

- February Birthdays!**
- Frank K. 2/1
 - Joanne R. 2/13
 - Carl L. 2/15
 - Katie L. 2/16
 - Ted. M 2/18
 - Terry G. 2/18
 - Jim s. 2/20
 - Joan W 2/24
 - Alicide L. 2/26

Looking to February



Yes, I CAN!

Canned Food Sculpture Competition

It's a CANTastic way to help!
Join in the fun while helping those in need

Bring your imagination & your canned goods to create a CAN sculpture using canned food products that you donate. It's a creative way to help your local food bank, food pantry or shelter

Each community will be judged on creativity and execution. **ONLY ONE** winner will be selected from all our communities to receive the coveted CAN trophy and bragging rights! Plus a pizza party - So get your CAN involved!

Competition begins February 1, 2019
Judging February 25-28, 2019
WINNER ANNOUNCED FEBRUARY 28th

Please note all labels must remain intact

Get inspired with the attached samples!
See your community manager for all the details



Valentine's Day—Origins

From February 13 to the 15th the Romans celebrated the festival of Lupercalia. The men would sacrifice a goat and a dog and the women would line up to be whipped by the slain animal hides because they believed it would make them fertile.

There was also a matchmaking lottery where couples were paired up by picking a name out of a bowl. The couples would be paired for the duration of the festival and after if the match was successful.

In the 3rd century AD Emperor Claudius II executed 2 men named Valentine, one for proselytizing

Christianity in a time when it was outlawed and another for reportedly secretly marrying couples so the men would not have to go to war. The Catholic church honored them with the celebration of St. Valentine's Day.

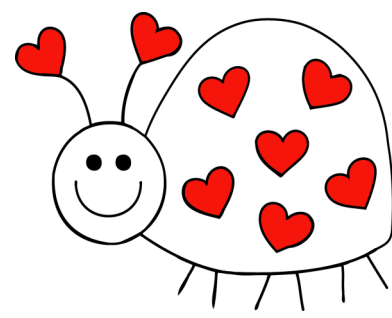
As the years went on, Valentine's Day became sweeter. Shakespeare and Chaucer romanticized it in their



works. Homemade cards became the rage in the Middle Ages.

By 1913 Hallmark Cards was founded and began mass producing cards. Valentine's Day hasn't been the same since!

Today it is estimated that Valentine's Day brings in over 18 billion dollars in sales.



Maple Ridge Minute

Volume 2, Issue 2

February 2019

Yoga is Back! The Weatherman is Coming!

Inside this issue:

- Super Bowl LIII** 3rd
- Gentle Yoga with Ally** 4th, 18t
- Care For Caregivers** 6th
- Kevin Skarupa Talk** 12
- Coffee with a Cop** 19
- Canned Food Sculpture Building** 20

It's already February! After the wild weather we have already had this year we will welcome Kevin Skarupa from the Channel 9 News to talk to us about a day in his life. He will be here on Tuesday February 12th at 9:30 AM—THAT'S SO EARLY! Yes, I know, he is coming in between tapings of the show.

Yoga is back. After much searching I have found us a new Yoga teacher. Her name is Ally, and she will lead Gentle Yoga every other Monday at 2 PM. She has been an instructor

for over 7 years and is versed in all forms of yoga.

If it's been a while since you did yoga, or tried it and didn't care for it—I urge you to give it another go. New teacher, new style and you may find you have a new opinion on the matter.

Third times a charm! The Prime Time Grilled Cheese truck will be here on Thursday the 7th from 11:30 to 2 PM, their food is out of this world.

Joey Peavey is coming

back to perform on the piano for us. Come watch this amazing young man play some beautiful and complicated music.

The pot luck this month has an interesting twist—"Your Mother's favorite recipe" ... I can't wait to see what we will have for dinner that night.....

February is shaping up to be another exciting and event filled month. I can't wait to share it with everyone.

Community Manager:
Nancy Hendricks
603-232-2463

Wellness Coordinator:
Gillian Savitch

Maintenance Technician:
Pete Carlyle

Office Hours: M-F 9:30-4
After Hours Emergency
603-232-2463

Canned Sculpture Competition

This month we will be participating in the Canned Sculpture Competition!

Those who would like to participate can sign up on the board and we will meet to discuss what we would like to build.




donated after the competition to the Nashua Soup Kitchen in Nashua, NH.

The 'competition' part of the project is that we will be judged against the other Calamar properties and the winning design

will receive a pizza party.

Lets put our heads together and create something unique and help others at the same time.

