

February 2023



Friends News



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February Happings

Thu Feb 2	Ground Hog Day
Fri Feb 10	Superbowl Party!
	
Tue Feb 14	Valentine's Dinner and Dance
Wed Feb 15	February Birthday Celebration with Jim Gatlin
Wed Feb 15	Art with June Heart of Texas Therapy Dogs
Mon Feb 20	"Sole Sisters" come to call Bingo and Distribute Shoes to Members
Tue Feb 21	Mardi Gras
Fri Feb 24	Community Service – Pillow Project
Tue Feb 27	Texas Winds Melodic Memories
Every Wednesday	Book Club

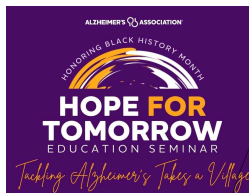
Valentines Dinner and Dance is ON!

When we enroll a new member at Friends Place, we actually enroll the whole family. We know that caring for someone 24 x 7 affects everyone in the family. So many things change with a dementia diagnosis and one of the main things that changes is that it becomes more difficult to take your loved one out to family and other fun events. Going out to a restaurant or a party can become next to impossible.

That is why at Friends Place we have always included fun events that the whole family can attend. When having an event here at the center, it is a safe and familiar environment for our members and everyone can enjoy themselves without the stress of going 'out'.

Covid, of course, stopped all of our events in their tracks. Our signature events – Mothers' Day Luncheon, Father's Day Car Show, Soc Hop, Winter Ball, Homecoming Dance, Thanksgiving Lunch, Valentine's Dinner – have all morphed into a format that can be done during a pandemic.

Well, we are ready to get back out there. Back by popular demand, we are ready to have our Valentine's Dinner this month. So get your best red outfit, put your dancing shoes on, and come out for a spaghetti dinner and some great music at Friends Place! We look forward to celebrating the month of love with you.



Coming March 4, 8:00 am to 3:00 pm

Join us for a day of resources, education, inspiration, and celebration as we tackle Alzheimer's together.

Breakfast and lunch provided.

Methodist Hospital, Hitt Auditorium

Registration is Free. Tinyurl.com/HFT2023

Or call 800.272.3900



When: Tuesday February 14 at 4:30 pm

What: Valentine's Dinner and Dance

Spaghetti Dinner

Music by Sierra Leon



Birthday Wishes to

Nadine G February 6
George U February 16
Clifford J February 18
Jacob J February 21

Employee Birthdays

LaTreshia (Tre) Weaver February 25

Support Group at Friends Place **Alzheimer's Caregiver Support Group**

Tuesday February 14
General Discussion
Time: 2:00-3:30 pm

Tuesday February 28
Speaker – Antoine Beachum, PC Home Health
Topic – How to Keep your Loved One Safe at Home
Time: 2:00-3:30 pm

Our caregiver support groups are a great place to find others that are going through the same thing as you are. They understand the issues, rewards, frustrations, and joys of being a caregiver. Come and enjoy and snack and a drink and be a part of our special group.

Online Reservations

Please send an email to rhenry@friendsplaceads.com to be added to our online reservation email list. We send out our reservation form in the last 2 weeks of each month and is quite convenient. No more having to remember your paper calendar to bring to the center.



Coming this month!



Mardi Gras Celebration – Feb 21



Sole Sisters coming to call bingo and give out shoes – Feb 20

Sole Sisters is a non-profit organization that gives out shoes to seniors. They have chosen us to visit this month!

