

# North Farm Senior Estates

## February 2017

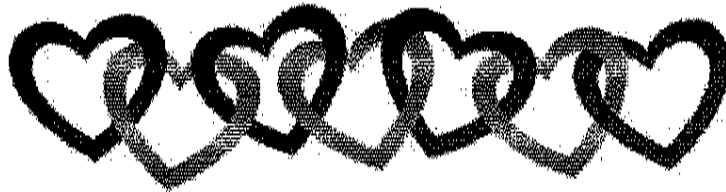


**K**arams

February is Heart Disease Awareness Month. National Wear Red Day is Friday, February 3, 2017 and we Go Red because each year about 50,000 women die from cardiovascular disease. Although women tend to think cardiovascular disease is a man's disease, in fact, heart disease is the #1 killer of women, causing 1 in 3 women deaths each year. The American Heart Association says chest pain or discomfort is the most common heart attack symptom in women. Other signs for women, according to the American Heart Association, are discomfort in one or both arms, jaw, stomach, neck or back. Shortness of breath may occur with or without chest discomfort. Another sign is breaking out in a cold sweat, nausea or lightheadedness. If you do have any of these, symptoms, call 911. Seven ways to get heart healthy in 2017 are: get active, control cholesterol, eat better, lose weight, manage blood pressure, reduce blood sugar and stop smoking. Eighty percent of cardiac and stroke events may be prevented with education and action. Whether you are a women or love the women in your life, let's Go Red for Women and pay attention to the symptoms to prevent heart attacks. Take care and trust your Gut!

### OFFICE CLOSED

Just a reminder, the office will be closed on Monday, February 20th in observance of President's Day. As always, if you have a maintenance emergency, simply dial the office phone number and leave a detailed message along with a contact number with the answering service. Please remember that the answering service answers for all 4 of our properties as well as Summit Medical Center.



### RIDES

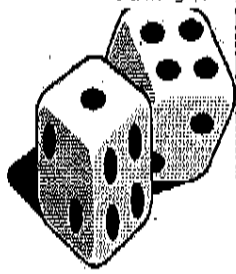
Every Tuesday we offer rides to Stop & Shop, Walmart, local banks and any local businesses that you request to our driver. Please be sure to sign up with the office by end of day Monday.

### MASS

Father Bernier will be here on Monday, February 6th at 10:30 AM to celebrate Catholic Mass.

### KNITTING

Knitting is every Wednesday at 1 PM in the Almy Community Room.



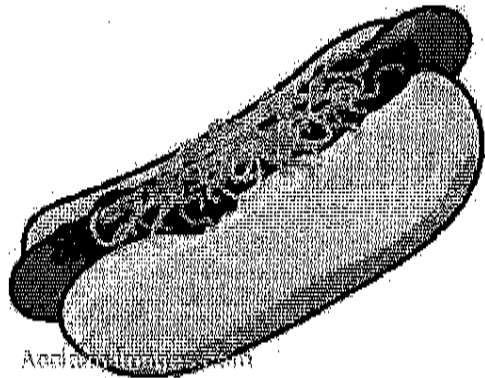
GAMES

POKENO-Thursday, February 2nd at 1 PM- Almy  
GERONIMO-Thursday, February 9th at 1 PM- Almy  
LCR-Thursday, February 16th at 1 PM- Almy  
BINGO-Thursday, February 23rd at 1 PM- Almy



Pokeno is \$2 to play, Bingo is \$.50 a card for regular games and \$1 a card for special games, LCR is \$2 played with dimes and Geronimo is \$2 per pack.

For the time being, we will not be playing Cribbage, Sorry for the inconvenience.  
Nightly Bingo is played every Wednesday evening at 6 PM in the Bowers Community Room.



