

Phyllis A. Parks: A Massachusetts Yankee in Sterling Court

Phyllis possesses all the best qualities of a good friend. She likes to be active and go on walks, loves to read and talk about books, enjoys playing cards, and as you can tell as soon as you hear her wonderful Massachusetts accent, is a true New Englander – where they're known for their loyalty! Plus, this dedicated and enthusiastic teacher, artist, poet, mother, and grandmother, sees the lighter side of most situations.

She was born and raised in New Bedford, Massachusetts, a famous old fishing port near Cape Cod. "It was wonderful growing up there," she says. "There were two beaches and we used to go every day in the summer. Back then you didn't have to work in the summer! And I loved school." She enjoyed art and worked on the school yearbook.

Phyllis attended prestigious Boston University as an English major studying literature and poetry. Her favorite authors include Frost, Dickens, and Shakespeare. She had fun living in the dorms and made lots of friends. It's also there that she met her husband, Norman.

"He belonged to a fraternity. I got pinned as a sophomore, and engaged as a junior," she laughs. As was often the custom back then, she left school after her engagement. Norman went on to law school and Phyllis worked. "I had a great job!" she says. "I worked at MIT [Massachusetts Institute of Technology] in the personnel department."

When Phyllis was just 24 years old and pregnant with their first child, they were visiting New York and Phyllis fell out of bed. She heard a pop in her ear but due to a terrible snowstorm they couldn't get to a doctor. She has been deaf in that ear ever since.

Soon after that, Norman graduated law school. "My daughter Beth and I went to his graduation



Phyllis A. Parks

together!" They moved from Commonwealth Avenue in Boston to a lovely town called Norwood and then to Framingham where they bought a house. They soon had their second daughter Mindy. Their next move was to Portland, Maine, where they had their son, Matthew.

The next move was to Bangor, Maine, where the January temperatures drop to single digits, but they didn't mind the cold. "That's where we started skiing and I liked it very much! Then we bought a camper. So, we'd camp in the summer and ski in the winter." They were so close to Canada that they took fun vacations to Montreal and Quebec. Once the kids were older, Phyllis earned her degree and began teaching.

They next moved to Leominster, Massachusetts, after Norman got a job at Foster Grant. And it was here, at the age of 40, that Phyllis earned her master's degree.

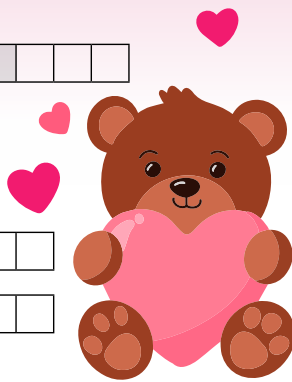
Soon she was teaching English and Mythology at St. Bernard's High School and loved it for 11 years. Once all her kids were out of college, she began teaching at Franklin Pierce University in New Hampshire. Unfortunately, while commuting there, she was in a serious auto accident and was unable to work for a year. "I fractured my skull,

(continued on page 7)

Valentine's Day WORD SCRAMBLE

Unscramble the letters to form the names of 11 different Valentine's Day words. Then unscramble the shaded letters to answer the riddle.

LIRANGD	<input type="text"/>
HAETR	<input type="text"/>
OLCHAOTEC	<input type="text"/>
DICPU	<input type="text"/>
MOEP	<input type="text"/>
LSWROFE	<input type="text"/>
BOLEDEV	<input type="text"/>
ANDCY	<input type="text"/>
ORSSE	<input type="text"/>
EOEVNPLE	<input type="text"/>
RRABYUFE	<input type="text"/>



What did the boy bear
say to the girl bear on
Valentine's Day?

<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

If you need help check Front Desk for solution.

GETTING SVELTE

By Phyllis A. Parks, our featured interviewee

Walking and walking is such a chore
I know it can be completely a bore
But the ending results will make your roar
With lowering your weight and enhancing your score

Little by little the steps increase
As you run with stamina to release
Your cells to expand and decrease
As you race down the track like a breeze

As your energy rises like the time on a clock
And your weight flies down as if unlocked
Your clothes hang wide like an unrinsed sock
And your enthusiasm jumps like a bird in a flock

And the love of fast walking begins to rise
As your hormones overcome and thrive
To become a thin person that resides
Like a round balloon that eventually subsides

Walking and running is no longer a chore
It results in opening a new door
And confidence and strategy expands galore
And you feel so prestigious and overboard

Mark Your Calendar

Friday, February 2	Groundhog Day
Monday, February 5	O.L.A. Luncheon
Saturday, February 10	Chinese New Year – Special Dinner
Sunday, February 11	Super Bowl
Tuesday, February 13	Mardi Gras – Special Dinner
Wednesday, February 14	Ash Wednesday
Wednesday, February 14	Valentine's Day – Special Dinner
Sunday, February 18	Pancake Bingo
Monday, February 19	President's Day

Don't Forget...
Sterling Court is on...



