FEBRUARY "2025" HIGHLIGHTS

Saturday, February 1st

1:00 Movie & Popcorn "The Six Triple Eight" 2024 (TD) 1:30 *New* Bible Study "Mary the Mother of Jesus-Never Assume Too Much" (CH)

Sunday, February 2nd Groundhog Day

This week look around for the ground hog! 3:00 BIG Buck\$ Bingo \$1 Card (TC)

7:00 Movie "Ground Hog Day" 1993 PG 1h 41m (CH 1-1)

Monday, February 3rd

9:30 to 4:00 Barber Nick walk-ins welcome

10:00 **NEW** The Story of Jesus Dr. Luke & Dr. Larry (CH) 2:00 The Birth of Gospel –a Chicago Stories (TD)

Tuesday, February 4th

9:30 Technology Tuesday: Talk to Text (TG)

10:00 Dining Meeting (TC)

Wednesday, February 5th

10:00 & 1:00 Artisan "Puzzle Tree Paper Mache" Class Pt 1 (TG) Sign Up Req'd

1:00 to 2:00 sign up Wisdom Warrior Challenge (TC)

4:00 Happy Hour with Angie on piano (TC)

Thursday, February 6th

8:30 Patrick SFB Must have Military ID

10:00 Parkinson's Support Group "Sleep Challenges?" (*TD) 11:00 to 12:00 sign up Wisdom Warrior Challenge (TC)

Friday, February 7th National Wear Red Day

1:00 Travel: "Qatar—Pearl of the Future" (TC)

7:00 The Patty Waszak Show! (TC)

8:00 Movie "My Big Fat Greek Wedding" 2002 (CH 1-1)

Saturday, February 8th

10:30 "Art & Illusions" (TC)

1:00 Movie & Popcorn "Shirley" 2024 PG-13 1h 58m (TD)

2:00 Plant Talk & Sale Love Garden Q&A (TC)

Sunday, February 9th Super Bowl LIX

10:00 Space Coast Church worship & music (TG)

6:30 Super Bowl Party Wings & Drinks (BST)

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7:00 Movie "Second Hand Lions" 2003 PG (CH 1-1)

Monday, February 10th

2:00 Jimmy Carter: His Unlikely Rise to power (TD)

Tuesday, February 11th

9:00 Library & Post Office

9:30 Technology Tuesday: Calendar Events (TG)

11:00 Hymn Sing (TC)

4:00 Out to Dinner "Shells" Sign up by Feb 6th

Wednesday, February 12th I Love Lucy Marathon

10:00 & 1:00 Artisan "Puzzle Tree Pt 2 (TG)

2:00 Poets & Writers Group (TD)

3:00 The Fountains Chocolate Factory Game (TC)

4:00 Life is sweeter with Chocolate Happy Hour (TC)

Thursday, February 13th Tu B'Shevat

10:00 "Young at Heart" Healthy heart talk

Sign up Req'd space limited (TC)

1:00 Garden Club Meeting in The Garden

3:15 Our School House kids 6 -13 Aerial gymnastics (TC)

<u>Friday, February 14th</u> Valentines Day Wear Red 1:00 Travel: "25 romantic destinations for couples" (TC) 7:00 Julie Lendon Special Valentine's Show (TC)

Saturday, February 15th

1:00 Movie & Popcorn "My Big Fat Greek Wedding 2" (TD)

2:00 "The Not so Newlywed Game" Couples Wanted! TC

Sunday, February 16th

7:00 Movie "Lean on Me" 1989 1h 44m (CH 1-1)

Monday, February 17th Presidents' Day

2:00 Birth of the United States (S1 E1) 52m (TD)

Tuesday, February 18th

9:30 Technology Tuesday: QR Codes (TG)

10:00 Come Meet the Hospitality/RR Team (TC)

Wednesday, February 19th

All Day Café & Meet & Greet 9:30 to 5:00

Stop in for Games, Specialty Coffees, Tea, & Entertainment TC



1:00 Dave DeLuca Singer (TC)

4:00 Happy Hour with Manuel on Violin (TC)

7:00 The Fountains Book Club (CH)