CONEY ISLAND HOT DOG LUNCHEON

Friday, February 10TH @ 1 PM

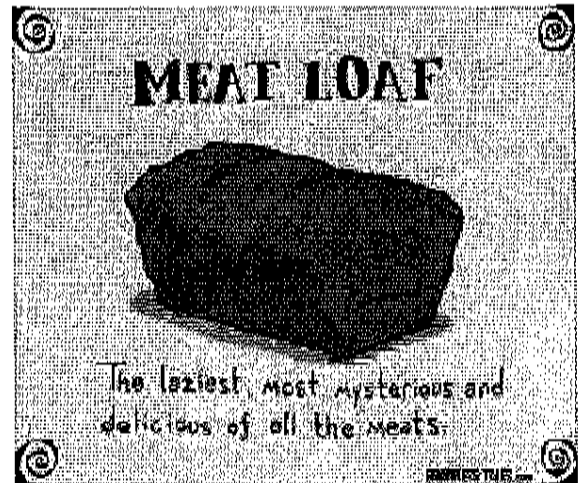
We will be having coney island hot dogs from TnT Coney Island Hotdogs, Inc. in Somerset. The cost for this luncheon will be \$6 which will include 2 hot dogs, chips, beverage and dessert. Please be sure to sign up with the office by Tuesday, February 7th if you would like to attend.

MEATLOAF LUNCHEON

Friday, February 17th @ 1 PM

We will be getting this delicious meal from The Somerset Grille.

The cost will be \$8 which will also include your potatoes, vegetable beverage and dessert. Please be sure to sign up with the office by Tuesday, February 14th if you would like to attend.



CHOW MEIN SANDWICHES

Friday, February 24th @ 1 PM

We will be serving up this meal from China Lake for \$6 which will include your sandwich, french fries, beverage and dessert. Please be sure to sign up with the office by Tuesday, February 21st if you would like to attend.

J.P's DISCOUNT SHOPPING

Monday, February 20th @ 10 AM

JP will be here from 10-11 AM in the Bowers Community Room selling his discounted items. Be sure to stop by and see what he has for deals this month!



# SUNDAY NIGHT MOVIES

Sunday, February 5th

*"Heart and Souls"*

*Robert Downey Jr., Charles Grodin, Alfre Woodard*

A businessman is reunited with the four lost souls who were his guardian angels during childhood, all with a particular purpose to joining the afterlife.

Sunday, February 12th

*"Safe Haven"*

*Julianne Hough, Josh Duhamel, Cobie Smulders*

A young woman with a mysterious past lands in Southport, North Carolina where her bond with a widower forces her to confront the dark secret that haunts her.

Sunday, February 19th

*"Forever Young"*

*Mel Gibson, Jamie Lee Curtis, Elijah Wood*

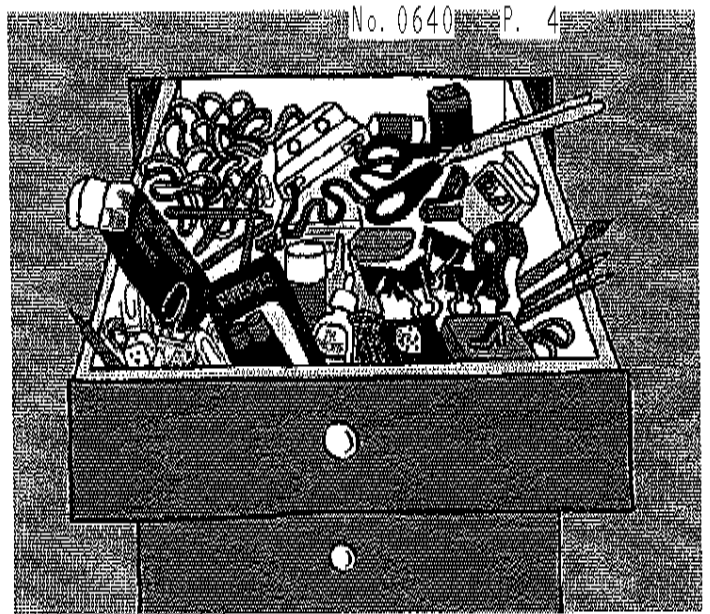
During a cryogenics test, a pilot frozen in 1939 awakes in 1992 but time is running out, as his body starts to age rapidly.

Sunday, February 26th

*"Georgia Rule"*

*Jane Fonda, Lindsay Lohan, Felicity Huffman*

A troubled young woman is sent to live with her grandmother for the summer, while hiding a secret that could potentially tear her family apart.



### Organize It

I love to organize! I think all of us love to be organized, whether we admit it or not. Let's face it, there is so much less stress in life when things aren't in complete chaos.

January, February seem to be the months that the "organize" bug makes its way into my life.

