

Can the Spirit of a Holiday Last More Than a Day? YES!!! Continued...

are the oxygen and nutrients that infuse life into our most special relationships. I humbly propose that love and appreciation are the lifeblood of the relationships that sustain and nurture our best selves.

You've probably already guessed by now that our theme for this month here at Bailey Pointe at Roxbury Park is Love and Appreciation. I encourage you to mix your celebration of the Valentine's Day season with a healthy dose of reflection on what you love and appreciate most about those who are or have been most important to you. Then, do yourself and the ones you love and appreciate a favor by sharing with them the words, actions, and gestures you know will mean the most to them, and do so from your heart. If your loved ones aren't physically present, let the love and appreciation they showed you and with which they filled your heart spill out to others. You never know who might need a dose of what you have to offer. Together, we can fill this season with a meaning whose worth can't be measured by a price tag, one whose impact can be felt long after we've moved on to St. Patrick's Day and beyond!

Know that I love and appreciate each and every one of you, today and every day!



Happy Birthday

- Mary Andersen.....1st
- Rose Grandinetti.....1st
- Barb Smith.....5th
- Joan Ehrenberg.....5th
- Rose McCoubrey 21st



The Art of Living: Expressions of Love & Appreciation



It's time to fill up on good vibes. February marks Random Acts of Kindness Week, National Make a Friend Day, National Pay a Compliment Day, Celebration of Love Week, Valentine's Day and a number of other occasions designed to evoke feelings of love, acceptance and thanksgiving. Such emotions are the product of a calm, grounded, peaceful existence.

Making space for big emotions and rooting oneself in love and appreciation feels a little beyond our reach sometimes, though, doesn't it? The busyness of American culture downplays the significance of the rest and renewal that makes those good feelings well within our reach. Instead, people are redirected to activities that, for all intents and purposes, are simply mind-numbing. Engaging in such fruitless activities has become an established social norm of the 21st century.

Immersing ourselves in acts of love and appreciation runs counter to that norm. As we create meaningful connections that stir the mind, soul and spirit, we make room for our authentic selves to shine. We allow love to thrive, to flow in and through us. It's at that point where we find meaning. We can appreciate the gift of love more fully and allow ourselves to experience it in new ways. Love is expansive and engulfing. It's life-changing, and it's all around us. Why not run toward it, and shy away from all things mundane and mind-numbing?

By pausing and being fully present in the moment, we allow ourselves to become more self-aware. Welcome the feelings that flow about compassion and forgiveness. Address them and operate from a place of hope with all that you do as an expression of gratitude.

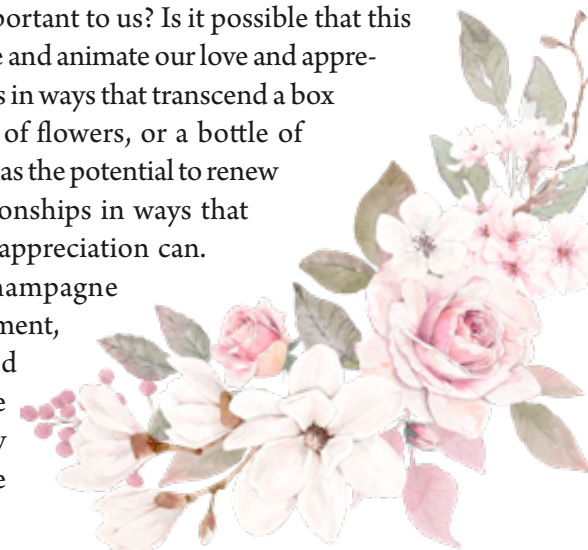
Personal needs, feelings, wants and desires are acknowledged. This type of internal shift is grounding. Self-love grows from this place of honesty, safety, and comfort, and it's worth sharing. As one's capacity for love expands, so does their ability to exude light and love in the world, in spaces and places, among people and pets, friends and foes, families and neighbors. Everywhere.



Can The Spirit of a Holiday Last More Than a Day? YES!!!

Perhaps it's just me, but do you ever feel like, as a society, we're obsessed with looking ahead? Just walk the aisles of any department store on December 26th; you're certain to find some aisles already heralding the impending arrival of Valentine's Day, which is a mere 41 days away! Before the book is even closed on the holiday at hand, there are those preparing to lure our attention to the next cause for celebration. This perpetual state of anticipation for the next big thing is great for retailers but not so great for making the most of the holiday for which we often times spend months preparing. Is it possible that when we spend so much time and energy getting ready for a holiday, we're less likely to enjoy and learn from that holiday when it actually arrives?

