons, they’re learning to become great leaders in the future.

So...I hate exercising. What now?

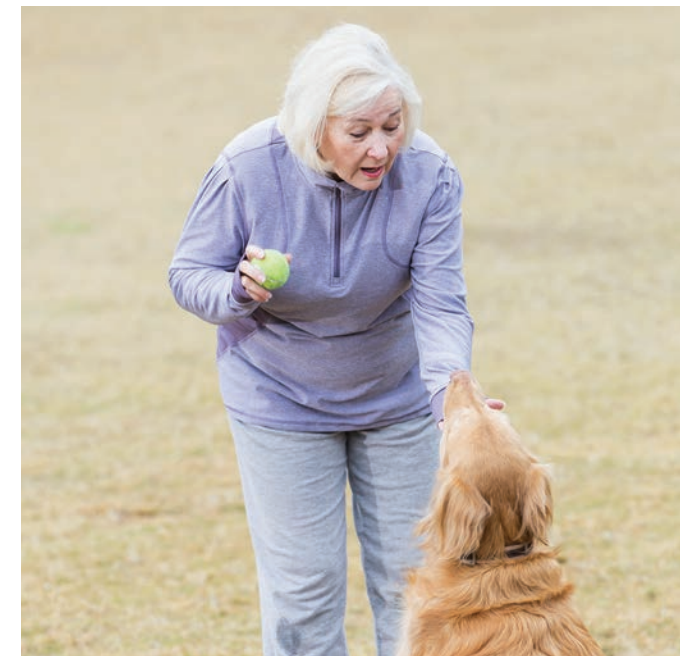
When somebody talks about how good it feels when they work out, many of us want to roll our eyes and say, “Yeah right.”

If that’s you, remember that they may be talking about the satisfaction they feel when they’re finished their workout. How they feel during may be another story. But there is another reason they may enjoy their workout: They found what’s right for them.

Keep these tips in mind:

- Experiment with activities that you enjoy: Dancing, gardening, shadow boxing, walking, light jogs, biking, yoga, walking laps at the mall, pickleball, tennis – there are tons of options. Shop around. You never know which will resonate until you try.
- Make it a habit, a routine, a ritual. Pretty soon you won’t feel ‘right’ unless you’ve done your daily workout. Eventually you won’t even have to talk yourself into it. It’s almost automatic.
- Start lightly. Going hard the first time and then feeling sore won’t help motivate you the next morning. Think about activities that you enjoy and how you can incorporate them into an exercise routine.
- Listen to music or an audiobook while you exercise.
- Watch a favorite movie or TV show while on the treadmill.
- Instead of sitting for lunch with a friend, talk while you’re walking.
- Walk the golf course instead of using a cart.
- Walk a dog or play fetch.
- Exercise in a class. For many people, it seems to be much easier and more motivating to exercise with others, rather than by themselves.
- Find an exercise friend so you can motivate each other.
- Remember all the good things exercise can do. You could lose weight, get more energy, sleep better and improve your overall physical and mental health. Psychology Today reported that after a three-month program of regular exercise, a group of depressed patients were happier a year later—but volunteers who exercised lightly rather than moderately did better.

As the folks at Nike like to say, “Just do it.”



February 1-14, 2019

Activities are shown in red.
Wellness classes are in blue.

