

### Included Inside This Issue:

News and Events

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February Birthdays Points to Ponder of the Month

February
Trips
and
Calendar

Words from the Desk of... Lilian Teska, Program Director

2016 Thank You For All The Lessons... 2017, We Are Ready!

We here at The Bainbridge Center have decided that this will be an amazing year!

Change is not necessarily a bad thing, according to the dictionary, "CHANGE: To make or become different; Take or use another instead of" Therefore we here at Bainbridge welcome change! Happy New Year from our family to yours!







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A TRIBUTE TO ELVIS PRESLEY'S BIRTHDAY MONTH

## CELEBRATING THE FIFTIES







# January Highlights

- \* GREAT EXPRESS TRANSPORTATION HAS JOINED US AND IS DOING A GOOD JOB SO FAR! BOTH REGISTRANTS & STAFF ARE VERY HAPPY!
- \* THE MONTH OF JANUARY HAS BEEN A BUSY TIME HERE AT BADHC. WE HAD NEW FLOORS INSTALLED IN OUR CENTER, AND THE PLACE LOOKS BEAUTIFUL!
- \* TWO NEW HAIR STYLISTS, BEVERLY & PATRICIA, HAVE JOINED OUR TEAM. THE SALON CONTINUES TO OPEN EVERY OTHER WEDNESDAY.
- \* WE CELEBRATED THE NEW YEAR WITH A PARTY—HORNS, NOISE MAKERS, ETC.
- \* LITTLE CHRISTMAS WAS CELEBRATED AND ALL OF OUR STAFF AND REGISTRANTS RECEIVED A WONDERFUL GIFT FROM ADMINISTRATION—THANKS! WE LOVE OUR NEW GLOVES!
- \* THE CHORAL GROUP PERFORMED AT A LOCAL TRANSITIONAL HOME-THANK YOU EVERYONE FOR SPREADING YOUR CHEER TO OTHERS!
- \* WE CELEBRATED ELVIS PRESLEY'S BIRTHDAY WITH A FIFTIES CELEBRATION!
- \* THE CHINESE NEW YEAR CELEBRATION WAS A SUCCESS—ALL OUR REGISTRANTS RECEIVED A BRACELET FOR LUCK WITH A HAND-MADE CARD (MADE BY OUR CHINESE REGISTRANT SUNNY). GUNG HO FA CHOY!
- \* WELLNESS PROGRAM









# A PEEK INTO COME OF OUR FEBRUARY AGENDA

Gearing up for the Bainbridge Spring Choir
 We will begin rehearsals this month for this year's Spring Concert
 SIGN UP NOW!

Choir meets every Thursday morning at 11:00

- Healthy Heart Month Red Fashion Show:
   SIGN UP NOW!!
  - Valentine's Day Celebration
    - Mardi Gras Party
    - Monthly Birthday Party
  - President's Month Events
  - Therapeutic Recreation Month Events

### POINTS TO PONDER

Some of our Thoughts of the Day this month were:

- \* How do you take a compliment?
- \* What's the next thing you need to get rid of?
- \* To what extent do you care what people think?
- \* What place can you go to that makes you feel good?
- \* What do you now know how to handle on your own that you used to seek out advice about?





# February

February 1st:

**CASINO GAMES** 

February 5<sup>th</sup>:

**DOLLAR TREE** 

February 8<sup>th</sup>:

**AMAZING SAVINGS** 

February 12<sup>th</sup>:

**WALMART** 

February 15<sup>th</sup>:

KOHL'S SHOPPING STORE

Feb 22<sup>nd</sup>:

**MICHAEL'S CRAFT STORE** 

February 26<sup>th</sup>:

**NATIONAL LIQUIDATORS** 

### Be My Valentine!

FNORYZDSS CUAHCYE F 0 EGNRU HPLHDDEE IAIEIBIWP Т TAPARO EKCEIJRUEFL OWNXGSXNROE ALENT RUNEIXTSCYDNACGLW GCSHMINVGLJZOEAVB D L U B B R Z V E M CHEIYJCMSFRHUSBANDRAC

hearts	surprise	saint
romance	pink	boyfriend
flowers	white	girlfriend
candy	red	husband
blush	valentine	wife
love	kindness	bouquet
Cupid	special	roses
bow	card	February
arrows	chocolates	fourteenth

To answer the trivia question, look for words or phrases that are hidden in the puzzle, but not in the word list.

Trivia: The first recorded associations of Valentine's Day with love can

be traced to this English author.

**Answer:** 



### February Birthdays

Mercedes C. 2/6

Sonia G. 2/8

Valentina B. 2/12

Peter J. 2/26

Juan C. 2/27

Eleanor E. 2/28

Happy Birthday to All Our Celebrants!

### Welcome To:

Celina Duran
Social Worker
Madelyn Baldera
Recreation
Patricia M
Lehman Intern

### Welcome Back to:

Adriana Marketing Director

### **Spanish Club Contributions**

Vive el presente sin olvidar el pasado pero siempre mirando hacia el futuro.

.La vida me enseño que cada momento feliz hay que disfrutarlo como si fuese el ultimo. Live in the present without forgetting the past but always looking to the future

Life taught me that every happy moment have to enjoy it as if it were the last.