Thursday, February 20th

10:30 Nooks Cook with Jane "Decadent French Toast" (TN)

11:00 Out to Lunch "Marker 99 Restaurant" Sign Up

3:00 Residents Association Meeting (TC)

6:15 Municipal Band Concert Sign Up Req'd by the 17th

Friday, February 21st Wear Red

1:00 Travel "Ghana: A Nation of Rich History",52m (TC)
6:15 Out to see Almost ABBA Concert (Ticket Holders)

8:00 Movie "John Q" 2002 PG-13 1h 56m (CH 1-1)

Saturday, February 22nd

3:00 February Birthday with Sandy on the Piano (TC)

Sunday, February 23rd

7:00 Movie "National Treasure" 2004 PG 2h 11m (CH 1-1)

Monday, February 24th

12:30 Out to The "Chocolate Kingdom & Cheesecake Factory" Sign up by Feb 18th

2:00 Uneasy Transitions of Power (S1 E2) (TD)

Tuesday, February 25th

9:30 Technology Tuesday: Transportation & book Apps (TG)

10:30 Sit Down With Sandy (TC)

Wednesday, February 26th

Poker Run Today

10:00 –11:00 Poker Run Stop #1 Pick up your Card \$5. (LB)

11:00 –12:00 Poker Run Stop #2 (TG) 1:00—2:00 Poker Run Stop #3 (TN)

2:30—2:00 Poker Run Stop #3 (1N) 2:30—3:30 Poker Run Stop #4 (LB)

4:00 Stay & Play Poker

Happy Hour Last Stop #5 Winner Takes ALL (TC)

Thursday, February 27th NO FITNESS TODAY

10:00 Parkinson's Support Group (CH)

3:30 New in Town 1 Hr. Bus Tour Sign Up Req'd

Friday, February 28th Wear Red

1:00 Travel "Wonders of Portugal" (TC)

8:00 Movie "Mission Impossible" PG-13 1h 50m (CH 1-1)



Meet The Board February 2025

Hello everyone! I'm Grace Lake, and my husband is Jack. I hail from Garden City, Long Island, NY, while Jack is originally from Saratoga Springs, NY. We made the move to the Fountains two years ago, and we absolutely love it here! What's not to love? The staff is incredibly friendly and helpful, making you feel right at home from the moment you arrive.



There are plenty of activities available for those who want to stay engaged, so you can be as active as you choose.

I've taken on the role of Chairman of the Food Services Committee because I believe it's important for everyone to contribute when they can. Our Dining Meeting takes place on the first Tuesday of each month at 10:00 AM in The Commons, and I warmly invite you to join us. It's a small, informal gathering led by Jamie, our Dining Room Services Director, along with Chef Brandon and Bruce, the Dining Room Manager. They provide updates on any new or important information, followed by a Q&A session where you can share your thoughts—whether it's praise, concerns, or suggestions. Your input truly matters to them! We would love to see some new faces at our meeting.

Wishing everyone a happy and healthy 2025! There's so much for us to be grateful for.



The Artisan Class

Wednesdays In The Gathering Sign Up Req'd

February 5th & 12th **Puzzle Tree Paper Mache**



Saturdays at 9:30am **Watercolor Class with Jessie**



Sundays starting on February 12th from 12:30 to 2:00pm Open Art Studio, work on your own to paint or craft with friends



New in Town Bus Tour!

Join us on a bus tour around town.

Thursday, February 27th at 3:30pm

This is a great way for you to learn the area. We will be staying within our 6 mile radius going to shopping & medical areas. The tour will be around 1 hour and we will not be getting off the bus.



February is Heart Health Month

Go Red for Women celebrates the energy, passion, and power we have as

women to band together to wipe out heart disease and stroke.

Cardiovascular disease is the No. 1 killer of women, taking more lives than all forms of cancer combined. 45% of women over 20 years old have some form of CVD. Go Red For Women—designed to empower women to take charge of their heart health.

1. Eat Healthy

Limit fried foods Eat more vegetables and fruits Reduce your sodium intake Choose low-fat Select whole grains foods Control your portion size

2. Start Walking

Exercising as little as 30 minutes each day can reduce your risk.

