February 2017

So Many Reasons to Celebrate February!
Wow! Bear Creek calendar is PACKED with FUN!
This month features: BC 1st Annual Cook Off, Black History Month, Heart Healthy Month, Chinese Lunar Celebrations, Valentine’s Day, Tu B’Shevat, Mardi Gras, Presidents Day, Super Bowl, Academy Awards...
WHEW! Plus all the usual activities fun! Join us!
### February 2017

#### Happy Birthday

- Charles C. .......... 2/08
- Dominic C. .......... 2/20
- Gladys L. .......... 2/22
- Vinnie P. .......... 2/24

**A great “Gang” pic!**

**We love the beautiful craftwork!**

### February American Heart Month

**www.Heart.org**

#### 9:30 Bus to Catholic Church
- **10:00 Sunday Worship**
- **Livestream**
- **10:30 Bus to Lutheran Church Services**
  - 1:45 Specials Cinema
  - “Crouching Tiger Hidden Dragon”
  - 3:15 Sunday Sundaes Social
  - 6:30 Super Bowl Sunday
  - 6:45 Evening Bingo

<table>
<thead>
<tr>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>9:30 Bus to Catholic Church</strong></td>
<td><strong>9:30 Cafe Chat</strong></td>
<td><strong>9:30 Morning News Chat</strong></td>
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<tr>
<td><strong>10:00 Sunday Worship</strong></td>
<td><strong>9:45 Balloon Volleyball</strong></td>
<td><strong>10:00 Sittersize Exercise</strong></td>
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<td><strong>Livestream</strong></td>
<td><strong>10:00 Chair Dancing Exercise</strong></td>
<td><strong>10:30 Bus Trip to CVS</strong></td>
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<tr>
<td><strong>10:30 Bus to Lutheran Church Services</strong></td>
<td><strong>10:45 Mind Games-Jumble</strong></td>
<td><strong>10:30 Yoga With Faye</strong></td>
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<td><strong>2:00 pm</strong></td>
<td><strong>1:45 Bus Trip to Aldi’s</strong></td>
<td><strong>11:00 What’s New What’s Next</strong></td>
</tr>
<tr>
<td><strong>Bear Creek 1st Annual Chili Cook Off!</strong></td>
<td><strong>1:45 Tai Chi With Siobhan</strong></td>
<td><strong>1:45 Cinema Special-“The Joy Luck Club”</strong></td>
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<td><strong>6:45 Evening Bingo</strong></td>
<td><strong>3:15 Meet &amp; Greet</strong></td>
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### Presidents Day

#### 9:30 Bus to Catholic Church
- **10:00 Sunday Worship**
- **Livestream**
- **10:30 Bus to Lutheran Church Services**
  - 2:00 pm
  - **Bear Creek 1st Annual Chili Cook Off!**
  - 6:45 Evening Bingo

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<td><strong>9:30 Sunrise Cafe Chat</strong></td>
<td><strong>9:30 Mimosas! Valentine Morning With Jesse!</strong></td>
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<td><strong>10:00 Sunday Worship</strong></td>
<td><strong>9:45 Balloon Volleyball</strong></td>
<td><strong>10:00 Sittersize Exercise</strong></td>
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<td><strong>10:30 Bus to Lutheran Church Services</strong></td>
<td><strong>1:30 Bus Trip to McCaffrey’s</strong></td>
<td><strong>10:30 Yoga With Faye</strong></td>
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<tr>
<td><strong>Current Events With Jesse</strong></td>
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<td><strong>1:45 Cinema Special-The Color Purple</strong></td>
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<td><strong>3:15 Meet &amp; Greet</strong></td>
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<tr>
<td><strong>3:45 Musicians of Black History Month-L. Armstrong</strong></td>
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<td><strong>3:45 Gamers: Uno</strong></td>
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<td><strong>6:45 Evening Bingo</strong></td>
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### Mardi Gras

#### 9:30 Bus to Catholic Church
- **10:00 Sunday Worship**
- **Livestream**
- **10:30 Bus to Lutheran Church Services**
  - 1:45 Monday Favorite Film
  - 3:15 Meet & Greet
  - 4:00 Fireside Tea/Crumpets FLY
  - 6:45 Evening Bingo
  - 6:45 Exploring Music With Beverly!