QR: Quiet Room

# February 2017



National Blue Jeans Day! 2 8:00 Greet & News 8:30 Socialization / Exercise 9:45 Am Aerobics Trip: National Liquidators 11:00 Movie & Refreshments 1:00 Latin Music	8:00 Morning Greet & News 8:30 Exercise 9:45 Table Games 11:30 TR Special Event! 1:00 Word Search	8:00 Morning Greet & News 2 8:30 Exercise 9:45 Table Games Trip: Walmart 11:30 African American Film 1:00 Word Search	8:00 Morning Greet & News 8:30 Exercise 9:45 Table Games / Superbowl Game (QR) Trip: Dollar Tree 11:00: Movie 1:00 Caribbean Music	Black	Sun
26 8:00 Greetings/ News 27 8:30 Fitness Fun 9:45 Health Ed. (Sp). (QR) 10:00 7 11 Game 11:00 ESL (QR) / Brain Teasers 1:00 Word Search Music	198:00 Morning Greet & News 8:30 Socialization / Fifness Fun 10:00 Health Ed.(Eng) 11:00 President's Day Film / Spanish Club (QR) 1:00 President's Day Trivia	28:00 Greetings & News 13 8:30 Table Talk (QR) / Fitness Fun 9:45 Health Ed. (Sp) 10:00 7 11 Game/ ESL (QR) 11:00 Family Feud!/ V-Day Craffs (QR) 1:00 Patriotic Music	\$ 8:00 Morning Greet & News 6 8:30 Socialization / Fitness Fun 9:45 POKENO 10:00 Relay Races / ESL (QR) 11:00 Health Ed (Eng) / V Day Crafts (QR) 1:00 Soft Music	Black History Month	Mon
8:00 Meet & Greet 8:30 News/ Fitness Fun 9:30 Ladies Club (QR) 10:00 Art Group (QR) 11:00 Mardi Gras Celebration! 1:00 Caribbean Music	21 3:00 Meet & Greet 3:30 Fitness Fun 9:45 Registrant Council Meeting 11:00 Entertainment w/ Juan 1:00 Question Of The Day	8:00 Meet & Greet 8:30 Socialization/ Exercise 9:30 Ladies Club Bake Sale! 10:00 Art Group (QR) / Word Gam 11:00 Valentine's Day Party! 1:00 Love Songs Music	58:00 Meet & Greet 8:30 Socialization / Fitness Fun 9:30 Discussion Group (QR) 10:00 Art Group (QR) 11:00 Entertainment w/ Juan 1:00 Word of The Day	Nonth	Tue
THERAPEUTIC RECREATION MONT	2   8:00 Morning Greet & News 22 8:30 Fitness Fun Trip: Michael's Graft Store 9:45 BINGO 10:00 Brain Games 11:00 Needle Work (QR) 1:00 Love Songs Music	48:00 News & Views [5] 8:30 Table talk (QR) / Fitness Fun 9:00 Salon Svs / Beauty Hr (QR) Trip: Kohl's Shopping Store ess 10:00 BINGO 11:00 Floor Hockey 1:00 Reggae Music	8:00 News & Views 8:00 Table Talk (QR) / Fitness Fun Trip: Amazing Savings 9:45 BINGO 10:00 Word Games 11:00 Needle Work (QR) 1:00 Table Talk	8:30 Fitness Fun 9:00 Salon Svs / Beauty Hr (QR) 9:45 BINGO 10:00 Casino Games 11:00 7 11 Game/Table Topics 1:00 Jazz Music	Wed
CREATION MONTH	8:00 Greet & News 8:30 Socialization/ Fitness Fun 9:30 Yoga wf Dorian (QR) 10:00 Choir Grp(QR) /Brain Teas 11:00 President's Week Celebrat 1:00 Patriotic Music	8:00 Greet & News 8:30 Socialization/ Fitness Fun 9:30 Yoga w/ Dorlan (QR) 10:00 Choir Grp (QR) 11:00 Healthy Heart Fashion Show! 1:00 Question of the Day!	8::00 News & Views 8::00 News & Views 8::00 Socialization / Fitness Fun 9::00 Yoga w/ Dorrian (QR) 10::00 Choir Grp (QR) 11::00 Black History Celebration! 1::00 African American Music	8:00 Morning Greet & News 2 8:30 Filmess Fun 9:30 Yoga w/ Dorian (QR) 9:45 Word Games 10:00 Choir Group (QR) 11:00 Lunar New Yr Celebration! 1:00 Rock' N RollMusic	Thu
	238:00 Greet & News 24 8:30 Fitness Fun 9:00 Pet Therapy 9:30 Christian Services (QR) 10:00 Chair Aerobics 11:00 Rabbi Visit (QR) / Karaoke	68:00 Morning Greet & News [7] 8:00 Socialization/ Fitness Fun 9:45 CHAIR AEROBICS/Men's Club QR) 10:00 Health Ed. Ru. (QRy/Diet. Ed. 11:00 Karaoke	98:00 Morning Greet/ News [0 8:30 Fitness Fun 9:30 Christian Sevices (QR) 10:00 Chair Aerobics/ Refreshments 11:00 Relax Hour	8:00 Morning Greet & News 3 8:30 Fitness Fun 9:45 Chair Aer / Men'sClub (QR) 10:00 Health ED. (Ru.) (QR)/Diet ED. 11:00 Patriotic Music	Fri
	25 Residents 25 Day	Happy 18 Valentines	Mardi Gras	Highlights for Month Superbowl Sunday Healthy Heart Fashion Show Valentine's Day Party Bake Sale Pajama Day President's Day Mardi Gras	Sat