3. Reduce Stress Meditation Soft music Sitting outside



- **4. Quit smoking:** Smoking is one of the primary risk factors for heart disease
- **5. Get enough sleep:** Adults should aim for 7 to 9 hours of sleep each night.
- **6. Limit alcohol:** Drinking too much alcohol can raise your blood pressure.



Wisdom Warrior Challenge

THE RACE FOR THE AGES



Sign Up & Q&A February, 5th 1:00 pm to 2:00 pm TC

February, 6th 11:00 am to 12:00 pm TC

The Wisdom Warrior Challenge (WWC) is a FREE annual event for participants 50-100+ years old. The primary goals of the Wisdom Warrior Challenge are to promote physical activity, engagement and to debunk the myths about aging as related to the ability to remain active.

This senior centric, all inclusive track event hosts separate divisions for those using a device such as a walker, cane, or self-propelled wheelchair. The athletes will be recognized for their place at their local event and for their overall standing for the nationwide challenge which includes all participating facilities. The community with the most points will hold the Wisdom Cup until the next annual event! The Fountains race will be held on the morning of April 15th 2025.

We will have training sessions leading up to the main event.

Train with us Tuesdays at 2:00 pm & Thursdays at 8:30 am (Meet in the Lobby)



The Patty Waszak Show Friday, February 7th at 7:00pm

All the way from Pigeon Forge, TN, Patty's heartwarming variety show features a wide variety of music, including some of her original songs. Patty is a phenomenal musician & hilarious comedian.

Don't miss this enjoyable interactive show!



H&R BLOCK®

It's Tax Time!