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
8:30 Shopping, Bank, Pharmacy Trips Concierge Desk	9:00 am Billiards Billiards Room	9:00 am Coffee & Conversation Lobby	8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk	8:30 am Grocery Orders Atrium	9:00 am Shopping, Bank, Pharmacy Trips Concierge Desk	8:30 am Grocery Orders Atrium	8:30 am Walmart Concierge Desk	9:00 am Billiards Billiards Room	9:00 am Coffee & Conversation Lobby	8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk	8:30 am Grocery Orders Atrium	9:00 am Shopping, Bank, Pharmacy Trips Concierge Desk	HAPPY VALENTINES DAY 8:30 am Grocery Orders Atrium
9:30am Miles of Smiles with Stephanie Atrium	9:30 am Fitness Fun with JOJO Exercise Area	10:00 am Our Lady of Hope Group Liturgy Activity Area	9:30 am Cards to Friends Atrium	9:00 am Personal & Doctor Trips Concierge Desk	9:30 am ARC Health & Wellness Seminar Atrium	9:00 am Personal Trips Concierge Desk	9:30 am Miles of Smiles with Stephanie Atrium	9:30 am Fitness Fun with JOJO Exercise Area	10:00 am Humor Me Atrium	9:30 am Fitness Fun with JOJO Exercise Area	9:30 am Personal & Doctor Trips Concierge Desk	9:30 am Arts & Crafts Atrium	9:00 am Personal and Doctor trips Concierge Desk
10:00 am Visits with Bella Door-to-Door	10:00 am Church of Epiphany Activity Area	10:30 am Countryside Church Exercise Area	9:30 am Fitness Fun with JOJO Exercise Area	9:30 am Aerobics Exercise Area	10:00 am Visits with Bella Door-to-Door	10:00 am Ten Cent Blackjack Atrium	10:00 am Ten Cent Blackjack Atrium	10:00 am Church of Epiphany Activity Area	10:30 am Countrywide Church Exercise Area	10:00 am LRC \$WIN\$ Atrium	9:30 am Stretch & Stability Exercise Area	10:00 am Our Lady of Hope Mass & Anointing Activity Area	9:00 am Aerobics Exercise Area
10:30 am Ten Cent Blackjack Atrium	10:00 am Rational Cats Music Lobby	1:00 pm Music with Dino Lobby	10:00 LRC \$WIN\$ Atrium	10:00 am Stretch & Stability Exercise Area	10:30 am Puzzles Billiards Room	9:30 am Invincible Intervals Exercise Area	11:00 am Visits with Bella Door-to-Door	10:00 am Words in Words Atrium	10:30 am Countrywide Church Exercise Area	11:00 am Visits with Bella Door-to-Door	9:30 am Stretch & Stability Exercise Area	10:30 am Visits with Bella Door-to-Door	9:30 am Billiards Billiards Room
11:00 am Circuit Training Exercise Area	1:00 pm Music with Jeff Evans Lobby	2:00 pm PREGAME SUPERBOWL PARTY Atrium	11:00 am Visits with Bella Door-to-Door	10:00 am Computer Class Activity Area	10:45 am Dancing in your Seats Lobby	9:30 am Trivia and Crossword Atrium	11:00 am Circuit Training Exercise Area	1:30 pm Bingo Dining Room	1:00 pm Music with Dan & Kary Lobby	11:00 am Circuit Training Exercise Area	10:00 am Darts Billiards Room	10:30 am Puzzles Billiards Room	9:30 am Invincible Intervals Exercise Area
1:00 pm Music with Chuck Atrium	1:30 pm Sports Billiards Room	3:00 pm Jason Lee on the Piano Lobby	11:00 am Circuit Training Exercise Area	10:00 am Visits with Bella Door-to-Door	11:00 am Lunch Bunch Concierge Desk	1:00 pm Visits with Bella Door-to-Door	1:00 pm Computer Class Atrium	2:00 pm Blue Velvet Lobby	3:00 pm Happy Hour Atrium	1:00 pm Shopping: Dollar Tree Concierge Desk	10:00 am Crossword Atrium	10:45 am Dancing in your Seats Lobby	10:00 am Puzzles Billiards Room
Bus Ride Concierge Desk	3:00 pm Bingo Dining Room	Happy Hour Atrium	1:00 pm Music with James Wise Lobby	1:00 pm Darts Billiards Room	11:00 am Circuit Training Exercise Area	1:00 pm Computer Class Atrium	Bus Ride Concierge Desk	3:00 pm Happy Hour & Trivia Atrium	6:30 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	10:00 am Crossword Atrium	10:00 am Kids City VPK Kids Visit Lobby	10:00 am Kids City VPK Kids Visit Lobby