Facebook
@SterlingCourt



Instagram
@Sterling_Court

Be sure to follow us and tell a friend!

Unlocking New Horizons: the Power of ChatGPT

In an age of technological marvels, if you haven't already, you may be ready this year to discover the power of ChatGPT. This remarkable tool, developed by OpenAI, is designed to understand and generate human-like text. Unlike traditional search engines, like Google, ChatGPT is your personal assistant for learning and creativity, allowing you to ask questions, express your thoughts, and explore a world of knowledge and imagination in a conversational manner. It's way more than just a search; it's a dynamic and engaging way to navigate a subject matter.

Let's start with how to use it. Open a browser window on your computer (that might be Chrome or Safari for those of you on an Apple computer). Then type in chat.openai.com. If this is your first time on the site you will need to select the "signup" button. Once you sign up with your email and password, you will rarely have to use it again to access the site, so it's quite simple in that respect.

Once you are on the site, at the bottom you will see the message area where you type your question or copy and paste information. Word of warning: once you hit the "return" key you will send your message to ChatGPT, so if you want to use the Return key for spacing between sentences, use the Shift key and the Return key at the same time. You can ask ChatGPT anything. Use it for research or copy and paste something that you wrote that you want it to edit for you. Or ask it to write a letter for you. Talk to it in a conversational tone just like you would ask a person to write something for you. Give it all the details you



want to include and then let it write it for you. Its capabilities are truly amazing and once you get the hang of using it you will be hooked.

Whether you're curious about history, science, or the news, you can simply ask questions and receive well-researched answers. ChatGPT acts as a personal encyclopedia, satisfying your curiosity and helping you stay informed about all kinds of subjects.

Writing is a particular forte of ChatGPT who can become your creative partner. The tool assists in crafting stories, poems, and memoirs, making the process of putting your thoughts on paper smoother and more enjoyable. It's like having a writing companion that provides suggestions, prompts, and even edits, all at your fingertips.

At Sterling Court, it's never too late to embrace the wonders of the digital world and we are here to support and celebrate every step in this technological adventure.



Activity Rooms

- BR—Bristol Room
- CY—Court Yard
- DR—Dining Room
- LB—Library
- LR—Living Room
- MV—Mt. Vernon Room
- PDR—Private Dining Room
- RR—Revere Room

- BRC—Burl. Rec. Ctr.
- SMSC—San Mateo Senior Center

The Weekly

Check *The Weekly* for current updates or changes in schedule.

The Daily

Check our main board for daily activities, located opposite the Front Desk.

Scheduled Appointments

Transportation Provided Monday—Thursday

	Sunday	Monday	Tuesday
	4	5	6
10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/H. R. Fitness - RR 11:00 O.L.A. Luncheon - Burlingame 11:00 Fitnessize - RR 1:30 History w/Michael Svanevik - RR 1:00 Games - BR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Trader Joe's 3:00 Social Hour - RR 3:00 Eric Shiffrin - Piano 7:00 Evening Movie - RR 7:00 Games - BR	
	11	12	13
10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Super Bowl Pre-Game Reception - RR 3:30 Super Bowl LVII - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:30 History w/Michael Svanevik - RR 1:00 Games - BR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Michael Rabbino - RR 4:30 Mardi Gras Special Dinner - DR 7:00 Evening Movie - RR 7:00 Games - BR	
	18	19	20
10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 11:30 Pancake Bingo - DR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:30 History w/Michael Svanevik - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Shopping - Dollar Tree 3:00 Social Hour - RR 3:00 Jeff Wessman - Vocal 7:00 Evening Movie - RR 7:00 Games - BR	
	25	26	27
10:00 Drive to Church 10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Tea Service - RR 7:00 Evening Movie - RR 7:00 Games - BR	9:30 Donuts on Wheels 10:00 Shopping - Safeway & Walgreens 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:30 History w/Michael Svanevik - RR 1:00 Games - BR 3:00 Burlingame Library 7:00 Evening Movie - RR 7:00 Games - BR	10:00 Fitnessize - RR 11:00 Lecture w/Dick McKee - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Randy Johnson - Banjo 7:00 Evening Movie - RR 7:00 Games - BR	

