



February Birthdays

- February 1st — Janet H.
- February 4th — Florence D.
- February 4th — Gerrie P.
- February 8th — Millie S.
- February 9th — Virginia K.
- February 11th — Lee L.
- February 13th — Bruce M.
- February 23rd — Pat P.
- February 27th — Alice D.



The Wellington gentlemen enjoying the Men's Pancake Breakfast

Happy Anniversary

Happy Anniversary to Wellington Employees celebrating another year of service:

- Joyce Kamara — 2/2/2009
- Teresiah Kimani — 2/2/2009
- Gloria Swelander — 2/4/2001
- Heather Raduenz — 2/10/2010
- Julia Smythe — 2/12/2009



2235 Rockwood Ave. * St. Paul MN 55116 * Phone 651-699-2664
www.wellingtonresidence.com

Avada Hearing Is Here



Thursday, February 2nd
1pm-4pm
Library

If you need any help with your hearing aids or have questions about them make an appointment to see Avada!

Mardi Gras Celebration

Tuesday, February 21st
2pm-3:30pm
Lobby



Come down to the Lobby to enjoy some Mardi Gras fun with the Mouldy Figs!

If you need any banking services please remember American Bank right down the street!

Does your checking account *fit your life?*

Free • Green • Senior Gold

Stop in today and we'll help you find one to best fit your life!

AMERICAN BANK
2310 West Seventh Street, St. Paul * www.americanbankmn.com
Member FDIC



- Ann B.
- Jay B.
- John and Dorothy H.
- Lucille N.
- Elin S.
- Marjorie W.

Committees

People are needed for the **Welcome, Entertainment, and Food Committees.** Please get involved if you can and see Kathy C. to sign up!



THE WELLINGTON EVENTS

A monthly calendar of activities and enrichment at The Wellington February 2012

What Does Activity Mean To You?

Activity means something different to everyone. For some it means maintaining or improving physical stamina. For others it means enjoying entertainment, pursuing personal interests, or participating in learning opportunities. What does it mean to you? Knowing how you view activity can help you select personal activities that are not only beneficial to your health and well-being, but keep you mentally, spiritually, and socially challenged. And who doesn't like a good challenge? Activity also includes personal leisure pursuits outside of our regularly scheduled activities. Reading, completing a puzzle, cooking, sewing, knitting, doing crossword puzzles, and simply watching a favorite program on television are also part of a well rounded day. See if your week includes physical, mental, spiritual, and social activities. If not, try adding something new to your week of activities. The Wellington calendar of events is created with the goal of providing activities that meet the needs and interests of all who reside here. If you have an idea for something new, don't hesitate to let me know!! I am always up for a great challenge as well.

Kathy Clarke, Activity Director

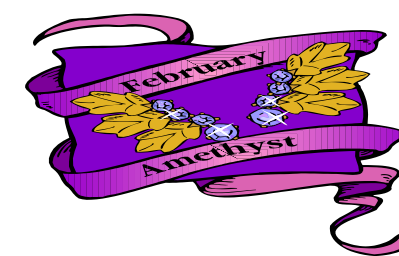




Residents enjoying the New Year's Party!



Upcoming Events in February

- February 2nd — Avada Hearing is Here
- February 2nd & 16th — Schwan's Man Here
- February 2nd — Knocknagow Dancers Here
- February 4th and 16th — Therapy Dogs Here
- February 7th — Highland Friendship Club Here
- February 9th — Lunch Bunch at Red Lobster
- February 14th — Valentine's Day Fun
- February 16th — Outing to Mill City Museum
- February 21st — Mardi Gras Party with Mouldy Figs
- February 23rd — Wellington Players Performance
- February 28th — Exotic Animals Come to Visit



