













February 2020



Sunday	Monday	Tuesday	Wednesday-SALON OPEN 9-3pm	Thursday-SALON OPEN 9-3pm	Friday	Saturday
TUESDAY and THURSDAY are Transportation Days. We offer scheduled medical transport 9:00am-3:00pm. Please contact the Concierge to make arrangements.	LOCATION ABBREVIATIONS ADR-Atlantic Dining Room LCL-Lowcountry Lounge EC-Excitement T- Theater FL-Front Lobby	Anything that is highlighted, you will need to sign up for. On all outings, the first six will be able to attend. Then there is a cancellation list.				1 10:30 Bingo w/Tish (EC) 1:00 Romanic Couples (EC) 2:00 Uno Challenge (LCL) 6:00 Movie (T)
2 SUPER BOWL PARTY 10:00 Superbowl Pick (EC) 1:00 Catholic Service (EC) 2:00 Christ Church (ADR) 3:00 Football Toss (LCL) 4:30 Tailgate Dinner (ADR) 6:00 Superbowl (LCL) 6:00 Movie (T) 	3 AMERICAN PAINTERS' DAY 9:30 Target (FL) 10:15 Exercise (EC) 10:45 Superbowl Results (EC) 1:00 Painters' Trivia (EC) 2:00 Music Playlist w/Color (EC) 3:00 Bingo (ADR) 6:00 Movie (T)	4 9:30 Let's Walk (FL) 10:15 Exercise (EC) 10:45 Painting Blocks (EC) 1:30 Armchair Aerobics w/Mary (EC) 2:15 Valentine's Day Hearts 3:15 Yahtzee (LCL) 6:00 Movie (T)	5 9:15 Brookgreen – Snakes of the Lowcountry (FL) 10:15 Exercise (EC) 10:45 Word in a Word (EC) 1:00 Uno (LCL) 2:00 Chuck Fisher (ADR)  3:00 Bingo (ADR) 6:00 Movie (T)	6 9:30 Let's Walk (FL)  10:15 Exercise (EC) 10:45 Trivia Challenge (EC) 1:00 Making Chocolate (EC) 2:00 Knitting w/Carol 2:00 Bridge w/Tom (LCL) 3:15 Thirsty Thursday (LCL) 6:00 Movie (T)	7 9:30 Let's Walk (FL) 10:00 Exercise (EC) 10:45 Spelling Bee – Snack Foods (EC) 11:00 Dead Dog Lunch (FL) 1:30 Making Cards w/Paige (EC) 3:00 Bingo (ADR) 6:00 Movie (T)	8 10:30 Bingo w/Tish (EC) 1:00 Heart Sachets (EC) 2:30 Rummikub Challenge (LCL) 6:00 Movie (T) 
9 10:00 February Trivia (EC) 10:45 Complete the Saying (EC) 1:00 Catholic Service (EC) 2:00 Shepard of the Sea (ADR)  3:00 Birthday Celebration (LCL) 6:00 Movie (T)	10 9:30 Let's Walk/Exercise (FL) 10:15 Brookgreen – Teatime (FL) 10:45 Who Am I (EC) 1:00 Paper Straw Hearts (EC) 3:00 Bingo (ADR) 6:00 Movie (T)	11 9:30 Let's Walk (FL) 10:00 Visit from St James 4 th Grade (ADR) 1:00 Funny Money Shop (EC) 2:15 Paining w/Diane (EC) 6:00 Movie (T) 	12 8:30 Flapjacks for Breakfast (FL) 9:30 Let's Walk (FL) 10:00 Coastal Bible Church (ADR) 1:30 Baking with Audrey (ADR) 3:00 Bingo (ADR) 6:00 Movie (T)	13 9:30 Let's Walk (FL) 10:15 Exercise (EC) 10:45 Medical Talk – The Heart (EC) 2:00 Larry & Claudette (ADR) 3:15 Thirsty Thursday (LCL) 3:00 Therapy Dogs 6:00 Movie (T)	14 VALENTINE DAY 9:30 Let's Walk (FL) 10:00 Exercise (EC) 10:45 Valentine's Day Trivia (EC) 1:30 Chocolate Themed Day (LCL) 3:00 Bingo (ADR)  6:00 Movie (T)	15 10:30 Bingo w/Tish (RC) 1:00 Yahtzee (LCL) 2:00 Let's Talk Book Club (EC) 3:00 Wheel of Fortune (LCL) 6:00 Movie (T)
16 10:45 Jeopardy (LCL) 1:00 Roll the Dice/Break the Ice (EC) 2:00 Catholic Service (EC) 3:00 Pizza Bagels (EC) 6:00 Movie (T)	17 President's Day 9:30 Let's Walk (FL) 10:15 Exercise (EC) 11:00 California Dreaming (FL) 1:30 President Day Trivia (EC) 2:00 Spelling Bee Breakfast Foods (EC) 3:00 Bingo (ADR) 6:00 Movie (T)	18 9:30 Let's Walk (FL) 10:15 Exercise (EC) 10:45 Music w/Leah (ADR) 1:30 Painting w/Diane (EC) 3:00 Resident Council Meeting (EC) 6:00 Movie (T)	19 9:30 Let's Walk the Mall (FL) 10:15 Exercise (EC) 10:45 Let's Make Bird Feeders (EC) 1:30 Cooking w/Charlie (ADR) 3:00 Bingo (ADR) 6:00 Movie (T)	20 9:30 Let's Walk (FL)  10:15 Exercise (EC) 10:45 Ted Talk (EC) 1:00 Knitting w/Carol 2:00 Bridge w/Tom (LCL) 3:15 Thirsty Thursday (LCL) 6:00 Movie (T)	21 9:30 Let's Walk (FL) 10:15 Exercise (EC) 11:00 Provision Company (FL) 1:30 Stair Training w/Bobby (EC) 3:00 Bingo (ADR) 6:00 Movie (T)	22 10:30 Bingo w/Tish (EC) 1:00 Make Mardi Gras Masks (EC) 2:30 Remembering Shirley Temple 6:00 Movie (T)
23 10:00 Uno (LCL) 1:00 Catholic Service (EC) 2:00 Christ Church (ADR) 3:00 Pop Pong (EC) 6:00 Movie (T) 	24 9:30 Hamricks for Shopping (FL) 9:30 Let's Walk (FL) 10:15 Exercise (EC) 1:30 Rockinettes (ADR) 3:00 Bingo (ADR) 3:00 Book Mobile (FL) 6:00 Movie (T)	25 MARDI GRAS 9:30 Let's Walk (FL) 10:15 Exercise (EC) 10:45 Mardi Gras Parade (FL) 1:30 Armchair Aerobics (EC) 2:15 Painting w/Diane (EC) 3:15 King Cake – Find the Baby (LCL)  6:00 Movie (T)	26 ASH WEDNESDAY 9:30 Let's Walk the Mall (FL) 10:15 Exercise (EC) 10:45 Boggle (LCL) 12:00 Brookgreen – Gullah Geechee Program (FL) 2:00 What's in the Bag (EC) 3:00 Bingo (ADR) 6:00 Movie (T)	27 9:30 Let's Walk (FL) 10:00 Horse Races (EC) 1:00 Yoga w/Rebecca (EC) 2:00 Bridge w/Tom (LCL) 3:15 Thirsty Thursday (LCL) 6:00 Movie (T)	28 9:30 Let's Walk (FL) 10:15 Exercise (EC) 10:45 Scrapbooking 1:00 Classic Films @ Library 1:30 Yahtzee (LCL) 3:00 Bingo (ADR) 6:00 Movie (T)	29 LEAP DAY 10:30 Bingo w/Tish (EC) 1:00 Dr Suess Birthday 2:30 Bulletin Board Trivia (EC) 6:00 Movie (T) 

