



The lovely snow fall in the courtyard.

Song - O - Gram - February 14, 2012

Don't forget to send in your song and flower choices for your loved one.

For more information contact Kim 503.665.2496

POWELL



VALLEY

Assisted Living &
Memory Care Community

It may be cold outside, but our hearts are warm. Here are some fun facts about Valentine's Day.

Cupid - is a symbol of Valentine's Day. Cupid was associated with Valentine's Day because he was the son of Venus, the Roman god of love and beauty.

Wear your heart on your sleeve - In the middle ages young men and women drew the names from a bowl to see who would be their Valentine. They would wear this name pinned on their sleeves for one week. This was done so that it becomes easy for other people to know your true feelings.

Valentine Flowers/Roses - Of the 73 percent of people who buy flowers on Valentine's Day are men, while only 27 percent are women. The red rose was the favorite flower of Venus, the Roman goddess of love.

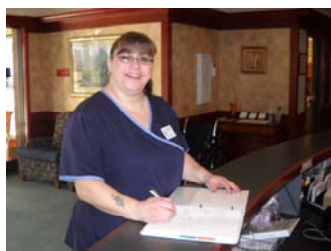
503.665.2496 | 4001 SE 182nd Avenue | Gresham, OR 97030

www.powellvalley.net | info@powellvalley.net

www.facebook.com/PowellValleyLifestyle | www.twitter.com/PVLifestyle



It's About the Heart!



Friendly Powell Valley Faces: When you need a smile and a little laughter, look for housekeeper, Nicole Tanzer. Her positive attitude and dedication to Powell Valley make her an exceptional employee. Nicole is always willing to help with anything, especially giving a hug.

February Activities Showcase

Valentine's Bouquet Craft

Thursday, February 2, 2012 at 1:00pm

Body Worlds and the Brain Exhibit at Omsi

Wednesday, February 8, 2012 at 1:00pm \$20

Happy Hour & Belly Dancing with Justina

Saturday, February 11, 2012 at 3:30pm

Powell Valley Sweetheart Singers - All Day

Tuesday, February 14, 2012

Valentine's Day Buffet with King & Queen of Hearts

Tuesday, February 14, 2012 11:30am

Valentine's Day Happy Hour

Tuesday, February 14, 2012 4:00pm



(Above:) Kay getting the pampering treatment as Anna admires her fresh manicure.



(Above:) Elaine, Loretta and Nancy enjoying the Chinese New Year Happy Hour. (Right); Hiro makes an appearance during happy hour.



(Far Right): Greg Garrison brings in the crowd for the Chinese New Year Happy Hour. (Right): Murriel and Bill enjoying food, drinks and entertainment. (Above): Dickie's bright smile makes it easy for new residents to make new friends.



DID YOU KNOW: You can now enjoy our newsletter and calendars on **FACEBOOK**
Please feel free to share the link with your friends.



(Left:) Elaine celebrating at a previous Mardi Gras Happy Hour, wearing her mask that she had made during a Mardi Gras craft hour.

JOIN US **Mardi Gras** Happy Hour with Jolynn

Tuesday, February 21, 2012
3:30pm

Fun Facts About **Leap Year** - Courtesy of chiff.com

2012 is a leap year, with 366 days instead of the usual 365 days. Why? It was the ancient Egyptians who first figured out that the solar year and the man-made calendar year didn't always match up. That is because it actually takes the Earth a little longer than a year to travel around the Sun—365 days, 5 hours, 48 minutes, and 46 seconds, to be exact. Therefore, as the hours accumulated over the centuries, an extra day was occasionally added to the calendar, and over time the practice became more or less official. DID YOU KNOW: Sweden (and Finland) had a “double” leap year in 1712, because 2 days were added to February. That year there was a date February 30, 1712. This was done because the leap year in 1700 was dropped, and Sweden’s calendar was not synchronized with any other calendar. By adding an extra day in 1712, they were back on the Julian calendar.