ing Court Calendar of Events

Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right;">1</p> <p>9:30 Donuts on Wheels 10:00 Shopping - Hillsdale Mall 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">2</p> <p>10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Games - BR 2:00 Communion w/Father John 3:00 Social Hour - RR 3:00 Alex Bootzin - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">3</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>
<p style="text-align: right;">7</p> <p>9:30 Chat w/Chef Denis 10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Share Your Memories w/Bob Wilkinson - MV 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR</p>	<p style="text-align: right;">8</p> <p>9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Scripture Study w/Martha, Rebecca & George - BR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">9</p> <p>10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Joan Connolly - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">10</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 4:30 Chinese New Year Special Dinner - DR 7:00 Evening Movie - RR 7:00 Games - BR</p>
<p>10:00 Chair Yoga w/Holly Roser Fitness - RR</p> <p style="text-align: right;">14</p> <p>11:00 Fitnessize - RR 1:00 Games - BR 1:30 Ash Wednesday Communion - RR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 4:30 Valentine's Day Special Dinner - DR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">15</p> <p>9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Arts & Crafts - MV 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">16</p> <p>10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Marilyn Cooney - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">17</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>
<p>10:00 Chair Yoga w/Holly Roser Fitness - RR</p> <p style="text-align: right;">21</p> <p>11:00 Fitnessize - RR 1:00 Share Your Memories w/Bob Wilkinson - MV 1:00 Games - BR 2:00 Bingo - DR 3:00 January Birthday Bash 3:00 Book Review w/Cindy - RR 4:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">22</p> <p>9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Scripture Study w/Martha, Rebecca & George - BR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">23</p> <p>10:00 Shopping - Safeway & Walgreens 10:00 Fitnessize - RR 11:00 Chair Yoga w/Holly Roser Fitness - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Social Hour - RR 3:00 Kathleen Nelson - Piano 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">24</p> <p>10:00 Fitnessize - RR 10:45 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>
<p style="text-align: right;">28</p> <p>10:00 Chair Yoga w/Holly Roser Fitness - RR 11:00 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 2:00 Bingo - DR 3:00 Nintendo Wii - RR 7:00 Evening Movie - RR 7:00 Games - BR</p>	<p style="text-align: right;">29</p> <p>9:30 Donuts on Wheels 10:30 Fitness w/Lisa Kemp - RR 11:15 Fitnessize - RR 1:00 Movie - RR 1:00 Games - BR 7:00 Evening Movie - RR 7:00 Games - BR</p>		

Classes & Lectures

History with Michael Svanevik – New Lecture
Sterling Court is pleased to welcome back the Lecture Hour featuring Professor Michael Svanevik with his new lecture series titled “The Unknown Peninsula.” It all begins on Mondays at 1:30 p.m. in the Revere Room.

Professor Svanevik is the Author of 21 books and over a thousand articles. This renowned writer and historian focuses on revealing the hidden, interesting, sometimes controversial, always fascinating, behind-the-scenes history of San Mateo County and the State of California.

February 5 *Accident On The American River*

February 12 *Argonauts and Others*

February 19 *A Cove Called “Frisco”*

February 26 *Grim Reality*

Lecture Series with Dick McKee

Dick McKee host series on Tuesdays at 11:00 a.m. in the Revere Room.

How Colors Affect You: What Science Reveals
This course is taught by Professor William Lidwell of University of Houston

February 6 *The Blue Lecture*

London: A Short History of the Greatest City in the World

This course is taught by Professor Robert Bucholz of Loyola University, Chicago

February 13 *There’s No Place Like London*

February 20 *The Rise and Fall of Roman Londinium*

February 27 *Medieval London’s Thousand-Year Climb*

Share your Memories with Bob Wilkinson – New Activity

We all have choice memories; now may be the time to put them in writing in prose or poetry to share with others here at Sterling Court. Join us in the Mount Vernon Room on Wednesday, February 7 and 21 at 1:00 p.m.

Scripture Study

Thursday, February 8 and 22 at 2:00 p.m. with Martha Saul, Rebecca Padulo, and George Pappas in the Bristol Room. All are welcome.

Library Book Review

On the third Wednesday of the month, February 14 Cynthia from the Burlingame Library reviews books for us. You can also check books out and keep them until next month. Meet at 3:00 p.m. in the Revere Room.

Arts and Crafts

Please come and join us in the Mount Vernon Room on Thursday, February 15 at 2:00 p.m. for a fun afternoon with Mary. Our theme for this month will be announced with more details, we will supply all materials along with help for whoever needs it. No experience needed!