Monday	Tuesday	Wednesday	Thursday	Friday
 Friends Place Adult Day Services DeSoto, Tx		Freedom Day 1 10:00 Morning Seminar - Book Club/Parachute /Love Letter Detective/ 10:45 Seminar Cont'd / Bean Bag Toss /Lucky Dog Card Game 11:30 Exercise/Singing 1:30 Sing-Fit: Winter Birthdays / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Family Feud / /Enrichment 3:00 Bingo(cont'd) / Finishing Lines / / Enrichment 3:45 Think Fast/ Light and Lively 4:15 Everyday Trivia	Groundhog Day 2 10:00 Morning Seminar - Claudette Colvin/Darts / Cooking Class: Groundhog Cookies/ 10:45 Seminar Cont'd / Chair Volleyball /Cooking Class: Groundhog Cookies 11:30 Exercise/Singing 1:30 Sing-Fit: Famous Duos / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Decade Trivia / /Enrichment 3:00 Bingo(cont'd) / Scattergories / / Enrichment 3:45 This, That, Everything/ Light and Lively 4:15 Chat Pack	Norman Rockwell Day 3 10:00 Morning Seminar - Robert Sengstacke Abbott/Penny Pitching /Stamp Quilt Placemats/ 10:45 Seminar Cont'd / Finish the Phrase /Stamp Quilt Placemats 11:30 Exercise/Singing 1:30 Sing-Fit: The Making of Disco / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Loaded Questions / /Enrichment 3:00 Bingo(cont'd) / Past Time Phrases / / Enrichment 3:45 Common Factor/ Light and Lively 4:15 Taboo
Babe Ruth Day 6 10:00 Morning Seminar - Shirley Chisholm/The Good News Story Hour /Word Train/ 10:45 Seminar Cont'd / Question Ball /Dice Hopscotch 11:30 Exercise/Singing 1:30 Sing-Fit: You Are My Sunshine / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ A-Z Categories / /Enrichment 3:00 Bingo(cont'd) / Think Fast / / Enrichment 3:45 Name 5/ Light and Lively 4:15 Pictionary	Library Day 7 10:00 Morning Seminar - Johnson H Johnson/Ring Toss /Cooking Class: Banana Bread/ 10:45 Seminar Cont'd / Bowling /Cooking Class: Banana Bread 11:30 Exercise/Singing 1:30 Sing-Fit: Popular Songs of the 1940's / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Hangman / /Enrichment 3:00 Bingo(cont'd) / Boggle / / Enrichment 3:45 Word Train/ Light and Lively 4:15 Finish the Phrase	Potato Lovers Day 8 10:00 Morning Seminar - Book Club/Basketball /Rose Colored Glasses/ 10:45 Seminar Cont'd / Kickball (Balloon)/Coin Bowling 11:30 Exercise/Singing 1:30 Sing-Fit: The Farmers' Almanac / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Family Feud / /Enrichment 3:00 Bingo(cont'd) / Loaded Questions / / Enrichment 3:45 Think Fast/ Light and Lively 4:15 Word Train	National Pizza Day 9 10:00 Morning Seminar - Dorothy Height/Question Ball /Dot to Dot Pictures/ 10:45 Seminar Cont'd / Darts /Rolling Zip Codes Game 11:30 Exercise/Singing 1:30 Sing-Fit: On Tour with Classic Crooners / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Ugame / /Enrichment 3:00 Bingo(cont'd) / Common Factor / / Enrichment 3:45 Table Topics/ Light and Lively 4:15 That's It	Superbowl Friday 10 10:00 Morning Seminar - Don Cornelius/Golf /Football Fan Flags/ 10:45 Seminar Cont'd / Finishing Lyrics /Musical Bingo 11:30 Exercise/Singing 1:30 Sing-Fit: Celebrating Motown / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Finishing Lyrics / /Enrichment 3:00 Superbowl Movie Party 4:00 Chat Pack/ Light and Lively 4:30 Listmania
Post Office Day 13 10:00 Morning Seminar - Alice Coachmen/Parachute /Valentine Heart Garlands/ 10:45 Seminar Cont'd / Parachute /BATCH Categories 11:30 Exercise/Singing 1:30 Sing-Fit: Classic Hits of the 1970's / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Loaded Questions / /Enrichment 3:00 Bingo(cont'd) / Finish the Phrase / / Enrichment 3:45 Boggle/ Light and Lively 4:15 Game of Things	Valentine's Day 14 10:00 Morning Seminar - Ethel Waters/Penny Pitching /Cooking Class: Chocolate Heart Pops/ 10:45 Seminar Cont'd / Nerf Guns /Cooking Class: Chocolate Heart Pops 11:30 Exercise/Singing 1:30 Sing-Fit: Famous Festivals of the 1960's / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Everyday Trivia / /Enrichment 3:00 Bingo(cont'd) / Past Time Phrases / / Enrichment 4:00 Valentine's Day Party with Sierra Leon	Birthday Celebration with Jim Gatlin 15 10:00 Morning Seminar - Book Club/Word Train / Art With June/ 10:45 Seminar Cont'd / Cornhole /Art With June/ Therapy Dogs 11:30 Exercise/Singing 1:30 Sing-Fit: Delighting the Senses/ Dominoes/Checkers/Outside/ 2:00 February Birthdays with Jim Gatlin 3:00 Bingo / 20 Questions / / Enrichment 3:45 Hangman/ Light and Lively 4:15 This, That, Everything	Studebaker Day 16 10:00 Morning Seminar - Bayard Rustin/Golf /Dog Show Crossword/ 10:45 Seminar Cont'd / Bean Bag Toss /Cardboard Heart Wrapping 11:30 Exercise/Singing 1:30 Sing-Fit: Striking Gold / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Chat Pack / /Enrichment 3:00 Bingo(cont'd) / 5 Second Rule / / Enrichment 3:45 Taboo/ Light and Lively 4:15 Finish the Phrase	Healthy Hearts Day 17 10:00 Morning Seminar - Ruby Bridges/Finishing Lyrics /Mardi Gras Mask Decorating/ 10:45 Seminar Cont'd / Pingpong Ball Race /Mardi Gras Mix Up 11:30 Exercise/Singing 1:30 Sing-Fit: Before They Were Famous / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Decade Trivia / /Enrichment 3:00 Bingo(cont'd) / Grandparents Talk / / Enrichment 3:45 Family Fued/ Light and Lively 4:15 Conversation Cards
President's Day 20 10:00 Morning Seminar - Madam CJ Walker/The Good News Story Hour /Doctor's Office Detective/ 10:45 Seminar Cont'd / Question Ball /THORN Categories 11:30 Exercise/Singing 1:30 Sing-Fit: Fun Folk Festivals Across The USA / Enrichment/ Dominoes 2:30 Bingo with Sole Sisters / Past Time Phrases / /Enrichment 3:00 Bingo(cont'd) / Listmania / / Enrichment 3:45 Ugame/ Light and Lively 4:15 Family Fued	Mardi Gras 21 10:00 Morning Seminar - Rosa Parks/Parachute / Cooking Class: Mardi Gras Monkey Bread/ 10:45 Seminar Cont'd / Finish the Phrase /Cooking Class (contd) 11:30 Exercise/Singing 1:30 Sing-Fit: A Musical Journey Through Springtime Christian Holidays / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Think Fast / /Enrichment 3:00 Bingo(cont'd) / Loaded Questions / Enrich 3:45 Pictionary/ Light and Lively 4:15 Scattergories	Ash Wednesday 22 10:00 Morning Seminar - Book Club/Bowling /DIY Postcards/ 10:45 Seminar Cont'd / Would You Rather /DIY Postcards 11:30 Exercise/Singing 1:30 Sing-Fit: Country Music Across The USA / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Conversation Cards / /Enrichment 3:00 Bingo(cont'd) / A-Z Categories / / Enrichment 3:45 Boggle/ Light and Lively 4:15 Taboo	Chili Day for a Chilly Day 23 10:00 Morning Seminar - Maya Angelou/Chair Volleyball /Secret Pie Word Elimination/ 10:45 Seminar Cont'd / Basketball /Bonkers Dice 11:30 Exercise/Singing 1:30 Sing-Fit: Summer Walking Tours Around The World / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ This, That, Everything / /Enrichment 3:00 Bingo(cont'd) / Past Time Phrases / / Enrichment 3:45 5 Second Rule/ Light and Lively 4:15 Word Train	Pancake Day 24 10:00 Morning Seminar - WEB Dubois/Question Ball / Pillow Project/ 10:45 Seminar Cont'd / Darts /Pillow Project 11:30 Exercise/Singing 1:30 Sing-Fit: A Day At The Races / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Call Out The Answer / /Enrichment 3:00 Bingo(cont'd) / Grandparents Talk / / Enrichment 3:45 A-Z Trivia/ Light and Lively 4:15 Hangman
Melodic Memories with Texas Winds 27 10:00 Morning Seminar - Muhammad Ali/Washers /Searching For February/ 11:00 Texas Winds Melodic Memories 11:30 Exercise/Singing 1:30 Sing-Fit: The Many Sounds of Country Music / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Ugame / /Enrichment 3:00 Bingo(cont'd) / Pictionary / / Enrichment 3:45 Finishing Lyrics/ Light and Lively 4:15 Name 5	Rodeo Day 28 10:00 Morning Seminar - Fredrick Douglas/Darts /Cooking Class: Dog Biscuits/ 10:45 Seminar Cont'd / Chair Volleyball /Cooking Class: Dog Biscuits 11:30 Exercise/Singing 1:30 Sing-Fit: Stars of the 50s and 60s / Enrichment/ Dominoes/Checkers/Outside/ 2:30 Bingo/ Listmania / /Enrichment 3:00 Bingo(cont'd) / Loaded Questions / / Enrichment 3:45 Finish the Phrase/ Light and Lively 4:15 Taboo	 <h1>February 2023</h1>		