Jo, a resident at Powell Valley recently expressed her desire to prepare one of her Japanese dishes. She spent most of her life cooking because “she had to, she had a family to feed.” She decided to put our activities director, Kim to the test to locate a list of the specific ingredients to make her “Friday Special.” Kim did a great job. Jo’s “Friday Special” included, Sashimi with soy sauce and wasabi, cucumber, lettuce vinegar, white rice and Sukiyaki. (pictured above). When asked how this experience made her feel she said “I was craving Japanese Food and I enjoyed it because this time, I wanted to do it.”



Community Directors:

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Welcome New Residents...

Bessie

Leo

*“Anyone can catch your eye,
but it takes someone special
to catch your heart.”*

~Author Unknown

DON'T FORGET: You can receive Powell Valley updates and information via email?
Please send your email address to marketing@powellvalley.net

Powell valley's valentine's Day Buffet
Tuesday, February 14, 2012 at 11:30am—1:00pm



\$10 per guest

You won't want to miss the crowning
of our 2012 King & Queen of Hearts

Please make reservations by visiting, calling or emailing the front desk

503.665.2496 | wowie@powellvalley.net

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*“When you fish for love,
bait with your heart, not
your brain.”*

~Mark Twain



created by:

Desiree Zimmerman

<p style="text-align: center; margin: 0;">Things to Know:</p> <p>Mondays: Movie Days.....recommend a favorite movie for the coming months!!!</p> <p>Tuesdays: Baking or ice cream days.....recommend a favorite dish!!!</p> <p>Wednesdays: Outing Days....recommend a store, restaurant, scenic drive!!!</p> <p>Thursdays: Craft Days....recommend a fun craft!!!</p> <p>Fridays: Powell Valley Bowling....who can bowl a strike? Join our team!!!</p>		<p>1st Outing Day</p> <p>9:30am Shopping and Bingo at Grocery Outlet (Senior Day)</p> <p>10:45am Exercise</p> <p>1:00pm Bridge Game</p> <p>2:00pm Nickel Bingo</p> <p>3:15pm Afternoon Games</p> <p>7:00pm Blazers vs. Bobcats</p>	<p>2nd</p> <p>10:45am Exercise</p> <p>1:00pm Valentine Bouquet Craft</p> <p>1:15pm Food Committee Mtg.</p> <p>1:30pm Mt. Man Nut & Fruit Co.</p> <p>2:30pm Nickel Bingo</p> <p>2:45pm Puzzles, Colors & Stories</p> <p>3:30pm Bible Study</p> <p>6:00pm Word Game with Theresa</p>	<p>3rd Favorite Hat Day</p> <p>10:00am Safeway</p> <p>10:45am Exercise</p> <p>12:45pm Rosary</p> <p>1:30pm Nickel Bingo with Dollar Blackout</p> <p>3:00pm Music & Sing a long with the group 1Spirit</p> <p>6:15pm Bridge Game</p>	<p>4th National Wear Red Day</p> <p>10:00am Let's Take a Walk</p> <p>10:45am Exercise</p> <p>1:00pm Craft Hour</p> <p>2:00pm Black Jack</p> <p>3:00pm Nickel Bingo</p> <p>4:00pm Evening Games</p> <p>5:30pm Lawrence Welk</p> <p>7:00pm Blazers vs. Nuggets</p>	
