

FEBRUARY 2025

“A dream is only a dream... until you decide to make it real.”
— Harry Styles

February is National:

- * Heart
- * Hot Breakfast
- * Cherry
- * Children’s Dental Health
- * Bird Feeding
- * Bake For Family Fun
- * Great American Pies
- * Self-Check
- * Creative Romance
- * Canned Food

Month

Just to name a few!

Symbols of February:

Birthstone: Amethyst

Flower: Violet & Primrose

Zodiac Signs: Aquarius & Pisces



**Celebrate February:
A Month of Love, Laughter, and
Community**

As winter continues to settle in, February brings a special kind of warmth to Oak Meadows Senior Living. This month is not just about the chill in the air, but about the warmth we share in our hearts. Whether it's celebrating the joy of friendship, spreading love, or staying active, February offers a wonderful opportunity to embrace what makes our community so special.

At Oak Meadows, we believe in celebrating all forms of love, from romantic partnerships to the love we share with our neighbors and friends. We're excited to offer a variety of heartwarming activities throughout the month, including Valentine's Day parties, card-making crafts, and sweet treats to brighten everyone's day.

Staying active during the winter months can be a challenge, but our residents are rising to the occasion with fitness classes and activities that keep both mind and body engaged. Physical activity is proven to boost mood, improve sleep, and enhance overall well-being, so we encourage everyone to take part!

February is also Heart Health Month, and Oak Meadows is hosting an informative seminar with Odom, a new rehab and physical therapy partner, to discussions how to keep your heart healthy as you age. Our expert speakers will cover topics like nutrition, exercise, balance, and managing stress to promote a heart-healthy lifestyle. With Valentine's Day in the mix, it's the perfect reminder to show your heart some extra love.

As we wrap up the month, we're already planning exciting events for March. The warmth of spring will be here before we know it, but for now, let's make the most of the cozy moments February has to offer.

At Oak Meadows Senior Living, we're grateful for the love, support, and camaraderie of our incredible residents and staff. Let's keep making memories together, one heartwarming moment at a time.

The Optimist Creed

Promise Yourself

To be SO STRONG that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the GREATER ACHIEVEMENTS of the future.

To wear a cheerful countenance AT ALL TIMES and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have NO TIME to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

Happy February Birthday!



Tenant Birthdays

Jean B...2/7

Kay T...2/8

Sylvia C...2/12

Joan N...2/23

Dianne O...2/27



*Birthday
Lunch will be
served at 11:30
on February
8th in the
dining room!*

Staff Birthdays:

Destiny...Resident Assistant 2/8

Sarah...Resident Assistant 2/9

John...Chaplain 2/17

Silvia... Resident Assistant 2/18

Shamora...Resident Assistant
2/27

February Donation Drive for Open Cupboard Food Shelf

Dear Residents and Families,

As we enter the season of giving, Oak Meadows Senior Living is excited to support our local community in a meaningful way. This February, we are partnering with the **Open Cupboard Food Shelf** to help provide essential food and supplies to those in need.

We know that a little goes a long way, and we invite you to join us in making a difference. The **Open Cupboard Food Shelf** serves our neighbors in the community, ensuring that families and individuals have access to nutritious food, no questions asked.

How You Can Help:

- **Food Donations:** Non-perishable food items are most needed, including canned goods, pasta, rice, cereal, and soups.
- **Monetary Donations:** A financial gift can also help the food shelf purchase the items they need most.

Special Needs: Items like toiletries, diapers, and baby food are always in demand.

Drop-off Locations:

- **Oak Meadows Main Lobby:** Donation bins will be available from February 1st through February 28th.

Cash or Check Donations: Please make checks payable to the Open Cupboard Food Shelf. A donation box will also be available in the main lobby.

Together, we can make a real difference in the lives of individuals and families in our local community. Thank you for your generosity and support!

Warm Regards,

The Oak Meadows Senior Living Team



On a Side Note

We are going to implement a new process to communicate our monthly fire drills to residents. Starting in February, our monthly fire drill will be listed on the Monthly Activity Calendar.



Please let us know if you have any questions.

February

Word Search



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

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|------------------------------------|---------------------------------------|
| <input type="checkbox"/> AQUARIUS | <input type="checkbox"/> PENNY |
| <input type="checkbox"/> CHOCOLATE | <input type="checkbox"/> RELATIONSHIP |
| <input type="checkbox"/> FLOWER | <input type="checkbox"/> SPRING |
| <input type="checkbox"/> FRIENDS | <input type="checkbox"/> VALENTINE |
| <input type="checkbox"/> LOVE | <input type="checkbox"/> WINTER |