ST. GABRIEL NEWSLETTER 2020

CHOCOLATE IS A VEGETABLE

Who can resist chocolate on Valentine's Day? Now, there is a new research that chocolate is good for you. Here is the evidence:

Chocolate is derived from cocoa beans – beans=vegetable. Sugar is derived from either sugar CANE or sugar BEETS. Both are plants which places them in the vegetable category, thus chocolate is a vegetable.

To go one step further, chocolate candy bars also contain milk which is a dairy product, so candy bars are health food.

Put “eat chocolate” at the top of your list of things to do today. That way, at least you'll get one thing done.

Chocolate-covered raisins, cherries, orange slices, and strawberries all count as fruit, so eat as many as you want. If you've got melted chocolate all over your hands, you're eating it too slowly.

Chocolate has many preservatives. Preservatives make you look younger.

Here's a problem: How do get two pounds of chocolate home from the store in a hot car. The solution: Eat it in the parking lot.

A nice box of chocolate can provide your total daily intake of calories in one place. Now, isn't that handy?

HAPPY VALENTINE DAY

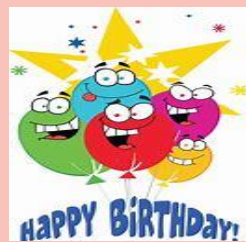
BIRTHDAYS

Dot Froelich – February 12th

Celebrate with your neighbors at our Monthly Birthday Celebration!

Sunday, February 9th

3:00 p.m. in the Low Country Lounge



MUSIC IN THE ATLANTIC DINING ROOM



Feb 12th - 10:00 am Coastal Bible Church

Feb 13th - 2:00 pm Larry & Claudette

Feb 18th - 10:45 am Music w/Leah

Feb 24th - 1:30 pm Rockinettes

