
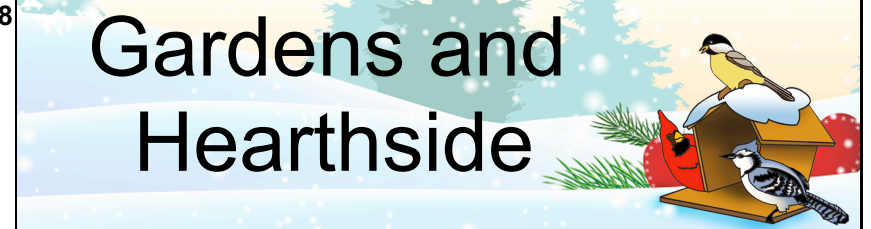


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">February 2018</h1>						
4	5	6	7	8	9	10
Church Transportaion Pick up: 8:45 9:30 10:30 1:30 Scenic Bus Ride *T	~ ~Winter Camp~ ~ 9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2) 1:30 Romance Magic with Magician Brian Ledbetter (Fairfield Fitness Room) 3:00 Bingo (Activity Room 2)	~ ~Winter Camp~ ~ AM Doctor Appointments 9:30 Art History *\$ (FF Meet Room) 9:45 Bible Study (Activity Room 2) 11:00 Morning Stretch (Activity Room 2) 12:30 Hearing Aid Cleaning 1:30 Love Songs and Sing Along with Carol Hendrickson (Juice Bar) 3:00 Whammo (Activity Room 2)	~ ~Winter Camp~ ~ 8:30 Men's Breakfast *T \$ 11:00 Valentine Races (Activity Room 2) 12:30 Museum of Glass *T \$ 1:00 Stretch (Activity Room 2) 1:30 Current Events with Pete Mazza (Fairfield Fitness Room) 1:45 Round Table (Juice Bar) 2:15 Crumby Time (Juice Bar) 3:00 Bingo (Activity Room 2)	~ ~Winter Camp~ ~ 9:00 Walking: Tacoma Mall *T 11:00 Chicken Soup Stories (Activity Room 2) PM Doctor Appointments 1:30 Melody Men (Juice Bar) 3:00 Whammo (Activity Room 2)	<small>Groundhog Day</small> ~ ~Winter Camp~ ~ 9:30 Shopping *T 1:00 "No Talent" Talent Show (Fairfield Fitness Room) *T	~ ~Winter Camp~ ~ 1:30 1950's Vintage Fashion Show (Fairfield Fitness Room) 3:00 Bingo with Darlene (Activity Room 2)
11	12	13	14	15	16	17
Church Transportaion Pick up: 8:45 9:30 10:30 1:30 Scenic Bus Ride *T	9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2) 1:30 Dice Roll (Juice Bar) 3:00 Bingo (Activity Room 2)	AM Doctor Appointments 9:30 Art History *\$ (Fairfield Meeting Room) 9:45 Bible Study (Activity Room 2) 10:30 Pet Visit with Lilly 11:00 Morning Stretch (Activity Room 2) 1:00 Hope Hour with Valerie (Gardens Fireside Parlor) 1:30 Music with Ron Herring (Juice Bar) 3:00 Whammo (Activity Room 2) 3:30 Happy Hour @ Gino's Bistro *T\$	10:00 Muckleshoot Casino *T 11:00 Create It (Activity Room 2) 1:00 Chair Yoga (Activity Room 2) 1:30 Word Games (Activity Room 2) 3:00 Bingo (Activity Room 2) Senior Prom <small>Valentine's Day</small>	9:00 Walking: South Hill Mall *T 11:00 Chicken Soup Stories (Activity Room 2) PM Doctor Appointments 1:00 Show 'n Share 1:00 Book Club (Activity Room 2) 1:30 Balloon Volleyball (Juice Bar) 3:00 Whammo (Activity Room 2)	<small>Chinese New Year</small> 9:00 Senior Foot Care (Nail Salon) 9:30 Shopping *T 1:00 Fitness (Activity Room 2) 1:00 Bridge (Activity Lounge) 2:00 Jeopardy (Activity Room 2)	3:00 Bingo with Darlene (Activity Room 2)
18	19	20	21	22	23	24
Church Transportaion Pick up: 8:45 9:30 10:30 1:30 Scenic Bus Ride *T	9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2) 2:00 Birthday Celebration and Music with Dan Roberts (Juice Bar) 3:00 Bingo (Activity Room 2) <small>Presidents' Day (US)</small>	AM Doctor Appointments 9:30 Art History *\$ FF Meet Rm 9:45 Bible Study (Activity Room 2) 11:00 Morning Stretch (Activity Room 2) 1:00 Hope Hour with Valerie (Gardens Fireside Parlor) 2:00 Shopping: Deseret *T 3:00 Whammo (Activity Room 2)	11:00 Valentine Races (Activity Room 2) 1:00 Chair Yoga (Activity Room 2) 1:30 Word Games (Activity Room 2) 3:00 Bingo (Activity Room 2)	9:00 Walking: The Outlet Mall *T 11:00 Chicken Soup Stories (Activity Room 2) PM Doctor Appointments 1:00 Show 'n Share 1:30 Balloon Volleyball (Juice Bar) 3:00 Whammo (Activity Room 2)	9:30 Shopping *T 1:00 Fitness (Activity Room 2) 1:00 Caregivers Support Group (Fairfield Meeting Room) 1:00 Bridge (Activity Lounge) 2:00 Reminisce with Charisse	3:00 Bingo with Darlene (Activity Room 2)
25	26	27	28	 <h2 style="text-align: center;">Gardens and Hearthside</h2>		
Church Transportaion Pick up: 8:45 9:30 10:30 1:30 Scenic Bus Ride *T	9:30 Shopping *T 1:00 Chair Yoga (Activity Room 2) 1:30 Dice Roll (Juice Bar) 3:00 Bingo (Activity Room 2)	AM Doctor Appointments 9:45 Bible Study (Activity Room 2) 10:30 Pet Visit with Lilly 11:00 Morning Stretch (Activity Room 2) 1:00 Hope Hour with Valerie (Gardens Fireside Parlor) 1:30 Memory Games (Activity Room 2) 2:00 Let's Talk Soup with Chef Michael (FF Meeting Room) 3:00 Whammo (Activity Room 2) 3:30 Sunset Dinner: Wally's Chowder House *T\$	11:00 Create It (Activity Room 2) 12:30 Ladies Lunch at British Bites *T\$ 1:00 Stretch (Activity Room 2) 1:30 Word Games (Activity Room 2) 3:00 Bingo (Activity Room 2)			

