



Reena
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

February Birthdays

7th Gary Demaske
20th Shirley Stork
22nd George Hilby
23rd Pauline Klug
23rd Nancy Streich

Text

Winter Expedition - Outing and Fish Fry

This Friday, February 2nd Sign-up to go. Knickerbocker Ice Festival downtown Lake Mills. We'll drive by the ice sculptors to see their progress. We'll stay on the bus. Then we have reservations at the Aztalan Inn Bar and Grill for Fish Fry (or whatever you order). Leave Reena at 2:30. Reservations at 3:45PM. Cash or Charge. Menu in sign-up book.

Reach out to us with any questions.

Joke of the Month

What does Frosty's mom put on her face at night?

Answer: Cold Cream

Shirley Reshan contributed this month's joke.



January Vocational Donation: FAPD

Detective Lisa Hefty picked up the tie blanket made by our community members. The blanket will be offered in a time of need in Fort Atkinson.

February's Vocational: We need fleece to make blankets for Fort Hospital. Childrens area is now reopened and can use blankets. Let's Wrap them in Love!

A message from our Executive Director: Jennifer Bratz

It's not about being the best. It's about being better than you were yesterday.

Community Life Highlights

Tuesday, February 13th is Shrove/Fat Tuesday

We will be having a fun *Carnival* in the lobby for all to enjoy.

Wednesday, February 14th is Valentine's Day. Jim Henzel will be here to entertain us with his musical talents.

Friday, June 21st Fireside Performance Nonsense - Lunch Performance

Group tickets for price break. We will attend with a large senior group from various communities again. Final price to come. Estimate: \$89.00 each

Let us know if you'd like to go.

Monday, February 26h at 2:00 in the Lobby. Shelly Schaitel, BSN, RN, OCN

We are honored to have Shelly here to share her inspiring journey and share the importance of a holistic approach in our healthcare plan. We will have registration open for outside community members to attend. All residents within the community are welcome to attend without signing up.

Oshibori - Community Members residing at Legacy Court have this program. The term OSHIBORI comes from the Japanese verb shiboru, meaning "to wring". OSHIBORI was started in the Edo period around the 1600s, as the use of OSHIBORI (hot towels) became popular in tea houses. A piece of cloth was soaked in water and given to travelers who stopped by to rest. The warmth and cleanliness of the cloth was a heartwarming gesture to travelers. Not long after, the popularity of OSHIBORI rapidly spread in the modern era of Japan and is now the basic standard of hospitality around the world- from airlines, restaurants, and hotels.

Superbowl LVII (58) will take place Sunday, February 11th at 5:30PM

We will have the TV on in the Activity Room with snacks and beverages.

Teams: San Francisco 49's vs Kansas City Chiefs

Location: Las Vegas, Nevada in the Allegiant Stadium. Halftime Performer: Usher

Many love to tune in for the fun and unique commercials that evening.

Let's hope the game matches the hype.

February is American Heart Month - Consuming a diet of healthy choices that meet your needs as discussed with your physician and moving best you can for your cardiovascular health may have a meaningful impact on your overall well-being. Have a wonderful February!

Warm wishes,

Dawn