What if we made a conscious effort to balance the noise generated by those who want to get us excited about the next holiday - usually for reasons that have nothing to do with the spirit of the holiday for which they are "preparing" us - with learning about that next holiday and what it represents? For instance, we are now busily preparing to inundate our loved ones with tokens of our affection on February 14th, Valentine's Day. What would happen if we used the time leading up to that date to turn down the volume of those telling us how we must celebrate this day and to reflect on why we love and appreciate those most important to us? Is it possible that this reflection might regenerate and animate our love and appreciation for these good folks in ways that transcend a box of chocolates, a bouquet of flowers, or a bottle of perfume? Such reflection has the potential to renew our most treasured relationships in ways that no physical token of our appreciation can. If candy, flowers, and champagne provide joy that lasts a moment, then words, actions, and gestures that demonstrate to those we love that they are important and valuable



(continued on back)

February 2025

Key Associates

Doug Williams
Executive Director

Devon King
Resident Services Director

Jourdan Blunt
Resident Care Coordinator

Lizzie Berwick
Business Director

Tom Pascale
Sales and Marketing Director

Richard Mathews
Maintenance Director

Jean Dempsey
Culinary Director

Karen Teetor
Lifestyle Director



Bailey Pointe Roxbury Park - Assisted Living



February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="position: absolute; top: 20%; left: 15%; background: white; padding: 5px; border-radius: 10px;"> EXPRESSIONS OF </div> <div style="position: absolute; top: 20%; left: 30%; font-size: 4em; font-weight: bold; color: white; text-shadow: 2px 2px 4px #e91e63;"> Love and Appreciation </div>						<p>8:30 Puzzle Pals (2FL)</p> <p>12:00 Lunch</p> <p>1:30 Movie Matinee' (AR)</p> <p>4:00 Sudoku (1FL)</p> <p>6:00 Evening Activity Packet</p> <p style="text-align: right;">1</p>
<p>7:00 Catholic Mass Channel 42</p> <p>10:00 Communion (C)</p> <p>10:30 Pokagon Bible Church (AR)</p> <p>1:30 Movie Matinee' (AR)</p> <p>3:30 Krafts with Kathy (AR)</p> <p>4:30 Puzzle Time (2FL)</p> <p>6:00 Evening Activity Packet</p>	<p>2 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Exercise Bands (AR)</p> <p>11:00 Verse Of The Day (AR)</p> <p>2:00 Music by John Beck (DR)</p> <p>6:00 Evening Activity Packet</p>	<p>3 8:30 Mindfulness (AR)</p> <p>9:30 15 MIN Arm Workout</p> <p>10:00 Manicures (AR)</p> <p>11:00 Card Club (AR)</p> <p>2:00 Yahtzee! (AR)</p> <p>3:30 Words With Friends (AR)</p> <p>6:00 Evening Activity Packet</p>	<p>4 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Rosary (CH)</p> <p>10:00 20 Min Ab Workout (AR)</p> <p>11:00 Catholic Mass (CH)</p> <p>11:00 Scatter Joy Acres</p> <p>2:00 Bingo! (DR)</p> <p>6:00 Evening Activity Packet</p>	<p>5 8:30 Mindfulness (AR)</p> <p>9:30 15 Min Leg Workout (AR)</p> <p>10:00 Stretch & Bend (AR)</p> <p>11:00 Devotions (C)</p> <p>1:30 Hy Vee Trip (O)</p> <p>3:30 Valentines Day Craft (AR)</p> <p>6:00 Evening Activity Packet</p>	<p>6 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Fly Swatter Tennis (AR)</p> <p>10:30 Coffee & Conversation (AR)</p> <p>2:00 Bingo! (DR)</p> <p>3:30 Happy Hour</p> <p>6:00 Evening Activity Packet</p>	<p>7 8:30 Puzzle Pals (2FL)</p> <p>12:00 Lunch</p> <p>1:30 Movie Matinee' (AR)</p> <p>4:00 Sudoku (1FL)</p> <p>6:00 Evening Activity Packet</p> <p style="text-align: right;">8</p>