Sunday**Monday****Tuesday****Wednesday****Thursday****Friday****Saturday**

					1 National Go Red Day 9:30 Coffee & Donuts 11:00 Heart Healthy Bone Builders 1:00 Hand and Foot 3:00 Knitting/Crochet Group 3:30 Women's Pool League 7:00 Friday at the Movies <i>50 First Dates</i> 	2 Ground Hog Day 10:00 Ping Pong Mixed Groups 11:00 Bingo 2:00 Saturday Matinee
3 10:00 Ping Pong Mixed Groups 2:00 Board Games In the Library 6:30 Super Bowl LIII	4 9:00 Open Discussion 10:15: Boxing Therapy 1:00 Cribbage 2:00 Gentle Yoga with Ally 3:00 Men's Pool League	5 Chinese New Year 10:00 Book Club 11:00 Women's Discussion Group 11:00 Tech Tuesdays 1:00 Rummikub 2:00 Bone Builders 3:00 Women's Pool League	6 9:30 Men's Coffee & Conversation 10:30 Corn Hole Competition+ 1:00 Sequence 2:00 Care for Caregivers with Suzanne O'Gara 	7 10:00 Can Sculpture Planning Group 11:00 TED Talks 11:30-2 Prime Time Grilled Cheese Truck 1:00 Dominos 2:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktails	8 9:30 Coffee & Donuts 11:00 Bone Builders 1:00 Hand and Foot 3:00 Knitting/Crochet Group 3:30 Women's Pool League 7:00 Friday at the Movies <i>Click</i>	9 10:00 Ping Pong Mixed Groups 11:00 Bingo 2:00 Saturday Matinee
10 10:00 Ping Pong Mixed Groups 2:00 Board Games In the Library	11 9:00 Open Discussion 10:15: Boxing Therapy 1:00 Cribbage 2:00 Monday Matinee: 3:00 Men's Pool League	12 9:30—"A Day in the Life of the Ch. 9 Weatherman" with Kevin Skarupa 11:00 Women's Discussion Group 1:00 Rummikub 2:00 Bone Builders 3:00 Women's Pool League	13 9:30 Men's Coffee & Conversation 10:30 Corn Hole Competition+ 1:00 Sequence 2:00 Health Seminar: Hearing & Ageing 	14 Valentine's Day 9:30 Women's Auxiliary 10:00 Veterans Brunch 1:00 Dominos 2:00 Guided Meditation 3:00 Men's Pool League 4:00 Creative Cocktails	15 9:30 Coffee & Donuts 11:00 Bone Builders 1:00 Hand and Foot 3:00 Knitting/Crochet Group 3:30 Women's Pool League 7:00 Friday at the Movies <i>Big Daddy</i>	16 10:00 Ping Pong Mixed Groups 11:00 Bingo 2:00 Saturday Matinee
17 10:00 Ping Pong Mixed Groups 2:00 Board Games In the Library	18 President's Day 9:00 Open Discussion 10:15: Boxing Therapy 1:00 Cribbage 2:00 Gentle Yoga with Ally 3:00 Men's Pool League	19 10:00 Coffee with a Cop 11:00 Women's Discussion Group 11:00 Tech Tuesdays 1:00 Rummikub 2:00 Bone Builders 3:00 Women's Pool League	20 9:30 Men's Coffee & Conversation 10:30 Corn Hole Competition+ 1:00 Sequence 2:00 Canned Food Sculpture Building	21 10:00 Indoor Walking Group 11:00 TED Talks 1:00 Dominos 2:00 Healthy Habits: Fat 3:00 Men's Pool League 4:00 Creative Cocktails	22 National Margarita Day 9:30 Coffee & Donuts 11:00 Bone Builders 1:00 Hand and Foot 3:00 Knitting/Crochet Group 3:30 Women's Pool League 7:00 Friday at the Movies <i>Mr. Deeds</i>	23 10:00 Ping Pong Mixed Groups 11:00 Bingo 2:00 Saturday Matinee
24 10:00 Ping Pong Mixed Groups 2:00 Board Games In the Library	25 9:00 Open Discussion 10:15: Boxing Therapy 1:00 Cribbage 2:00 Monday Matinee: 3:00 Men's Pool League	26 10:00 11:00 Women's Discussion Group 1:00 Rummikub 2:00 Bone Builders 3:00 Women's Pool League	27 9:30 Men's Coffee & Conversation 10:30 Corn Hole Competition+ 1:00 Sequence 2:00 February Birthday Party 4:00 Piano Performance with Joey Peavey	28 10:00 Indoor Walking Group 11:00 TED Talks 1:00 Dominos 2:00 Guided Meditation 3:00 Men's Pool League 5:30 February Pot Luck-Something Your Mother Made		