Program Highlights

Our Lady of Angels Burlingame – O.L.A. Luncheon

Senior Outreach Luncheon, Monday, February 5. Departure time at 11:00 a.m. Please sign up at the Front Desk.

Chinese New Year Special Dinner

Join us for a feast of good fortune to celebrate the Year of the Dragon with a special dinner prepared by Chef Denis and his staff, Saturday, February 10 at 4:30 p.m.

Super Bowl LVII

Come and watch the Super Bowl Game in the Revere Room, wear your favorite football gear, and root for your favorite team on Sunday, February 11 at 3:00 p.m.

Mardi Gras Special Dinner

Join us in the Dining Room for a Special Mardi Gras Dinner Tuesday, February 13 at 4:30 p.m. *Laissez les bon temps rouler!* (it means “let the good times roll”).

Ash Wednesday

Father John will hold Ash Wednesday Communion and place the ashes on the forehead of those in attendance in the shape of a cross in the Revere Room on Wednesday, February 14 at 1:00 p.m.

Valentine’s Day Special Dinner

Celebrate Valentine’s Day with our special dinner prepared by Chef Denis and his staff on Wednesday, February 14. Dining Room doors open at 4:30 p.m.

Pancake Bingo

Pancake Bingo begins at 11:30 a.m. in the Dining Room. After a breakfast of pancakes and eggs enjoy a lively game of Bingo. The cost for Bingo is \$2.00 and includes a delicious breakfast. Sunday, February 18.

Please sign up for all events in the Activity Book located at the Front Desk

Fitness & Exercise

Chair Yoga with Holly Roser Fitness

Holly, John, and their team stress the importance of exercise for all stages of life but especially for seniors as regular exercise can help make you stronger, prevent bone loss, improve balance and coordination, improve your memory, reduce the symptoms of many chronic conditions, and boost your mood. Join the class every Monday and Wednesday at 10:00 a.m. and Friday at 11:00 a.m. in the Revere Room.

Stronger Seniors – Stretch & Strength Chair Exercise Program

This fitness program for seniors is designed to improve stability, balance, flexibility, muscle and bone strength, circulation, and heart health in order to enhance function in common activities such as going up and downstairs, squatting to lift objects, and even playing with young children. Join us every day; please see “The Weekly” for more details.

Beginning Functional Fitness with Lisa Kemp

This class focuses on building strength and mobility; both of which help us to move through life with a greater sense of ease and add confidence to daily activities. All levels are welcome. Exercise modifications will be offered so that all participants will feel successful. Join Lisa Kemp every Thursday at 10:15 a.m.

Nintendo Wii

Join us to play bowling with Nintendo Wii, some of the benefits are to improve balance, coordination, and strength. Wednesdays and Saturdays at 3:00 p.m. in the Revere Room.

Wellness Support

Chat with Executive Chef Denis

Denis will announce the upcoming culinary special events and ask for reviews of the past month’s special events. After that, he will open up the meeting for any suggestions, comments, or concerns. Denis’ meetings are run just as efficiently as his kitchen and dining room, please arrive on time. You are welcome to attend the first Wednesday of each month in the Revere Room. The meeting on February 7 will start at 9:30 a.m. sharp.

Manicurist/Pedicurist

Cindy Gonzales does fantastic work and is very popular. Call for appointments at 650-834-2878.

Beauty Shop

Call Nina Delgadillo, our hairdresser, for an appointment at 650-863-0413. She does new-fashioned and old-fashioned hair styles.

Phyllis A. Parks *(continued from the front page)*

but I came out all right,” says Phyllis, demonstrating true New England tenacity.

As soon as she was able, she worked in the library at Fitchburg State University helping students write papers. “I did that for 4 years and it was wonderful!” says Phyllis.

Around this time, Phyllis and her husband separated, but she knew she wasn’t ready to retire and she got a new job tutoring at Wachusett Community College for 3 years.

Along with being a dedicated teacher, Phyllis is also a lifelong artist. “I took many years of art classes and I love to paint. I do watercolors and pastels. My walls are covered!” she says. Phyllis also still writes poetry. “It helps me express my feelings.”

Recently, Phyllis’s son, who had moved to California, asked her to move out here to be near him. So, the lifelong New Englander made the big move west. First, she lived in Atria Senior Living and then 3 months ago, she moved to Sterling Court.

“I’ve got a beautiful apartment, and the food is great!” says Phyllis. She sees her son often and loves hearing about her three granddaughters – Kyla, in England getting her master’s degree; Casey, attending UCLA; and Paula, working near Los Angeles. In April, she has a trip planned to visit her daughters back East.