<p>5th</p> <p>9:10am Transportation to Church St. Henry's, St. Aiden's, Christian Science and Lynchwood Church</p> <p>1:00pm Jigsaw Puzzle and Games</p> <p>3:30pm Worship Services with Heritage Baptist Church</p>	<p>6th</p> <p>10:45am Exercise</p> <p>1:30pm Movie: "The Help" in the Sun Room</p> <p>2:00pm Jigsaw Puzzle and Games</p> <p>6:15pm Bridge Game</p> <p>7:00pm Blazers vs. Thunder</p>	<p>7th</p> <p>10:45am Exercise</p> <p>1:00pm Activity Meeting</p> <p>2:00pm Nickel Bingo with Quarter Blackout</p> <p>3:15pm Baking Cookies and Hot Chocolate in the Private Dining Room</p>	<p>8th Outing Day</p> <p>10:45am Exercise</p> <p>1:00pm Body Worlds and the Brain Exhibit at Omsi \$20.00</p> <p>2:00pm Nickel Bingo</p> <p>3:00pm Afternoon Games before dinner!!</p> <p>7:00pm Blazers vs. Rockets</p>	<p>9th BIRTHDAY PARTY</p> <p>10:45am Exercise</p> <p>1:00pm Scarf Craft</p> <p>1:00pm Avon Representative</p> <p>2:30pm Nickel Bingo</p> <p>2:45pm Bridge Game</p> <p>3:30pm Bible Study</p> <p>5:00pm Birthday Party with Phil Hall</p> <p>6:00pm Evening Games</p> 	<p>10th Red and Pink Day</p> <p>9:30am Fred Meyer</p> <p>10:45am Exercise</p> <p>12:45pm Rosary</p> <p>1:00pm PV Bowling</p> <p>1:00pm Poker Games</p> <p>1:30pm Library</p> <p>2:30pm Nickel Bingo</p> <p>5:00pm Blazers vs. Hornets</p> <p>6:15pm Bridge Game</p>	<p>11th</p> <p>10:00am Current Events</p> <p>10:45am Exercise</p> <p>12:00pm Birthday Luncheon</p> <p>1:15pm Black Jack</p> <p>2:00pm Nickel Bingo</p> <p>3:30pm Happy Hour and Belly Dancing by Justina</p> <p>5:30pm Lawrence Welk</p> <p>5:30pm Blazers vs. Mavericks</p>
<p>12th</p> <p>9:10am Transportation to Church St. Henry's, St. Aiden's, Christian Science and Lynchwood Church</p> <p>1:00pm Jigsaw Puzzle and Games</p> <p>3:30pm Worship Services with Heritage Baptist Church</p>	<p>13th</p> <p>10:45am Exercise</p> <p>1:30pm Movie: "Water For Elephants" in the Sun Room</p> <p>2:00pm Jigsaw Puzzle and Games</p> <p>6:15pm Bridge Game</p>	<p>14th Valentine's Day</p> <p>10:45am Exercise</p> <p>12:00pm Valentine Buffett with King and Queen of Hearts Crowned</p> <p>2:00pm Nickel Bingo with Dollar Blackout</p> <p>4-5pm Valentine Happy Hour</p> <p>7:00pm Blazers vs. Wizards</p>	<p>15th Outing Day</p> <p>10:00am Current Events</p> <p>10:45am Exercise</p> <p>11:45am Lunch at Elmers Pancake House</p> <p>2:30pm All Staff Meeting in the Community Room</p> <p>3:45pm Nickel Bingo with Quarter Blackout</p> <p>7:00pm Blazers vs. Warriors</p>	<p>16th</p> <p>10:45am Exercise</p> <p>1:00pm Mardi Gras Craft</p> <p>1:30pm Mt. Man Nut & Fruit Co.</p> <p>2:15pm Nickel Bingo</p> <p>2:15pm Puzzles, Colors & Stories</p> <p>3:30pm Happy Hour with Greg Garrison</p> <p>3:30pm Bible Study</p> <p>6:00pm Evening Games</p>	<p>17th Green and Purple Day</p> <p>10:00am Safeway</p> <p>10:45am Exercise</p> <p>12:45pm Rosary</p> <p>1:00pm PV Bowling</p> <p>1:00pm Poker Games</p> <p>2:00pm Nickel Bingo with Dollar Blackout</p> <p>3:15pm Texas-Hold Em</p> <p>6:15pm Bridge Game</p>	<p>18th</p> <p>10:00am Let's Take a Walk</p> <p>10:45am Exercise</p> <p>1:00pm Meet and Greet New Resident with Dessert</p> <p>2:30pm Black Jack</p> <p>3:30pm Nickel Bingo</p> <p>4:30pm Evening Games</p> <p>5:30pm Lawrence Welk</p> <p>7:00pm Blazers vs. Hawks</p>
