

## February Events

**Thursday, 2/5, at 2:00pm: Music with Frank in the Lobby.**

Frank sings us the golden oldie rock while playing his guitar. Join us for a good time!

**Sunday, 2/8, at 6:00pm: Superbowl LV Watch Party in the Bistro.**

We'll have snacks, football squares, and The Game playing!

**Friday, 2/13, at 12:00pm: Lunch Bunch: Olive Garden in the First Floor Activity Room.**

Please check that you have funds in your trust account for this event. We will be ordering lunch from Olive Garden, the Italian restaurant. Sign up will be at Reception.

**Friday, 2/13, at 2:00pm: Valentine's Day Party in the Dining Room.**

We love to celebrate Valentine's Day. Come join us for treats, games, and prizes!

**Tuesday, 2/17, at 2:00pm: Mardi Gras in the Dining Room.**

Let's celebrate Fat Tuesday with treats and games!

**Wednesday, 2/18, at 11:15am: Movin' & Groovin' with Kathleen in the Lobby.**

Let's welcome Kathleen back for another music and exercise class!

**Thursday, 2/19, at 3:00pm: Birthday Party with Charlene in the Lobby.**

Charlene plays a beautiful guitar melody. Let's join her as she plays our February birthday party!

**Tuesday, 2/24, at 2:00pm: Music with Heart of the Hills in the Lobby.**

The Heart of the Hills singing group is coming to give us a fun winter show!

**Thursday, 2/26, at 1:30pm: Outing Belle Isle Aquarium**

We will go to Belle Isle to visit the aquarium. Admission is free. Family members can ride on the bus with us as a State Park Pass is needed for parking. We will have 10 total resident spots for this trip. If you have any questions, please reach out to Aiden, the Activity Director.

## February Birthdays

In astrology, those born February 1–18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

Tommy Smothers (comedian) – Feb. 2, 1937  
 Hank Aaron (ballplayer) – Feb. 5, 1934  
 Lana Turner (actress) – Feb. 8, 1921  
 Susan B. Anthony (activist) – Feb. 15, 1820  
 Sidney Poitier (actor) – Feb. 20, 1927  
 Steve Jobs (tech guru) – Feb. 24, 1955  
 Jimmy Dorsey (band leader) – Feb. 29, 1904  
 Dinah Shore (singer) – Feb. 29, 1916



Orville	Feb 8 <sup>th</sup>
Beth	Feb 10 <sup>th</sup>
Marcela	Feb 11 <sup>th</sup>
Sarah S.	Feb 12 <sup>th</sup>
Dolores	Feb 17 <sup>th</sup>
Eric	Feb 18 <sup>th</sup>
Millie	Feb 21 <sup>st</sup>
Kathy I.	Feb 23 <sup>rd</sup>
Ed B.	Feb 25 <sup>th</sup>

# Pomeroy Living

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## Here to Assist You

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## Superbowl Sunday

On February 8<sup>th</sup>, 2026, at 6pm, we will be hosting our annual Superbowl Watch Party in the Old Bistro room. If you would like to suggest a snack for us, please let Aiden know as soon as possible! Starting Monday, February 2<sup>nd</sup>, Football Squares will be available for residents, staff, and family members to pick. There will be 4 Detroit Lion themed prizes, even if they didn't make it to the playoffs! There is no cost to play, just be courteous not to take too many squares.

## Goodlife Church

Goodlife Church will not be joining us this month. Pastor Prout and his friend Gladys are catching up on much needed tasks around their parish, so they are hoping to return in March. An additional Bible Study has been added to the calendar in place of the church service.

No changes have been made regarding Catholic Communion.

## Exercise with...

Unfortunately, Occupational Therapist Cher is no longer working in our building. Wednesday morning exercises instead will be led by Ami, a wonderful Physical Therapist who works with our residents.

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*"Never be limited by other people's limited imaginations." -Mae Jemison, physician, engineer, and first Black woman to travel into space.*

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**SPIRIT WEEK**

- 2/13 Friday: **Heartfelt Day**
- 2/14 Saturday: **Love, Cupid Day**
- 2/15 Sunday: **Crazy Hat Day**
- 2/16 Monday: **Pajama Day**
- 2/17 Tuesday: **Mardi Gras/Lunar New Year Day**

**Catholic Communion & Rosary**

Every Wednesday at 10:30am  
This is held in the Prayer Room every Wednesday morning with the ladies from St. Renee.

**Goodlife Church**

For February, Goodlife Church will not be joining us, instead, we will do an additional Bible Study.

**Bible Study**

February 3<sup>rd</sup> and 12<sup>th</sup> at 2:00pm  
Join us in the Prayer Room as we discuss lessons from the Bible.

**John Anthony Salon**

Thursdays from 9:30am to 3:00pm  
Please see the receptionist to make an appointment with Jan, the stylist. You need a signed consent form and a credit card on file. Gratuities are cash only.

**Aiden's Addition**

I want to give the biggest thank you to everyone who donated to Trash 2 Treasure, the Bake Sale, and other events throughout the year: without your support, I would have a harder time making magic and fun happen for your loved ones. You helped make this year the best one yet!

Who am I? Answer: Fats Domino, singer and pianist!

**Housekeeping Reminder:** Winter is here, and you may be getting new clothes and bedding that is weather-appropriate. Please make sure that those items are dropped off with the receptionist for labeling. If you have any questions, don't hesitate to reach out to Stephanie, the Housekeeping Director.

**Who am I?**



Born in New Orleans to a French Creole family, I signed to Imperial Records in 1949. My first single "The Fat Man" is cited by some historians as the first rock and roll single and the first to sell more than 1 million copies. Elvis Presley declared me a "huge influence on me when I started out" and when we first met in 1959, described me as "the real king of rock 'n' roll". The Beatles were also heavily influenced by me.

Four of my records were named to the Grammy Hall of Fame for their significance: "Blueberry Hill", "Ain't That a Shame", "Walking to New Orleans" and "The Fat Man". I was inducted into the Rock and Roll Hall of Fame as part of its first group of inductees in 1986. The Associated Press estimates that during my career, I "sold more than 110 million records".



**Employee of the Month: May Moua – Nurse**

Nurse May is a constant in the building, keeping the residents healthy and leading the care staff. Without her, we'd be in some big trouble! Thank you, May, for your care and dedication!

**Excellence in Action: Winter Wright – Care Staff**

Though new to the team, Winter has proven herself to be a fun and caring person! She was caught dancing with residents during a recent live entertainment event, showing just how much she cares about their happiness. Thank you for being here, Winter, we're lucky to have you!

**January in Review**



**Good Deeds and Good Fortune**



February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over

the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year.

Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Using a knife might just "cut off" the flow of good luck and prosperity to a home.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can begin only after proper homage has been paid.