How does she spend her days? “I like to stay busy. I walk a lot – up to the shops and the mall. I like to do arts and crafts and make things with my hands,” says Phyllis, who also goes to the Sterling Court lectures and the Library Book Review. “I like to join things! I like playing games and mingling with people!”

Does this longtime teacher and artist have any life advice? “Take each day as it comes. Be friendly and help each other.” And then, after thinking about current news events adds, “Let’s hope for a world where all people get along and there are no more wars. Love your life and those around you.”

➤ *Check out Phyllis’s poem on page 2!*

Would you like to be our next interview subject?

It’s easy and it’s fun! Simply tell Sarah St. Charles and we’ll get rolling. Everyone has a story and we’d love to tell yours!





Musical Notes

Enjoy a live musical performance on Tuesdays and Fridays, at 3:00 p.m. in the Living Room

Friday, February 2

Alex Bootzin—Piano

Tuesday, February 6

Eric Shiffrin—Piano

Friday, February 9

Joan Connolly—Piano

Tuesday, February 13

Michael Rabbino—Piano

Friday, February 16

Marilyn Cooney—Piano

Tuesday, February 20

Jeff Wessman—Vocal

Friday, February 23

Kathleen Nelson—Piano

Tuesday, February 27

Randy Johnson—Banjo



WII GAMES | The Key to Fun and Exercise

Video games have the potential to support improvement not only emotionally and physically, but cognitively, as well. Playing even occasionally can help seniors remember things like names, addresses, phone numbers, dates, and times better than they do without video game stimulation. They also force players to switch quickly between different

tasks, which can lead to increased mental flexibility and multi-tasking ability for seniors.

BENEFITS

Everyone Can Play. Wii games can be played by individuals of all levels of functioning. The games can be played standing or sitting in a chair or wheelchair. In addition, many of the movements will stimulate long-term memory.

Exercise. Each player has to go through the actual motions of the game that he is playing, i.e., throwing a bowling ball down the alley (bowling) or throwing a left jab with a right cross at the opponent (boxing).



February Birthdays

February Birthday Bash will be on Wednesday, February 21.

- February 3 Ada Rideau
- February 5 Charlotte Leslie
- February 6 Becky Stafford
- February 9 Marilyn Chiappari
- February 11 Sally Bernstein
- February 13 David Donnelly
- February 18 Carol Willard
- February 22 Ruth Rothman
- February 28 Norma Siskin

Welcome

Please give a warm welcome and introduce yourself to our new residents:

- #338 Joyce Inouye
- #347 Marge Romo
- #406 Hiam Michael

Improved Physical Abilities.

Playing Wii games can improve eye and hand coordination, balance, muscular strength, and endurance.

Competition with Self and Others.

Each player finds not only challenges themselves to do better but also challenges others, spurring tremendous interactivity among the other residents.

Interaction of Residents. Playing Wii games results in residents participating, especially many who do not come to group activities. These games create a lot of interaction. The games also are a common topic of conversation.

PUZZLE ANSWER SHEET

Valentine's Day WORD SCRAMBLE SOLUTION

Unscramble the letters to form the names of 11 different Valentine's Day words. Then unscramble the shaded letters to answer the riddle.

LIRANGD

D A R L I N G

HAETR

H E A R T

OLCHAOTEC

C H O C O L A T E

DICPU

C U P I D

MOEP

P O E M

LSWROFE

F L O W E R S

BOLEDEV

B E L O V E D

ANDCY

C A N D Y

ORSSE

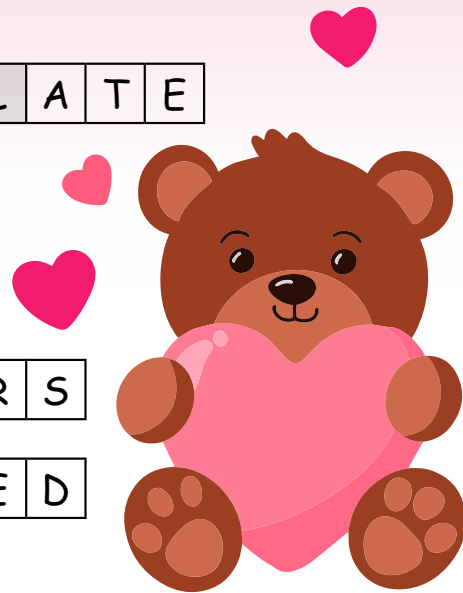
R O S E S

EOEVNPLE

E N V E L O P E

RRABYUFE

F E B R U A R Y



*What did the boy bear
say to the girl bear on
Valentine's Day?*

I L O V E Y O U

B E A R Y M U C H !