<p>19th</p> <p>9:10am Transportation to Church St. Henry's, St. Aiden's, Christian Science and Lynchwood Church</p> <p>1:00pm Jigsaw Puzzle and Games</p> <p>3:30pm Worship Services with Heritage Baptist Church</p>	<p>20th</p> <p>10:45am Exercise</p> <p>12:30pm A visitor from Girl Scouts..Cookie Time!!!</p> <p>1:30pm Movie: "Mardi Gras"(1958) starring Pat Boone in the Sun Room</p> <p>6:15pm Bridge Game</p> <p>7:30pm Blazers vs. Lakers</p>	<p>21st Mardi Gras</p> <p>10:00am Let's Take a Walk</p> <p>10:45am Exercise</p> <p>1:00pm Banana Split Sundaes in the Community Room</p> <p>2:00pm Nickel Bingo</p> <p>3:30pm Mardi Gras Happy Hour with Jolynn</p> <p>7:00pm Blazers vs. Spurs</p>	<p>22nd Outing Day</p> <p>9:30am Shopping at Volunteers of America and the Dollar Store</p> <p>10:45am Exercise</p> <p>1:00pm Art Therapy with Irilla Swanson</p> <p>1:00pm Bridge Game</p> <p>3:00pm Nickel Bingo</p>	<p>23rd</p> <p>10:45am Exercise</p> <p>1:00pm Craft with Theresa</p> <p>1:00pm Avon Representative</p> <p>2:00pm Word Game with Theresa</p> <p>2:00pm Puzzles, Colors & Stories</p> <p>3:00pm Happy Hour with Larry Kennedy</p> <p>3:30pm Bible Study</p> <p>6:00pm Evening Bingo!!!</p>	<p>24th Scarf Day</p> <p>9:30am Fred Meyer</p> <p>10:45am Exercise</p> <p>12:45pm Rosary</p> <p>1:00pm PV Bowling</p> <p>1:00pm Poker Games</p> <p>1:30pm Library</p> <p>2:00pm Nickel Bingo</p> <p>3:15pm Afternoon Games</p> <p>6:15pm Bridge Game</p>	<p>25th</p> <p>10:00am Current Events</p> <p>10:45am Exercise</p> <p>1:00pm One on One's with Kim</p> <p>2:00pm Black Jack</p> <p>3:00pm Nickel Bingo with Dollar Blackout</p> <p>4:00pm Evening Games</p> <p>5:30pm Lawrence Welk</p>
<p>26th</p> <p>9:10am Transportation to Church St. Henry's, St. Aiden's, Christian Science and Lynchwood Church</p> <p>1:00pm Jigsaw Puzzle and Games</p> <p>3:30pm Worship Services with Heritage Baptist Church</p>	<p>27th</p> <p>10:45am Exercise</p> <p>1:00pm Bean Bag Toss Game with Residents from Regency Park</p> <p>1:30pm Movie: "Hachi" in the Sun Room</p> <p>6:15pm Bridge Game</p>	<p>28th</p> <p>9-12pm Foot Clinic</p> <p>10:00am Baking Cup Cakes in the Private Dining Room</p> <p>10:45am Exercise</p> <p>1:30pm Frosting Cup Cakes</p> <p>2:30pm Nickel Bingo with Dollar Blackout</p> <p>3:15pm Bridge Game in the Community Room</p>	<p>29th Outing Day</p> <p>9:30am Shopping at Kohl's and Fred Meyer</p> <p>10:45am Exercise</p> <p>1:00pm Texas Hold-Em Poker</p> <p>2:30pm Willoughby Hearing</p> <p>2:30pm Nickel Bingo</p> <p>3:45pm Upwards Scrabble</p> <p>4:30pm Monte on the Piano</p> <p>6:00pm Blazers vs. Nuggets</p>	<p style="font-size: 1.2em; margin: 0;">Valentine's Day Brunch:</p> <p style="font-size: 1.1em; margin: 0;">Tuesday, February 14th from 11:30am-1pm. Food, Music and the King and Queen of Hearts will be announced.</p> <p style="font-size: 1.1em; margin: 0;">\$10.00 per guest for Buffett</p> 		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h2 style="color: red; margin: 0;">MEMORY CARE</h2> <h3 style="margin: 0;">Activities Calendar - February 2012</h3> <p style="margin: 0;">4001 SE 182nd Ave. Gresham, OR 97030 503.665.2496 www.powellvalley.net</p>				<p style="color: purple; font-size: small;">Families are welcome anytime, especially Sundays or Wednesdays with music to enjoy with loved ones</p> 		
