



# LEGACY HOUSE

*Avondale*

2635 N Dysart Road • Avondale, AZ 85392

## Meet Your Management Team

Executive Director- Carol Mazza  
Wellness Nurse- Athena Anderson  
Wellness Nurse - Mariah Crawford  
Marketing Director- Jennifer Eldredge  
Maintenance Director- Isidor Grant  
Food Service Director- William Torres  
Activities Director- Amy Heusted

## Welcome New Residents

Carol C.  
Carol H.  
Sandy G.

## Happy Birthday!

1 Julie V  
13 Michael K.  
14 Chef Will  
29 Milton K.

## Popcorn Pick: 'Groundhog Day'

An unexplained phenomenon makes every day Feb. 2 to Phil Connors, played by Bill Murray in this 1993 comedy classic. The grouchy and self-centered TV weatherman is sent on assignment to cover the annual Groundhog Day festivities in Punxsutawney, Pa., but after a snowstorm strands him and his crew there, he wakes up to relive every moment of the same day over and over, no matter what he does. Only when he learns to better himself and help others is Connors able to use this wrinkle in time to his advantage.

## Did You Know?

The lowest temperature ever recorded in Florida was minus 2 degrees in Tallahassee on Feb. 13, 1899.

## February 2019



## Choice of Chocolates

Truffles, cordials, nutty, creamy or crunchy ... There are many sweet choices when it comes to a box of Valentine's Day chocolates. The most popular pick according to surveys is the classic caramel.

## Layered in Warmth

Older adults are more sensitive to cold weather, yet may not notice their body temperature dropping. The best way to stay warm is to dress in layers, even when indoors.

## Furry Forecasters

Pennsylvania's Punxsutawney Phil tends to hog the spotlight on Groundhog Day, but there are other celebrity groundhogs who are prognosticators of spring. Down in Cajun country, Pierre C. Shadeaux makes his annual prediction in south Louisiana. Staten Island Chuck is the official forecaster for New York City. And folks in Raleigh, N.C., check in with Sir Walter Wally.



# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 Outing to Casino * 9:30 Sit and Be Fit MPR 10:30 Errands: ex. Walgreens, CVS, Target, 99 cents only * 11:00 Wii Bowling -MPR 2:00 Social Hour w/Short & Sweet - MPR 6:00 Movie -T	2 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 6:00 Movie -T
3 1:00 Movie Matinee -T 3:30 Super Bowl Party - MPR 6:00 Movie -T	4 9:30 Sit and Be Fit MPR 10:00 Chef's Chat 10:30 Morning Walk 2:00 Bingo -ACR 6:00 Movie -T	5 9:30 Sit and Be Fit MPR 10:00 Brunch & Learn 12:00 Birthday Lunch - PDR 2:00 Creativity Hour- ACR 6:00 Movie -T	6 9:30 Sit and Be Fit MPR 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Documentary -T 6:00 Movie -T	7 9:30 Sit and Be Fit MPR 10:00 Coffee & Crochet - ACR 10:30 Out to Library * 11:30 Lunch Out -Macaroni Grill* 12:30 Lets Paint - ACR 2:00 Bingo -ACR 6:00 Movie -T	8 9:30 Sit and Be Fit MPR 10:30 Errands: ex. Walgreens, CVS, Target, 99 cents only * 11:00 Wii Bowling -MPR 2:30 Social hour w/Bob Doszak - MPR 6:00 Movie -T	9 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 6:00 Movie -T
10 1:00 Movie Matinee -T 6:00 Movie -T	11 9:30 Sit and Be Fit MPR 10:30 Morning Walk 2:00 Bingo -ACR 6:00 Movie -T	12 9:30 Sit and Be Fit MPR 10:30 Coffee Connection - B 12:00 Romeo Lunch 2:00 Community Craft- ACR 6:00 Movie -T	13 9:30 Sit and Be Fit MPR 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Documentary -T 6:00 Movie -T	14 Valentine's Day 9:30 Sit and Be Fit MPR 10:00 Coffee & Crochet - ACR 12:00 Wheel of Fortune - ACR 2:00 Bingo -ACR 6:00 Movie -T	15 9:30 Sit and Be Fit MPR 10:30 Errands: ex. Walgreens, CVS, Target, 99 cents only * 11:00 Wii Bowling -MPR 2:00 Social Hour w/Ronny Lee - MPR 6:00 Movie -T	16 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 6:00 Movie -T
17 1:00 Movie Matinee -T 6:00 Movie -T	18 Presidents Day 9:30 Sit and Be Fit MPR 10:00 Activities Meeting- T 10:30 Morning Walk 2:00 Bingo -ACR 6:00 Movie -T	19 9:30 Sit and Be Fit MPR 10:30 Coffee Connection - B 2:00 Creativity Hour- ACR 6:00 Movie -T	20 9:30 Sit and Be Fit MPR 9:30 Catholic Communion -T 10:30 Shopping at Fry's * 2:00 Documentary -T 6:00 Movie -T	21 9:30 Sit and Be Fit MPR 10:00 Coffee & Crochet - ACR 10:30 Out to Library * 12:30 Nail Time - MPR 2:00 Bingo -ACR 6:00 Movie -T	22 9:30 Sit and Be Fit MPR 10:30 Errands: ex. Walgreens, CVS, Target, 99 cents only * 11:00 Wii Bowling -MPR 2:00 Social Hour w/Ray Mar 5:00 Dinner in Pink 6:00 Movie -T	23 11:00 Praise and Worship - MPR 1:00 Movie Matinee -T 6:00 Movie -T
24 1:00 Movie Matinee -T 6:00 Movie -T	25 9:30 Sit and Be Fit MPR 10:30 Morning Walk 2:00 Bingo -ACR 6:00 Movie -T	26 9:30 Sit and Be Fit MPR 10:30 Coffee Connection - B 12:00 Juliet Lunch 2:00 Creativity Hour- ACR 6:00 Movie -T	27 9:30 Catholic Communion -T 9:30 Sit and Be Fit MPR 10:30 Shopping at Fry's * 2:00 Documentary -T 6:00 Movie -T	28 9:30 Sit and Be Fit MPR 10:00 Coffee & Crochet - ACR 12:00 Wheel of Fortune - ACR 2:00 Bingo -ACR 6:00 Movie -T		



**"Then & Now"**

**Best in Show**

Each February, champion canines compete for the title of top dog at the Westminster Kennel Club Dog Show in New York City. Sit and stay for a look back at the breeds that have won best in show over the years.

<u>Year</u>	<u>Winning Dog Breed</u>
1935	Standard poodle
1940	Cocker spaniel
1957	Afghan hound
1966	Wire fox terrier
1975	Old English sheepdog
1982	Pekingese
1997	Standard schnauzer
2004	Newfoundland
2018	Bichon frise

**"This Month In History"**  
**FEBRUARY**

**1887:** The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

**1913:** Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

**1936:** With the mission of conservation, the National Wildlife Federation is formed.

**1940:** College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

**1955:** "Sincerely" by the McGuire Sisters tops the pop music chart.

**1963:** Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

**1971:** Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

**1986:** Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

**1998:** At the Winter Olympics in Japan, 15-year-old American Tara Lipinski wins the ladies' figure skating title, becoming the youngest gold medalist in Winter Games history.

**2002:** The newly created Transportation Security Administration begins overseeing air travel security.

**2011:** Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

**2018:** The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41-33.