Visits with Bella Atrium	Happy Hour & Trivia Atrium	Happy Hour Atrium	Visits with Bella Atrium	1:00 pm Music with Mickey Lobby	1:00 pm Circuit Training Exercise Area	Book Club Library	Stretch Exercise Area	Visits with Bella Atrium	6:30 pm Movie and Popcorn Atrium	Visits with Bella Atrium	1:30 pm Bingo Dining Room	11:00 am Lunch Bunch Concierge Desk	11:00 am Circuit Training Exercise Area
2:00 pm Words in Words Atrium	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie and Popcorn Atrium	Walmart Concierge	1:00 pm Walks with Bella Backyard	1:00 pm Circuit Training Exercise Area	Hand and Foot Activity Area	Visits with Bella Atrium	1:40 pm Dancing in your Seats Exercise Area	6:30 pm Movie & Popcorn Activity Area	1:30 pm Bingo Dining Room	1:00 pm Music with Sam Collins Lobby	11:00 am Circuit Training Exercise Area	1:00 pm Todd Bogue Comedy & Magic Lobby
3:00 pm Happy Hour Wine, Appetizers, & Games Atrium	Puzzles Billiards Room	Puzzles Billiards Room	2:00 pm Dancing in your Seats Exercise Area	1:00 pm Hand and Foot Activity Area	1:00 pm Circuit Training Exercise Area	Hand and Foot Activity Area	1:40 pm Dancing in your Seats Exercise Area	2:00 pm Bingo Dining Room	6:30 pm Movie & Popcorn Activity Area	2:00 pm Bridge Activity Area	1:00 pm Walks with Bella Backyard	1:00 pm Words in Words Atrium	1:00 pm Todd Bogue Comedy & Magic Lobby
Outdoor Activity with Bella Backyard	Free Shoes? Learn how in the Atrium	Free Shoes? Learn how in the Atrium	Outdoor Activity with Bella Backyard	2:00 pm MOVIES @ Pavilion \$6.50 Atrium	2:00 pm Circuit Training Exercise Area	Hand and Foot Activity Area	2:30 pm Music with Judy Locke Lobby	2:30 pm Music with Judy Locke Lobby	6:30 pm Movie & Popcorn Activity Area	2:00 pm Dancing in your Seats Exercise Area	2:00 pm Hand and Foot Activity Area	2:00 pm Visits with Bella Atrium	2:30 pm Hand and Foot Activity Area
Darts Billiards Room	Outdoor Activity with Bella Backyard	Outdoor Activity with Bella Backyard	2:30 pm Bingo Dining Room	2:00 pm MOVIES @ Pavilion \$6.50 Atrium	2:00 pm Circuit Training Exercise Area	Hand and Foot Activity Area	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	6:30 pm Movie & Popcorn Activity Area	3:00 pm Outdoor Activity with Bella Backyard	2:00 pm Dice Dotter Atrium	2:00 pm Functional Flex Exercise Area	2:30 pm Bingo Dining Room
6:30 pm Movie & Popcorn Activity Area	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:30 pm Spanish Class Dining Room	Hand and Foot Activity Area	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	6:30 pm Movie & Popcorn Activity Area	3:00 pm Happy Hour Atrium	3:00 pm Computer Class & Happy Hour Atrium	2:30 pm Spanish Class Activity Area	3:00 pm Happy Hour Atrium
	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour & Trivia Atrium	Hand and Foot Activity Area	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	6:30 pm Movie & Popcorn Activity Area	6:00 pm Port Orange Pharmacy Seminar Atrium	3:00 pm Visits with Bella Atrium	3:00 pm Volusia Medical Supply Atrium	3:00 pm Happy Hour Atrium
	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Activity Area	Hand and Foot Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Atrium	6:30 pm Connect Hearing Activity Area	6:30 pm Happy Hour Atrium	4:00-5:30 pm Valentines Day & Dinner Music with Tennyson Dining Room
	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Activity Area	Hand and Foot Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Atrium	6:30 pm Shannon and JJ Lobby	6:30 pm Outdoor Activity with Bella Backyard	6:30 pm Movie & Popcorn Atrium