<p>7:00 Catholic Mass Channel 42</p> <p>10:00 Communion (C)</p> <p>10:30 Pokagon Bible Church (AR)</p> <p>1:30 Movie Matinee' (AR)</p> <p>3:30 Krafts with Kathy (AR)</p> <p>4:30 Puzzle Time (2FL)</p> <p>6:00 Evening Activity Packet</p>	<p>9 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Exercise Bands (AR)</p> <p>11:00 Verse Of The Day (AR)</p> <p>2:00 Bingo! (DR)</p> <p>6:00 Evening Activity Packet</p>	<p>10 8:30 Mindfulness (AR)</p> <p>9:30 15 MIN Arm Workout</p> <p>10:00 Manicures (AR)</p> <p>11:00 Scatter Joy Acres</p> <p>2:00 Valentines Day Card Making (AR)</p> <p>3:30 Words With Friends (AR)</p> <p>6:00 Evening Activity Packet</p>	<p>11 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Rosary (CH)</p> <p>10:00 Seated Dancing Exercise (AR)</p> <p>11:00 Catholic Mass (CH)</p> <p>2:00 Bingo! (DR)</p> <p>3:30 Beer With The Boys (PUB)</p> <p>6:00 Evening Activity Packet</p>	<p>12 8:30 Mindfulness (AR)</p> <p>9:30 15 Min Leg Workout (AR)</p> <p>10:00 Stretch & Bend (AR)</p> <p>11:00 Valentines Hang Man (AR)</p> <p>2:00 Decorate Valentine Cookies (AR)</p> <p>6:00 Evening Activity Packet</p>	<p>13 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Balloon Volleyball (AR)</p> <p>11:00 Make Chocolate Strawberries (AR)</p> <p>2:00 Valentines Day Party Music by Joe Taylor</p> <p>2:00 Bingo! (DR)</p> <p>3:30 Pictionary (Pub)</p> <p>6:00 Evening Activity Packet</p>	<p>14 8:30 Puzzle Pals (2FL)</p> <p>12:00 Lunch</p> <p>1:30 Movie Matinee' (AR)</p> <p>4:00 Sudoku (1FL)</p> <p>6:00 Evening Activity Packet</p> <p style="text-align: right;">15</p>
<p>7:00 Catholic Mass Channel 42</p> <p>10:00 Communion (C)</p> <p>10:30 Pokagon Bible Church (AR)</p> <p>1:30 Movie Matinee' (AR)</p> <p>3:30 Krafts with Kathy (AR)</p> <p>4:30 Puzzle Time (2FL)</p> <p>6:00 Evening Activity Packet</p>	<p>16 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Exercise Bands (AR)</p> <p>11:00 Verse Of The Day (AR)</p> <p>2:00 Bingo! (DR)</p> <p>6:00 Evening Activity Packet</p>	<p> 17 8:30 Mindfulness (AR)</p> <p>9:30 15 MIN Arm Workout</p> <p>10:00 Manicures (AR)</p> <p>11:00 Card Club (AR)</p> <p>2:00 St Patricks Day Craft</p> <p>3:30 Words With Friends (AR)</p> <p>6:00 Evening Activity Packet</p>	<p>18 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Rosary (CH)</p> <p>10:00 20 Min Ab Workout (AR)</p> <p>11:00 Catholic Mass (CH)</p> <p>2:00 Bingo! (DR)</p> <p>3:30 Beer With The Boys</p> <p>6:00 Evening Activity Packet</p>	<p>19 8:30 Mindfulness (AR)</p> <p>9:30 15 Min Leg Workout (AR)</p> <p>10:00 Stretch & Bend (AR)</p> <p>11:00 Devotions (C)</p> <p>1:30 Walmart Market (O)</p> <p>3:30 School Bells (AR)</p> <p>4:00 Fireside Chat (1FL)</p> <p>6:00 Evening Activity Packet</p>	<p>20 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Fly Swatter Tennis (AR)</p> <p>10:30 Coffee & Conversation (AR)</p> <p>2:00 Bingo! (DR)</p> <p>3:30 Random Trivia (1FL)</p> <p>6:00 Evening Activity Packet</p>	<p>21 8:30 Puzzle Pals (2FL)</p> <p>12:00 Lunch</p> <p>1:30 Movie Matinee' (AR)</p> <p>4:00 Sudoku (1FL)</p> <p>6:00 Evening Activity Packet</p> <p style="text-align: right;">22</p>
<p>7:00 Catholic Mass Channel 42</p> <p>10:00 Communion (C)</p> <p>10:30 Pokagon Bible Church (AR)</p> <p>1:30 Movie Matinee' (AR)</p> <p>3:30 Krafts with Kathy (AR)</p> <p>4:30 Puzzle Time (2FL)</p> <p>6:00 Evening Activity Packet</p>	<p>23 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Exercise Bands (AR)</p> <p>11:00 Verse Of The Day (AR)</p> <p>2:00 Bingo! (DR)</p> <p>6:00 Evening Activity Packet</p>	<p>24 8:30 Mindfulness (AR)</p> <p>9:30 15 MIN Arm Workout</p> <p>10:00 Manicures (AR)</p> <p>11:00 Card Club (AR)</p> <p>2:00 Horseracing Game</p> <p>3:30 Words With Friends (AR)</p> <p>6:00 Evening Activity Packet</p>	<p>25 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Rosary (CH)</p> <p>10:00 Seated Dancing Exercise (AR)</p> <p>11:00 Catholic Mass (CH)</p> <p>2:00 Bingo! (DR)</p> <p>3:30 Vino Vixens Wine Club</p> <p>6:00 Evening Activity Packet</p>	<p>26 8:30 Mindfulness (AR)</p> <p>9:30 15 Min Leg Workout (AR)</p> <p>10:00 Stretch & Bend (AR)</p> <p>11:00 Devotions (C)</p> <p>2:00 St. Patricks Day Craft (AR)</p> <p>4:00 Fireside Chat (1FL)</p> <p>6:00 Evening Activity Packet</p>	<p>27 8:30 Puzzle Pals (2FL)</p> <p>9:30 Beginner Walking Club (2FL)</p> <p>10:00 Balloon Volleyball (AR)</p> <p>2:00 Bingo! (DR)</p> <p>6:00 Evening Activity Packet</p>	<p>28</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center; font-weight: bold;">KEY</p> <p>Activity Room.....AR</p> <p>Dining Room.....DR</p> <p>1st Floor Lounge.....1FL</p> <p>2nd Floor Lounge.....2FL</p> <p>Courtyard.....C</p> <p>Library.....L</p> <p>Chapel.....CH</p> <p>Front Porch.....FP</p> </div>