



Park Hill Residence News

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www.Parkhill@seniorhousingoptions.org

Park Hill Special Events

And Outings

*Feb 8th – Trip To
WalMart 1:00*

*Feb 17th – Trip to Golden
corral 2:45*

*Feb 25th Trip To
Lunch/Movies 11:00*

*Feb 29th Trip To Coors
Brewery
12:30*

*Feb-2nd Ground Hog
day*

Feb 9th Mardi Gras

*Feb 14th - Valentine's
Day*

*Feb -15th Presidents
Day*

Feb 29th Leap Year

February 2016 News Letter

February is well-known for Valentine's Day, Groundhog Day, President's Day and don't forget Leap Day, but did you know it has many other observances? For example, Candlemas Day, a Christian Holiday that marks the midpoint between the shortest day of the year and the spring equinox. It marks the purification of Mary after the birth of Jesus and is traditionally a day when all the candles used in church services are formally blessed.

It is often hard, especially during this time of year, to stay positive and not participate in Useless Exercise, such as Jumping to conclusions, Stretching the truth, pushing the limits and Sweating the small stuff! I refer you to the Gossip poem in this edition of the Apple Blossom, to reiterate what happens when we let the winter "doldrums" affect us to the point of being "part of the problem rather than part of the solution". Valentine's Day is the perfect time to show each other that we do care, not only with cards, flowers, balloon bouquets, dances and parties, but also by not allowing ourselves to get caught up in useless exercise or precious energy wasted with gossip. Challenge yourself to do something good and say something nice to each other; be the one to stop the unproductive discussions and gossip! Let's work hard to make Valentine's Day, a day for showing that we care, last all month at Park Hill!

Handwashing is the most effective way to stop the spread of germs and prevent illness. To help keep our Residents and visitors healthy, we have placed Hand Sanitizer Dispensers at the Front Lobby, Entrance and Med room stations.

A Senior Housing Options Residence

A nonprofit serving for over 30 years!

Website: www.seniorhousingoptions.org



Park Hill Assisted Living Residence Senior Housing Options

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*Senior Housing Options
is a 501 (c) 3 non-profit
organization Our Mission:
To provide and promote
quality affordable housing
and services in a caring
environment for older
adults in Colorado.*