February 15–28, 2019

Activities are shown in red.
Wellness classes are in blue.

15	16	17	18	19	20	21	22	23	24	25	26	27	28
Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
9:30 am Miles of Smiles with Stephanie Atrium	9:00 am Billiards Billiards Room	9:00 am Coffee & Conversation Lobby	8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk	8:30 am Grocery Orders Atrium	9:00 am Personal & Doctor Trips Concierge Desk	8:30 am Grocery Orders Atrium	9:30 am Miles of Smiles with Stephanie Atrium	9:00 am Billiards Billiards Room	9:00 am Coffee & Conversation Lobby	8:30 am Shopping, Bank, Pharmacy Trips Concierge Desk	8:30 am Grocery Orders Atrium	9:00 am Personal & Doctor Trips Concierge Desk	8:30 am Grocery Orders Atrium
10:00 am Visits with Bella Door-to-Door	9:30 am Fitness Fun with JOJO Exercise Area	10:00 am Our Lady of Hope Group Liturgy Activity Area	9:30 am Fitness Fun with JOJO Exercise Area	9:00 am Personal and Doctor trips Concierge Desk	Resident Council Meeting Atrium	9:00 am Personal and Doctor trips Atrium	10:00 am Visits with Bella Door-to-Door	9:30 am Fitness Fun with JOJO Exercise Area	10:00 am Our Lady of Hope Group Liturgy Activity Area	9:30 am Fitness Fun with JOJO Exercise Area	9:00 am Personal & Doctor Trips Concierge Desk	9:30 am Darts Billiards Room	9:00 am Personal and Doctor trips Atrium
11:00 am Circuit Training Exercise Area	Church of Epiphany Activity Area	10:30 am Countryside Church Exercise Area	10:00 am Visits with Bella Door-to-Door	9:30 am Aerobics Exercise Area	9:30 am Darts Billiards Room	9:30 am Billiards Billiards Room	11:00 am Circuit Training Exercise Area	10:30 Crossword Atrium	Sunday Brunch Dining Room	10:00 am Visits with Bella Door-to-Door	9:30 am Aerobics Exercise Area	10:00 am Visits with Bella Door-to-Door	9:30 am Personal and Doctor trips Atrium
1:00 pm Bus Ride Concierge Desk	10:00 am Dominoes / UNO Atrium	1:00 pm Music with Town Square Lobby	LRC \$WIN\$ Atrium	10:00 am Stretch & Stability Exercise Area	10:00 am Visits with Bella Door-to-Door	9:30 am Bingo Dining Room	1:00 pm Ten Cent Blackjack Atrium	Church of Epiphany Activity Area	10:30 am Countryside Church Exercise Area	10:30 Crossword Atrium	9:30 am Stretch & Stability Exercise Area	10:45 am Dancing in your Seats Lobby	9:30 am Bingo Dining Room
Stretch Exercise Area	Puzzles Billiards Room	2:00 pm Dominoes Atrium	11:00 am Circuit Training Exercise Area	10:00 am Visits with Bella Door-to-Door	10:45 am Dancing in your Seats Lobby	Invincible Intervals Exercise Area	Bus Ride Concierge Desk	Puzzles Billiards Room	1:00 pm Movies @ Pavilion \$6.50 Concierge	11:00 am Circuit Training Exercise Area	Dominoes Atrium	Lunch Bunch Concierge Desk	Puzzles Billiards Room
Visits with Bella Atrium	2:00 pm Humor Me Atrium	2:00 pm Dominoes Atrium	1:00 pm Music with Bobby Meeks Lobby	Darts Billiards Room	Lunch Bunch Concierge Desk	Puzzles Billiards Room	Stretch Exercise Area	Invincible Intervals Exercise Area	2:30 pm Dominoes Atrium	1:00 pm Music with Tennyson Lobby	Visits with Bella Door-to-Door	1:00 pm JJ on the Piano Lobby	Invincible Intervals Exercise Area
1:40 pm Dancing in your Seats Exercise Area	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	2:00 pm Shopping: Walmart Concierge Desk	Wii Bowling Activity Area	1:00 pm Words in Words Lobby	10:00 am Visits with Bella Door-to-Door	Visits with Bella Atrium	1:40 pm Dancing in your Seats Exercise Area	2:00 pm Happy Hour Atrium	1:00 pm Music with John H Atrium	10:00 am WII Bowling Activity Area	Walks with Bella Backyard	10:00 am Visits with Bella Door-to-Door
2:00 pm Ten Cent BLACKJACK Atrium	Music with Sweet Melissa Atrium	6:30 pm Movie and Popcorn Atrium	Visits with Bella Atrium	1:00 pm Music with Mickey Lobby	1:00 pm Walks with Bella Backyard	1:00 pm Hand and Foot Activity Area	Visits with Bella Atrium	2:30 pm Dancing in your Seats Exercise Area	3:00 pm Happy Hour Atrium	Sports Billiards Room	10:00 am WII Bowling Activity Area	Hand and Foot Activity Area	1:00 pm Book Club Library
3:00 pm Happy Hour Wine & Appetizers Atrium	6:30 pm Bingo Dining Room	Movie & Popcorn Activity Area	2:00 pm Bingo Dining Room	Walks with Bella Backyard	Hand and Foot Activity Area	2:00 pm Visits with Bella Door-to-Door	2:30 pm Music with Judy Locke Lobby	3:00 pm Happy Hour Atrium	6:30 pm Music with Jiller Lobby	1:30 pm Bingo Dining Room	1:00 pm Music with Sam Collins Lobby	2:00 pm Walks with Bella Backyard	2:00 pm Book Club Library
Outdoor Activity with Bella Backyard	Movie & Popcorn Activity Area	Puzzles Billiards Room	Bridge Activity Area	Hand and Foot Activity Area	2:00 pm Functional Flex Exercise Area	2:00 pm Computer Class Atrium	3:00 pm Happy Hour Atrium	Happy Hour Wine & Appetizers Atrium	Movie & Popcorn Atrium	3:00 pm Happy Hour & Trivia Atrium	2:00 pm Bingo Dining Room	Hand and Foot Activity Area	2:00 pm Jazz with Jonathan Lobby
Darts Billiards Room	Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium	Dancing in your Seats Exercise Area	2:00 pm Crossword Atrium	3:00 pm Spanish Class Activity Area	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	Outdoor Activity with Bella Backyard	Movie & Popcorn Atrium	6:30 pm Movie & Popcorn Atrium	2:00 pm Bingo Dining Room	Hand and Foot Activity Area	2:00 pm Jazz with Jonathan Lobby
6:30 pm Movie & Popcorn Activity Area	3:00 pm Happy Hour Atrium	6:30 pm Movie and Popcorn Activity Area	Outdoor Activity with Bella Backyard	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	Darts Billiards Room	Movie & Popcorn Atrium	6:30 pm Music with Jiller Lobby	3:00 pm Bingo Dining Room	Hand and Foot Activity Area	2:00 pm Jazz with Jonathan Lobby
	6:30 pm Movie & Popcorn Activity Area		3:00 pm Happy Hour Atrium	Visits with Bella Lobby	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	3:00 pm Happy Hour Atrium	Outdoor Activity with Bella Backyard	Movie & Popcorn Atrium	Movie & Popcorn Atrium	3:00 pm Bingo Dining Room	Hand and Foot Activity Area	2:00 pm Jazz with Jonathan Lobby
			6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	Visits with Bella Lobby	Visits with Bella Lobby	Visits with Bella Lobby	Darts Billiards Room	Movie & Popcorn Atrium	6:30 pm Music with Jiller Lobby	3:00 pm Bingo Dining Room	Hand and Foot Activity Area	2:00 pm Jazz with Jonathan Lobby
				6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	6:30 pm George Gall Lobby	6:30 pm Toni H Music Lobby	6:30 pm Movie & Popcorn Activity Area	6:30 pm Music with Jiller Lobby	6:30 pm Movie & Popcorn Activity Area	6:30 pm Movie & Popcorn Activity Area	Hand and Foot Activity Area	2:00 pm Jazz with Jonathan Lobby
												6:30 pm Movie & Popcorn Activity Area	3:00 pm Happy Hour Atrium
													Walks with Bella Backyard
													6:30 pm Movie & Popcorn Activity Area