			1st 9:30am Move it or lose it 10:00am Snack and reading 12:30pm One on ones 1:30pm M/C Walking Choir 2:00pm Snack /Cognitive Games 3:00pm Song and dance with Sally Sieh 6:00pm Movie	2nd 9:30am Move it or lose it 10:00pm Action/Cognitive Games 1:30pm Get out of the house 2:00pm Afternoon snack 3:00pm Stories and song with Pastor Lloyd Herr 4:00pm Reading 6:00pm Movie	3rd 9:30am Move it or lose it 10:00am Morning snack/Reading 1:00pm Sweep our cares away 1:30pm Parachute Circle 2:00pm Beanbag Golf/Snack 3:00pm Sing a long 6:00pm Movie	4th 9:30pm Move it or lose it 10:00am Morning snack/Reading 1:00pm Puzzling puzzles 2:00pm Afternoon snack 2:30pm Bingo 3:00pm Noodle Ball 4:00pm Reading 6:00pm Movie
5th Manicure Day 9:30am Hymn's 10:30pm Morning Snack/Devotions 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Hot cider & cookies 3:00pm Song and dance with Molli Paige 4:00pm Reading 6:00pm Movie	6th 9:30am Move it or lose it 10:00pm Snack and Sing a Long 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Baking and sing a long 3:00pm Noodle Ball 4:00pm Reading 6:00pm Movie	7th 9:30am Bread baking/Exercise 10:00am Snack and Sing a Long 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Bread & Butter Snack 2:30pm Small group craft 3:00pm PV Bowling League 3:45pm Reading 6:00pm Movie	8th 9:30am Church with Penni 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Birthday Party 3:00pm Diane Hagen on the accordion 4:00pm Reading 6:00pm Movie	9th Helen Piluso Birthday Betty Bertrand Birthday 9:30pm Move it or lose it 10:00pm Action/Cognitive Games 1:30pm Visit W/ Bethlehem 2:00pm Afternoon Snack 3:30pm Walk about after ride 4:00pm Reading 6:00pm Movie	10th 9:30am Move it or lose it 10:00am Morning snack/Reading 1:00pm Fold , Fold, Fold 1:30pm M/C Walking Choir 2:00pm Beanbag Baseball/Snack 3:00pm Stories and Song with Pastor Lloyd Herr 4:00pm Reading 6:00pm Movie	11th 9:30am Move it or lose it 10:00am Morning snack/Reading 1:00pm Puzzling Puzzles 2:00pm Afternoon Snack 2:30pm Bingo 3:30pm Sing a Long 3:45pm Reading 6:00pm Movie
12th Manicure Day 9:30am Hymn's 10:30am Morning Snack/Devotions 12:30pm One on Ones 1:30pm Bingo 2:15pm Hot cider & cookies 3:00pm Cognitive Games & Music 4:00pm Reading 6:00pm Movie	13th 9:30am Move it or lose it 10:00pm Morning snack/Reading 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Baking and sing a long 3:00pm Noodle Ball 4:00pm Reading 6:00pm Movie	14th Valentines Day 9:30am Move it or lose it 10:00am Morning snack/Reading 1:30pm Party Preparations 2:00pm M/C Walking Choir 2:30pm Red Hat Valentine Social Many Helping Hands to Help Clean up 3:30pm 6:00pm Movie	15th 9:30am Move it or lose it 10:00am Morning snack/Reading 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Snack /Cognitive Games 3:00pm Jim Hinkel on the Guitar 4:00pm Reading 6:00pm Movie	16th 9:30am Move it or lose it 10:00pm Action/Cognitive Games 1:30pm Get out of the house 2:00pm Afternoon Snack 3:30pm Walk about after ride 4:00pm Reading 6:00pm Movie	17th 9:30am Move it or lose it 10:00am Morning snack/Reading 1:00pm Sweep Our Cares Away 1:30pm Parachute Circle 2:00pm Beanbag Golf/Snack 3:00pm Stories and Song with Pastor Lloyd Herr 4:00pm Reading 6:00pm Movie	18th 9:30am Move it or lose it 10:00am Morning snack/Reading 12:30pm One on Ones 1:00pm Puzzling Puzzles 2:00pm Afternoon Snack 3:00pm Sing a Long 3:45pm Reading 6:00pm Movie
19th Manicure Day 9:30am Hymn's 10:30am Morning Snack/Devotions 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Hot cider & cookies 3:00pm Song and dance with Sally Seih 4:00pm Reading 6:00pm Movie	20th Wilma Shultz Birthday 9:30am Move it or lose it 10:00pm Snack and Sing a Long 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Baking and sing a long 3:00pm Noodle Ball 4:00pm Reading 6:00pm Movie	21st Sandy Foot Clinic Mickey Barnhill Birthday 9:30pm Bread Baking/Exercise 10:00am Snack and Sing a Long 1:30pm M/C Walking Choir 2:00pm Bread & Butter Snack 2:30pm Small group craft 3:00pm PV Bowling League 3:45pm Reading 6:00pm Movie	22nd 9:30am Church with Penni 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Snack/Cognitive Games 3:00pm Song and dance with Molli Paige 4:00pm Reading 6:00pm Movie	23rd 9:30am Morning Movie 10:45pm Lunch at Stanfords in Clackamas 3:30pm Walk about after ride 4:00pm Reading 6:00pm Movie	24th Jean Muth Birthday Maggie Kesterson Birthday 9:30am Move it or lose it 10:00am Morning snack/Reading 1:00pm Earth Hour / recycle 1:30pm M/C Walking Choir 2:00pm Beanbag Baseball/Snack 3:00pm Stories and Song with Pastor Lloyd Herr 6:00pm Movie	25th 9:30am Move it or lose it 10:00am Morning snack/Reading 12:30pm One on Ones 1:00pm Walk and Roll Club 2:00pm Afternoon snack 2:30pm Bingo 3:30pm Sing a Long 3:00pm Reading 6:00pm Movie
26th Manicure Day Phyllis Overberg Birthday 9:30am Hymn's 10:30pm Morning Snack/Devotions 1:30pm M/C Walking Choir 2:00pm Hot cider & cookies 3:00pm Song and dance with Sally Sieh 4:00pm Reading 6:00pm Movie	27th 9:30am Move it or lose it 10:00pm Morning snack/Reading 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Baking and sing a long 3:00pm Noodle Ball 3:45pm Reading 6:00pm Movie	28th 9:30pm Bread Baking/Exercise 10:00am Morning snack/Reading 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Bread & Butter Snack 2:30pm Small group craft 3:00pm PV Bowling League 3:45pm Reading 6:00pm Movie	29th 9:30am Move it or lose it 10:00am Snack and Sing a Long 12:30pm One on Ones 1:30pm M/C Walking Choir 2:00pm Snack /Cognitive Games 3:00pm Monty Waters on the piano 4:00pm Reading 6:00pm Movie	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p style="color: red; font-weight: bold; margin: 0;">Reminder: The food meeting will be held in the assisted living library on January 9th at 1:15</p> </div>		