

## February Fun Facts!



It is February: the month of love, Valentines Day & very chilly weather. Here are some fun facts to keep our brains busy during these cold winter days.

~ It is the shortest month of the year

~ It is the 3rd month of winter

~ It is the only month that can pass without having a full moon

~ The 2nd Sunday in February is Superbowl Sunday

~ February is amongst the most misspelled words

~ We celebrate Groundhogs Day, Presidents Day & Mardi Gras during the month

~ The birthstone for February is amethyst

~ The Zodiac Signs for February are Aquarius & Pisces

~ February comes from the word Februa, which means to cleanse

~ We celebrate Black History Month during the month of February



## Windrose Happenings!



Love is in the air here at Windrose at Weymouth! We will be celebrating Valentines Day on the 14th at our Sweetheart Social! We will be serving sweet treats and reminiscing about love and romance. Our cooking club will be making Chocolate Covered Pretzels for the Sweetheart Social. This month we will be hosting our first Men's Club Luncheon on Tuesday the 7th! On Tuesday the 21st we will be celebrating Mardi Gras! Rich has been busy planning a traditional Mardi Gras meal! Our Veterans Group will be meeting on Tuesday the 21st at 1:30 and on the 22nd we will be having our Ash Wednesday Service at 2:00. On the 24th at 3:00 we will be celebrating everyone who has a Birthday in February! February may be a short month but we sure won't be short on the fun here at Windrose at Weymouth!

WINDROSE  
at weymouth  
*Associates*

**Darley Nazaire**  
*Executive Director*

**Karen Samedi**  
*Sales & Marketing Director*

**Megan Walker**  
*Engagement Director*

**Alisha Parker**  
*Business Office Manager*

**Richard DeAngelo**  
*Culinary Director*

**Joao Gomes**  
*Maintenance Director*





## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



670 Main Street • Weymouth, MA 02190  
(781) 331-5555 •

**5**

- 9:30 ■ Walking Club
- 10:30 ■ Sunday Mass
- 1:30 ■ Sunday Afternoon Stretch
- 3:00 ■ Sunday Social
- 6:00 ■ Hand Massages

**6**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Fab, Fit & Fun Exercise
- 11:00 ■ Brain Games
- 1:30 ■ Wally Visits
- 2:00 ■ Peer Group
- 3:00 ■ Afternoon Social

**7**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Noodle Exercises
- 11:00 ■ Gratitude Circle
- 12:00 ■ Mens Club Luncheon
- 2:00 ■ Golfing
- 3:00 ■ Cookies & Hot Cocoa Social

**8**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Move and Groove Exercise
- 11:00 ■ White Board Word Games
- 2:00 ■ Ash Wednesday Church Service
- 3:00 ■ Snack & Chat Social
- 6:00 ■ Hand Massages

**9**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Fab, Fit & Fun Exercise
- 11:00 ■ Gratitude Circle
- 2:00 ■ Non Denominatioanl Church Service
- 3:00 ■ Cookie & Conversation Social

**10**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Ball Toss
- 11:00 ■ Sing Along
- 2:00 ■ Paul Coronella Performs
- 3:00 ■ Ice Cream Sundae Social

**11**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Saturday Morning Stretch
- 1:30 ■ Afternoon Matinee
- 3:00 ■ Afternoon Social
- 3:30 ■ Peer Group

**12** Superbowl Sunday

- 9:30 ■ Walking Club
- 10:30 ■ Sunday Mass
- 2:30 ■ Salvation Army Band Performs
- 3:00 ■ Tailgate Social
- 6:00 ■ Hand Massages

**13**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Fab, Fit & Fun Exercise
- 11:00 ■ Brain Games
- 1:30 ■ Wally Visits
- 2:00 ■ Crafters Club~ Valentines Day Cards
- 3:00 ■ Afternoon Social

**14** Valentines Day

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Noodle Exercises
- 11:00 ■ Gratitude Circle
- 2:00 ■ Cooking Club ~ Sweet Treats
- 3:00 ■ Sweetheart Social

**15**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Move and Groove Exercise
- 11:00 ■ White Board Word Games
- 2:00 ■ Art Class w/ Paul
- 3:00 ■ Snack & Chat Social
- 6:00 ■ Hand Massages

**16**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Fab, Fit & Fun Exercise
- 11:00 ■ Gratitude Circle
- 2:00 ■ Non Denominatioanl Church Service
- 3:00 ■ Cookie & Conversation Social

**17**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Joey BBop Performs
- 2:00 ■ Sing Along
- 3:00 ■ Ice Cream Sundae Social

**18**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Saturday Morning Stretch
- 1:30 ■ Afternoon Matinee
- 3:00 ■ Afternoon Social
- 3:30 ■ Peer Group

**19**

- 9:30 ■ Walking Club
- 10:30 ■ Sunday Mass
- 1:30 ■ Sunday Afternoon Stretch
- 3:00 ■ Sunday Social
- 6:00 ■ Hand Massages

**20** Presidents Day

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Bill Burke Performs
- 11:00 ■ Brain Games
- 1:30 ■ Wally Visits
- 2:00 ■ Peer Group
- 3:00 ■ Afternoon Social

**21** Mardi Gras

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Noodle Exercises
- 11:00 ■ Gratitude Circle
- 12:00 ■ Mardi Gras Luncheon
- 1:30 ■ Veterans Group
- 2:00 ■ Golfing
- 3:00 ■ Cookies & Hot Cocoa Social

**22** Ash Wednesday

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Mike Dardis Performs
- 2:00 ■ Bingo!
- 3:00 ■ Snack & Chat Social
- 6:00 ■ Hand Massages

**23**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Steve Lanzilotta Performs
- 11:00 ■ Gratitude Circle
- 2:00 ■ Non Denominatioanl Church Service
- 3:00 ■ Cookie & Conversation Social

**24**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Ball Toss
- 11:00 ■ Do You Hear What I Hear ~ Trivia Game
- 2:00 ■ Sing Along
- 3:00 ■ February Birthday Social!

**25**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Saturday Morning Stretch
- 1:30 ■ Afternoon Matinee
- 3:00 ■ Afternoon Social
- 3:30 ■ Peer Group

**26**

- 9:30 ■ Walking Club
- 10:30 ■ Sunday Mass
- 1:30 ■ Paul Coronella Performs
- 3:00 ■ Sunday Social
- 6:00 ■ Hand Massages

**27**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Fab, Fit & Fun Exercise
- 11:00 ■ Brain Games
- 1:30 ■ Wally Visits
- 2:00 ■ Peer Group
- 3:00 ■ Afternoon Social

**28**

- 9:30 ■ Walking Club
- 10:00 ■ Pray the Rosary
- 10:30 ■ Noodle Exercises
- 11:00 ■ Gratitude Circle
- 2:00 ■ Bowling
- 3:00 ■ Cookies & Hot Cocoa Social



## EVENTS

- ~ Black History Month~
- 2nd~ Groundhogs Day
- 3rd~ National Carrot Cake Day
- 5th~ Susies Birthday
- 9th~ National Pizza Day
- 14th~ Valentines Day
- 14th~ Kays Birthday
- 17th~ Anitas Birthday
- 17th~ Phils Birthday
- 20th~ Presidents Day
- 21st~ Mardi Gras
- 22nd~ Ash Wednesday
- 24th~ Nancys Birthday
- 27th~ Bettys Birthday

## PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social