
February 2018

Arlington Place

800 East Ratliff Road
Red Oak, Iowa 51566
(712)623-1999



Dear Friends,

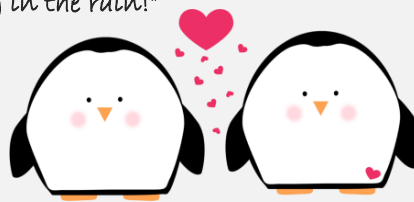
I am thrilled to celebrate Valentine's Day with you all! To get ready for this holiday of LOVE we are going to be decorating cookies, crafting cute Valentines, dipping all of your favorite fruits in chocolate, and dubbing your 2018 Valentine's Day King and Queen of Arlington Place. The two lucky residents will have an article featured in The Red Oak Express.

We are going to have a few new residents this month! So I want to make sure they get a warm welcome into our wonderful community. Remember that it is a big lifestyle change and encourage one another to be active and social. Together as a team we are emotionally, physically, and spiritually STRONG!

I encourage you all to participate in our morning exercises. I have these scheduled to kind of get you stretched out and warmed up for the day. These exercises usually start about 9:20 A.M. We have an arrangement of seated yoga and CDs with exercises. Remember that you can go at your own pace, I never want anyone to over-work themselves.

"Life is not about waiting for the storm to pass.
It's about dancing in the rain!"

Happy Valentine's Day,
Emily Weeks
Life Enrichment Coordinator



Upcoming Events

February 10

Valentine's Day cookie decorating in the Arlington Dining Room and Memory Care. Family and friends are encouraged to join!

February 13

This day is "Fat Tuesday" for Mardi Gras so we will be having a "King Cake", the resident who finds the baby in their cake will be King/Queen of Arlington's Mardi Gras!

February 14

Valentine's Day party will be at 2:00 P.M. this day. We will play BINGO! and dub our Valentine King and Queen who will be featured in The Red Oak Express.



Happy Heavenly Birthday to
Edie Bergantzel on the 21st!

January Memories