Here are a few tips that may help your closet space. First of all fold sheets and towels in thirds. I think you'll be amazed by how neatly everything stacks.

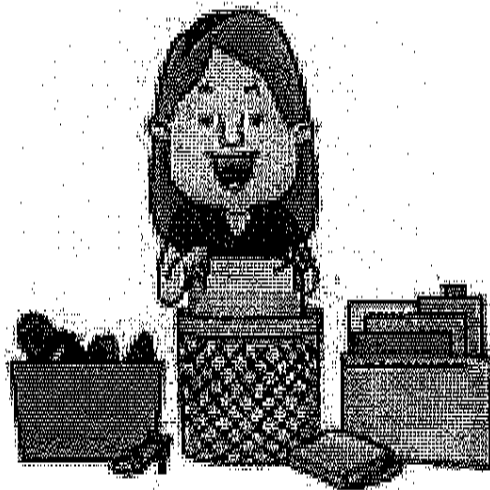
Fold sheets in thirds too and fold in the pillowcases as well. It's really handy to have the pillowcases wrapped right in with the flat sheet and folded sheet. Just grab a bundle, and you know you've got everything for your bed.

Use a tissue box holder to store loose shopping bags – you won't believe how many you can stuff into one box!

Hank hooks behind doors for Robes and Towels

Subdivide Your Drawers – This one is an easy fix. Do not just throw stuff in your draws. Not only will you find things more quickly if you take time to organize them, but it's also much easier to remove the bins and wash them rather than remove all the contents of the draw when doing a thorough cleaning.

In the kitchen use plate racks to store pans.



# Love Word Search

## 1 Corinthians 13:4-8

Find the hidden words.



K Y D S N G E G I P B E E E H  
 U P A E M L G A A V E A B O N  
 W R T V Q F P R R J A T P W E  
 U E I E Z J R B R Z R E O P Z  
 U N R I G H T E O U S N E S S  
 N E B L B Q P P G F M H C J K  
 N S Q E K E R S A V P P R P X  
 E J E B C O P T N C M L C X Q  
 R N S C V O N E T N X J J T C  
 D P D O I E M D E R E F F U S  
 Y N K U I O R I J E A L O U S  
 R E I T R D J O N F L C G V K  
 D R A K F E Z E A G X M K O F  
 Z P Y Z D A S R R R L S R A W  
 Q T K X B W R E V E N Y Y C N

Is PATIENT

Does Not Take Into Account A Wrong SUFFERED

Is KIND

Does Not Rejoice In UNRIGHTEOUSNESS

Is Not JEALOUS

REJOICES With The Truth

Does Not BRAG

BEARS All Things

Is Not ARROGANT

BELIEVES All Things

Does Not Act UNBECOMINGLY

HOPES All Things

Does Not Seek Its OWN

ENDURES All Things

Is Not PROVOKED



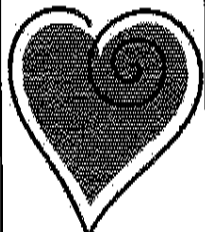



# February 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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			1 Knitting 1 PM Almy  Bingo 6 PM	2  Pokeno 1 PM Almy	3	4 
5 "Heart and Souls" 6 PM Almy	6 MASS 10:30 AM	7 Rides 10 AM  Get Together 1 PM Almy  LCR 6 PM Bowers	8 Knitting 1 PM Almy  Bingo 6 PM	9  Geronimo 1 PM Almy	10 Coney Island Hot Dog Luncheon 1 PM Bowers	11
12 "Safe Haven" 6 PM Almy	13 	14 Rides 10 AM  Get Together 1 PM Almy  LCR 6 PM Bowers	15 Knitting 1 PM Almy  Bingo 6 PM	16  LCR 1 PM Almy	17 Meatloaf Luncheon 1 PM Bowers	18 
19 "Forever Young" 6 PM Almy	20 Office Closed	21 Rides 10 AM  Get Together 1 PM Almy  LCR 6 PM Bowers	22 Bowers Knitting 1 PM Almy  Bingo 6 PM	23  BINGO 1 PM Almy	24 Chow Mein Sandwich Luncheon 1 PM Bowers	25
26 "Georgia Rule" 6 PM Almy	27 	28 Rides 10 AM  Get Together 1 PM Almy  LCR 6 PM Bowers	