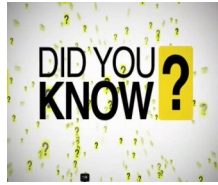




February Roses & Love

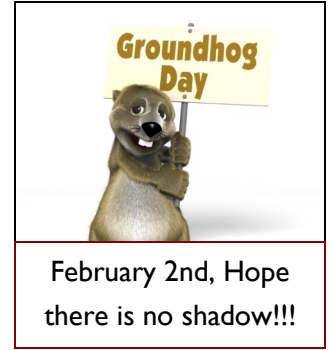


Grapefruit, Good for your nose and your ticker. & with hefty vitamin C content it can reduce cold symptoms.

Reading is more than a passion for Our Resident of the Month Mildred Downen.



Mildred spent 60 yrs working for the Sparta Library. In fact, she lived in the same building that housed the original Sparta Library in the 50's. Born west of Nashville, IL, and settling in Sparta after her marriage. This February will mark her 3rd anniversary of calling the Manor home. Mildred states " They have lots of activities like Bingo, & Ice cream socials, if you want to take part you can, if not, you don't have to". "They take good care of you, there is a nurse here if you need any help." Mildred spends her free time reading & doing embroidery. Most evenings you can find her visiting with other residents in the front lobby.



A Note from the Administrator

Are you ready for some football!! February 2nd come out and enjoy the 48th Super Bowl game with the Denver Broncos and Seattle Seahawks @ 5:30pm on the big screen TV in the multipurpose room. We will provide snacks and drinks.

Rita has added 2 new activities this month. There will be a discussion about the Year 1941 & Bulletin Board Trivia. She has also relocated her office by the dining room on hall 300. She will be sharing an office with Tammy our dietary manager.

Join us on Feb. 14th for a Valentine's Day Party at 2pm. We are excited to announce a

new bluegrass musical group, The Gordons. Make sure you bring your sweet tooth- we will have a variety of desserts: chocolate fountain, cake pops, and fruit platters.

By resident choice we will host a Wine and Cheese Social on the 25th in the dining room. Everyone is welcome to attend. Then on the 26th a nutritionist from the U of I extension will be here for a group discussion.

Happy Valentine's Day!



Shelley Bollman



New Years Fun



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