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All Activities are subject to change. Please check the bulletin boards each day!</p>			9:30 Exercise 10:30 US History Trivia 1 1:30 Painting Class — Painting with Enamels 1:30 Resident Council Meeting 2:30 Stretch & Strength 3:00 Newsworthy 6:00 Card Games	9:30 Exercise 2 10:30 Catholic Bible Study 1:00-4:00 Avada Hearing Here 1:00 Schwan's Man Here 1:30 Sing-A-Long 3:30 Card Bingo 6:30 Knocknagow Irish Dancers Here	9:30 Dancercise 3 10:30 Reader's Theatre 1:30 Blood Pressures 2:00 Monthly Birthday — <i>James Shaw</i>  3:30 Trivia	10:00 Exercise 4 10:30 Therapy Dogs Visit 1:15 Stretch and Strength 2:00 Movie Matinee
9:30 DVD Exercise 5 10:30 Catholic Communion Service 1:00 Bridge 2:00 <i>Jim Kessler — Guitar and Singing</i> 5:00 Superbowl Party (Kickoff is at 5:30 pm)	9:30 Exercise 6 10:15 Cribbage 1:00 Bridge 1:30 Bingo w/ Jeremy 3:30 Stretch & Strength 4:00 Last Word	9:30 Exercise 7 11:00 Catholic Service 12:30 Highland Friendship Club 2:00 Men's Exercise 2:45 Movie w/ Popcorn 3:30 Manicures 6:00 Travel w/ Tina	9:30 Exercise 8 10:30 Outburst 1:30 Morsels and More Baking Time 2:30 Stretch & Strength 3:00 Newsworthy 6:00 Card Games	9:30 Exercise 9 10:30 Catholic Bible Study 10:30 Protestant Service 11:30 Lunch Bunch 1:30 Knitter's Group 2:00 Dominoes 4:15 Social Hour Begins 4:30 <i>Bob Hindel</i>	9:30 Dancercise 10 10:30 Reader's Theater 1:30 Blood Pressures 1:30 Yahtzee 2:00 Ceramics 3:00 Trivia 4:00 Jewish Service	10:00 Exercise 11 10:30 Wheel of Fortune 1:30 Stretch and Strength 2:00 Movie Matinee
9:30 DVD Exercise 12 10:30 Games in Card Room 1:00 Bridge 2:00 <i>Jerry Levenson — Piano and Singing</i>	9:30 Exercise 13 10:15 Cribbage 1:00 Bridge 1:30 Bingo 3:30 Stretch & Strength 4:00 Fact or Fiction	9:30 Exercise 14  10:30 V-Day Craft 11:00 Catholic Mass 1:30 Valentine BINGO 2:30 Valentine Movie 3:30 Valentine Manicures 6:00 Documentary & Discussion	9:30 Exercise 15 10:30 Apples to Apples 1:30 Men's Club 2:30 Stretch & Strength 3:00 Newsworthy 6:00 Card Games	9:30 Exercise 16 10:00 Mill City Museum Outing 10:30 Catholic Bible Study 10:30 Protestant Service 1:00 Schwan's Man Here 3:30 Kings in the Corner 6:00 Therapy Dogs Visit	9:30 Dancercise 17 10:30 Reader's Theatre 1:30 Blood Pressures 1:30 Table Games 3:00 Trivia 4:00 Jewish Service	10:00 Exercise 18 10:30 Hymn Sing 1:15 Stretch and Strength 2:00 Movie Matinee
9:30 DVD Exercise 19 10:30 Catholic Communion Service 1:00 Bridge 2:00 <i>Sweet Memories — Accordion & Banjo</i>	9:30 Exercise 20 10:15 Cribbage 1:00 Bridge 1:30 Bingo 3:30 Stretch & Strength 4:00 Wuzzle Puzzles	9:30 Exercise 21 11:00 Catholic Service 2:00 Mardi Gras Party with Mouldy Figs 2:00 Men's Exercise 3:30 Manicures 6:00 Travel w/ Tina	9:30 Exercise 22 10:30 Hollywood Trivia 1:30 Bell Choir 2:30 Stretch & Strength 3:00 Newsworthy 6:00 Card Games	9:30 Exercise 23 10:30 Catholic Bible Study 1:30 Fitness w/ Breanna Performance 2:00 Wellington Players Performance 4:00 Social Hour Begins 4:30 <i>Paul & Don</i>	9:30 Dancercise 24 10:30 Reader's Theater 1:30 Blood Pressures 1:30 Cooking 3:00 Trivia 4:00 Jewish Service	10:00 Exercise 25 10:30 Coffee & Conversation 1:15 Stretch and Strength 2:00 Movie Matinee
9:30 DVD Exercise 26 10:30 Games in Card Room 1:00 Bridge 2:00 <i>Jan and Tate — Guitar and Singing</i>	9:30 Exercise 27 10:15 Cribbage 1:00 Bridge 1:30 Bingo w/ Judy 3:30 Stretch & Strength 4:00 You Be the Judge	9:30 Exercise 28 11:00 Catholic Service 1:00 Exotic Animals Visit 2:00 Men's Exercise 2:30 Movie w/ Popcorn 3:30 Manicures 6:00 Documentary & Discussion	9:30 Exercise 29 10:30 Sing-A-Long 1:30 Book Club 2:30 Stretch & Strength 3:00 Newsworthy 6:00 Card Games			<p>Check in the Activity Office Mon-Sat for Daily Room Bingo Numbers.</p>