February 2018

THE MONTHLY GAZETTE

*"The February sunshine steepers your boughs,
And tints the buds and swells the leaves within."*

~ William Cullen Bryant



Birthstone – Amethyst



For thousands of years, the amethyst, the most striking representative of the quartz family, has been a coveted jewel. Moses described it as a symbol of the Spirit of God adorning the official robes of the high priests, and the Russian Empress Catherine the Great sent thousands of miners into the Ural Mountains to look for it.

In popular belief, the amethyst offers protection against drunkenness, for in the Greek language, *amethyst* means "not intoxicated." A large number of other miraculous powers are attributed to the amethyst. In the Middle Ages, it was said to protect crops against tempests and locusts, bring good fortune in war and in the hunt, drive out evil spirits, and inspire the intellect. Leonardo da Vinci wrote that the amethyst was able to dissipate evil thoughts and quicken the intelligence. Today, amethysts are associated with peace and inner strength.

Special Days

Groundhog Day
February 2

Mardi Gras
February 13

Valentine's Day
February 14

Canada Flag Day
February 15

Chinese New Year
February 16

Presidents' Day
February 19

Flower of the Month – Violet

Most people think of the rose as the traditional Valentine's Day flower because it's a popular gift to bestow upon your beloved. But it's time to set the record straight—it's the violet! As the legend goes, the Christian priest St. Valentine, who was imprisoned by the Romans, used the ink made from crushed violet blossoms that grew outside his prison cell to write notes of love and friendship.

Violets represent faithfulness and the return of affection. According to folklore, if you dream of violets, you will be successful and advance in life. Interestingly, when Napoleon was exiled to Elba, he used the code name "Caporal Violette" to send a message to his supporters that he would return by the time the violets bloomed in the spring. Later, the popular little plant became the symbol of the Napoleonic party.



Gardens and Hearthside February Activity Calendar

Bus Trips and Shopping

Please make reservations with the Front Desk 253-838-3700

Sunday Scenic Bus Rides: 1:30 pm

Church pick-up Sunday: 8:45 am, 9:30 am and 10:30 am

Local Doctor Appointments: Tuesday: 9:00 am - 1:00 pm

Thursday: 1:00 pm - 4:00 pm

Local Morning Shopping: Monday: 9:30 am (320th, Safeway, Walmart)

Friday: 9:30 am (Fred Meyer, WinCo, Post Office and Banks)

Extras

10:15 am Zumba Gold/Line Dancing: Mon/Wed/Friday: *Fairfield Fitness Room*

12:00 pm Chair Yoga: Monday and Friday: *Fairfield Fitness Room*

Chair Chi: Wednesday: *Fairfield Fitness Room*

Chair Yoga-Monday & Wednesday at 1:00 pm *Activity Room 2*

Fitness with Fay- Friday at 1:00 pm *Activity Room 2*

King Co. Traveling Library 1st Friday of each month 9:00 am *Hearthside Lobby*

Beauty Shop ~ 253-838-5987

Tuesday, Thursday & Friday *Hearthside/Gardens Building*

After Hours Po Ke No~ 2nd and 4th Wednesdays 6:30 pm in *Activity Room 2*

Bingo~ Mondays, Wednesdays and Saturdays at 3:00 pm in *Activity Room 2*

Birthday Party~ Monday, Feb. 19th at 2:00 pm in the *Juice Bar*

Whammo~ Tuesdays and Thursdays at 3 pm in *Activity Room 2*

Roundtable~ Wednesday, Feb. 7th at 1:45 pm in *Juice Bar*

Morning Stretch~ Tuesdays at 11:00 am in *Activity Room 2*

Jeopardy & Reminisce~ Fridays at 2:00 pm in *Activity Room 2*

Chicken Soup for the Soul & Conversation~ Thursdays at 11:00 pm in *Activity Room 2*

Memory Games~ Tuesdays at 1:30 pm in *Activity Room 2*