FEBRUARY CSL BIRTHDAYS

RESIDENTS	STAFF
February 6 Dorothy Mendes	February 3 Amber Boyce Nursing
February 7 Patricia Kurey	February 8 Magdalene Boyd Nursing
February 16 Donna Phillips	February 23 Destinie Lungahi Culinary
February 17 Lillian Martin	February 27 John Borca Culinary
February 22 Virginia Glover	
February 26 Chester Anderson	

Miles of Smiles *Gets Exotic*

In January, Miles of Smiles with Stephanie traveled to Sweden, the Congo, as well as the Eastern and Western regions of Canada.

If you love traveling, there's no need to pack. Just join us for our next adventure / travel discussion and enjoy.

February will take us to new parts of Africa and South America, and there will also be a very special trip to Egypt.

Don't miss out on this chance to join with your friends and find more joy in your day.



Interesting Events in FEBRUARY

- ❖ February 3, 1943 - An extraordinary act of heroism occurred in the icy waters off Greenland after the U.S. Army transport ship Dorchester was hit by a German torpedo and began to sink rapidly. When it became apparent there were not enough life jackets, four U.S. Army chaplains on board removed theirs, handed them to frightened young soldiers, and chose to go down with the ship while praying.
- ❖ February 4, 1861 - Apache Chief Cochise was arrested in Arizona by the U.S. Army for raiding a ranch. Cochise then escaped and declared war, beginning the period known as the Apache Wars, which lasted 25 years.
- ❖ February 8, 1910 - The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.
- ❖ February 11, 1990 - In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections.
- ❖ February 17, 1865 - During the American Civil War, Fort Sumter in South Carolina was returned to the Union after nearly a year and a half under Confederate control. The fort had been the scene of the first shots of the war.

Celebrate A Healthy Heart

February is National Heart Month
Enjoy some hot chocolate & a carnation

Come in for a complimentary blood pressure check by: Family Practice on the Go

Wednesday, February 13th | 10 am - 2 pm

Amber Boyce

Congratulations, Amber!
We're lucky to have you.

Amber is one of a kind. She has been with CountrySide Lakes since November, 2014 and works in the nursing department while also helping out with Physical Therapy.



This is proof that when it comes to Amber, you can never give too much. She is an asset in both departments as she brings a high level of care, compassion and knowledge that enhances our residents physically and emotionally. Amber always has a smile for everyone and we know that we can depend on her to go the extra mile – which always comes in handy when it comes to the health and wellbeing of our residents.

Thank you, Amber for all you do!

**CountrySide Lakes**
A Shepherd Senior Living Community

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