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<td><strong>9:30 Mardi Gras Morning Sweets</strong></td>
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<td><strong>10:00 Sunday Worship</strong></td>
<td><strong>9:45 Balloon Volleyball</strong></td>
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<td><strong>10:00 Chair Dancing Exercise</strong></td>
<td><strong>10:00 Sittersize Exercise</strong></td>
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<td><strong>10:30 Bus to Lutheran Church Services</strong></td>
<td><strong>10:45 MindGames-WordInWord</strong></td>
<td><strong>10:30 BC Crafters: Mardi Gras</strong></td>
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<td><strong>1:45 Monday Favorite Film</strong></td>
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<td><strong>1:45 BC Crafters: Part II</strong></td>
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<td><strong>3:15 Meet &amp; Greet</strong></td>
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<td><strong>2:30 Birthday Bash-Mardi Gras FLY</strong></td>
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<td><strong>4:00 Fireside Tea/Crumpets FLY</strong></td>
<td><strong>6:45 Evening Bingo</strong></td>
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### Calendar of Events

#### Wednesday
- **Salad Bar Buffet**
  - 9:30 Cafe Chat
  - 9:45 Balloon Volleyball
  - 10:00 Sittersize Exercise
  - 10:45 DESTINATIONS: Asian Languages
  - 1:30 Cinema OUT Trip
  - 1:45 Matinee Cinema
  - 2:15 Hot Topics With Devi
  - 3:15 Meet & Greet
  - 6:45 Evening Bingo
  - 6:45 Classic Variety Shows

#### Thursday
- **Groundhog Day**
  - 9:30 AM Horoscope Fun-Did He See His Shadow??
  - 9:45 Balloon Volleyball
  - **10:30 Resident Council Meeting**
    - 1:45 Pizza Bunch Meeting
    - 2:00 DESTINATIONS-Asian Crafting: Chinese New Year
    - 3:15 Bible Study W/Fran
    - 3:15 Meet & Greet
    - 6:45 Evening Bingo

#### Friday
- **Nat’l Wear Red Day**
  - 9:30 Café Chat
  - 9:45 250 Steps With Michelle: Heart Healthy Day
  - 10:00 1st Friday With Fr. Tim
  - 10:30 Bus Trip to Target
  - 12:00 Pizza Bunch Lunch
  - 1:45 Classic Cinema: Raisin/Sun
  - 2:00 Rummikub Anyone?
  - 3:15 Meet & Greet
  - 4:00 Shabbat / Rosary
  - 6:45 Evening Bingo

#### Saturday
- **Tu B’Shevat**
  - 9:45 Balloon Volleyball
  - 10:15 Friends With Feathers
  - 10:45 Saturday Bowling League With MedForum Volunteers!
  - 1:45 Mug Baking Fun With Shawna!
  - 2:00 Afternoon Bingo
  - 3:15 Fig Cookies Meet Greet: Tu Bishevat
  - 6:45 Saturday Night Poker

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#### Deli Bar Buffet
- **Deli Bar Buffet**
  - 9:30 Cafe Chat
  - 9:45 Balloon Volleyball
  - 10:30 NJ Senior Fit
  - 2:00 Artists Workshop W/Janis
  - 2:45 Bear Cave Men’s Club
  - 3:15 Meet & Greet
  - 3:45 YouTube Sillies
  - 6:45 Evening Bingo
  - 6:45 Classic Variety Shows

#### Friday
- **10:30 Bus Trip to WallMart**
  - 1:45 Classic Cinema
  - 2:00 Rummikub Anyone?
  - 3:15 Meet & Greet
  - 4:00 Shabbat / Rosary
  - 6:45 Evening Bingo

#### Saturday
- **Tuesday Night Poker**
  - 9:45 Balloon Volleyball
  - 10:15 Friends With Feathers
  - 10:45 Saturday Bowling League
  - 1:45 Mug Baking Fun With Shawna!
  - 2:00 Afternoon Bingo
  - 3:15 Cookies & Milk Meet Greet
  - 6:45 Saturday Night Poker
FOX Rehabilitates Lives

Physical, Occupational & Speech Therapy
FOX Rehab Bear Creek Location - 2nd Floor Lobby
Questions? Stop by and say hello!

Bear Creek Assisted Living
291 Village Road East
West Windsor, NJ 08550

The Community That Treats You Like Family!