We are pleased to have Jackie from H&R Block available to you on Tuesdays from 9:00 to 12:00 in the Chapel. She can assist you in filing your 2024 tax returns. Please understand she will meet with you here to collect your paperwork, and then return to her office to file your returns. Sign Up Rea'd.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Catholic Service (CH) 12:30 Bridge (TD) No Open Art Studio (TG) 1:00 Rummikub (TD) 2:30 Non-Denominational Church Service (CH) 3:00 Quarter Bingo (TC) 3:00 Private Party (TG) 7:00 Movie "Lean on Me" 1989 1h 44m (CH 1-1)	9:00 Active Balance (FS)	9:00 Active Fitness (FS) 9:00 to 12:00 Jackie with H&R Block Taxes Sign Up Req'd (CH) 9:30 Technology Tuesday: QR Codes (TG) 10:00 Come Meet the Hospitality/Resident Relations Team (TC) 10:00 to 11:30 Private Event (TD) 11:00 Sit & Fit Sing (TG) 12:00 Friendly Bridge (TD) 1:00 Bananagrams (TG) 1:30 Out to Wal-Mart 2:00 Trail Walk (LB) 2:30 Texas Hold'em (TG) 3:00 Prize Bingo (TC) 7:00 Virtual Bowling (TC)	7.00 to 5.00	8:00 Private Meeting (TC) 8:30 Trail Walk (LB) 9:00 Active Stretch (FS) 10:00 Train Dominoes (TG) 10:30 Nooks Cook with Jane "Decadent French Toast" (TN) 11:00 Seated Stretch (FS) 11:00 Friendly Bridge Sign Up Req'd (TD) 11:00 Out to Lunch "Marker 99 Restaurant" Sign Up by Feb. 14th 1:00 American Mahjong (TG) 1:00 Line Dance Practice (FS) NO Walgreens and CVS 3:00 Residents Association Meeting (TC) 6:15 Municipal Free Band Concert Sign Up Req'd by the 17th	9:00 Active Fitness (FS) 10:00 Cornhole (TC) 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 12:00 Rummikub (TG) 1:00 Travel "Ghana: A	9:30 Watercolor Class with Jessie (TG) 10:00 Saturday Shuttle Service 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 1:30 Bible Study "Mary the Mother of Jesus- Surviving the Sword of Grief" (CH) 2:30 Texas Hold'em (TG) 3:00 February Birthday with Sandy on the Piano (TC) All Welcome!
11:00 Catholic Service (CH) 12:30 Bridge (TD) 12:30 to 2:00 Open Art Studio (TG) 1:00 Rummikub (TD) 2:30 Non-Denominational Church Service CH 3:00 Quarter Bingo (TC) 7:00 Movie "National Treasure" 2004 PG 2h 11m (CH 1-1)	9:00 Active Balance (FS) 10:00 Knitting Club (TD) 10:00 Moderate Balance (FS) 10:00 The Story of Jesus by Dr. Luke & Dr. Larry (CH) 10:00 Man Chat (TG) 11:00 Sit and Fit Balance (FS) 12:30 Out to The "Chocolate Kingdom & Cheesecake Factory" Sign up by Feb 18th 1:00 Cornhole (TC) NO Out to Publix 2:00 Uneasy Transitions of Power (S1 E2) (TD) 3:00 Quarter Bingo (TC) 6:30 Hand and Foot Game (TG) 7:00 Virtual Bowling (TC)	9:00 Active Fitness (FS) 9:00 to 12:00 Jackie with H&R Block Taxes Sign Up Req'd (CH) 9:30 Technology Tuesday: Transportation & book Apps (TG) 10:30 Sit Down With Sandy (TC) 11:00 Sit & Fit Sing (TG) 12:00 Friendly Bridge (TD) 1:00 Bananagrams (TG) 1:30 Out to Wal-Mart 2:00 Trail Walk (LB) 2:30 Texas Hold'em (TG) No Bingo Today 3:30 to 4:00 Associate Event (TC) 7:00 Virtual Bowling (TC)	Poker Run Today 9:00 Active Fitness (FS) 9:00 to 11:00 Blood Pressures (WC) 10:00 Moderate Fitness (FS) 10:00 -11:00 Poker Run Stop #1 Pick up your Card \$5. (LB) 10:00 Private Bible Study (CH) 11:00 -12:00 Poker Run Stop #2 (TG) 11:00 Sit and Fit (FS) 1:30 Wal-Mart Marketplace 1:00—2:00 Poker Run Stop #3 (TN) 2:30—3:30 Poker Run Stop #4 (LB) 3:00 The Rosary (CH) 4:00 Stay & Play Poker Happy Hour Last Stop #5 Winner Takes ALL (TC) 7:00 Virtual Bowling (TC)	NO FITNESS TODAY 27 for associate training 10:00 Train Dominoes (TG) 10:00 Parkinson's Support Group (CH) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 American Mahjong (TG) 1:00 Line Dance Practice (FS) 1:00 Out to Bealls Outlet 1:30 Walgreens and CVS 3:30 New in Town 1 Hr. Bus Tour Sign Up Req'd	Wear Red 9:00 Active Fitness (FS) 10:00 Cornhole (TC) 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 12:00 Rummikub (TG) 1:00 Travel "Wonders of Portugal" Fascinating Places 52 m (TC) 1:30 Out to Publix 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 7:00 Virtual Bowling (TC) 7:00 Christian Movies (TD) 8:00 Movie "Mission Impossible" 1996 PG-13 1h 50m (CH 1-1)	WINNER TAKE ALL POKER RUN Join us on February 26th, 2025, where fun and camaraderie await! With just \$5.00 cash to play, the adventure kicks off in the Lobby at 10:00 AM and culminates during happy hour in the Commons at 4:00 PM.

Life Enrichment ConciergeMonday through Friday between 10:00 AM & 2:00 PM. Located In The Lobby

Register for all tech support, events and outings marked in green or labeled "sign up required". Independent Living (IL) residents. This includes your medical and beauty appointments. Assisted Living (AL) residents should continue to sign up for Medical Apts.in the care office



Monday, February 24th

Out to The Chocolate Kingdom & Cheesecake Factory

Travel Time 1 1/2 hr. Factory Tours \$24.00 Leave Time: 12:30 pm



Chocolate Kingdom, the Factory Adventure Tour located in Orlando, (45 min) is an interactive journey that uncovers how chocolate transforms from the bean into the creamy, dreamy chocolate bar. Sign up by Feb. 18th.

This is a fantastic opportunity for both residents and associates to come together and enjoy a day filled with laughter

and community spirit.