Breakfast/ Chit-chat 8:00 am – 10:00 am . Afternoon Snack 3:30pm.

Monday		Tuesday		Wednesday		Thursday		Friday	
 Friends Place Desoto Lunch Menu 2023				Salisbury Steak Scalloped Potatoes Green Beans Coleslaw Salad Strawberry Shortcake		1 Baked Ham Potatoes Au Gratin Capri Vegetables Mixed Green Salad Chocolate Pudding		2 Smothered Chicken Macaroni & Cheese Mixed Vegetables Coleslaw Salad Peach Cobbler	
Pulled Pork Sandwich Mashed Potatoes Broccoli Florets Green Salad Oatmeal Raisin Cookies		6 Parmesan Chicken Rice Pilaf Mixed Vegetables Caesar Salad Apple Cobbler	7	Beef Mac Cassarole Peas and Carrots Mixed Green Salad Lemon Cake		8	Baked Ham Potato Salad Baked Beans Vanilla Ice Cream		9 Meatloaf Green Beans Green Salad Brownies
Chicken Tenders Macaroni & Cheese Peas & Carrots Coleslaw Salad Ice Cream Sandwich		13 Sweetheart Tomato Soup Truelove Tuna Sandwich Beautiful Baked Chips Gorgeous Green Salad Lovers Red Velvet Cake	14	Cheeseburgers Sweet Potato Fries California Vegetables Coleslaw Salad Peach Cobbler		15	Beef Lasagna Mixed Vegetables Garlic Bread Mixed Green Salad Chocolate Pudding		16 Chicken Gumbo Cornbread Baked Carrots Caesar Salad Sugar Cookies
Beef Enchiladas Spanish Rice Pinto Beans Mixed Green Salad Neapolitan Ice Cream		20 Chicken Spaghetti Broccoli Florets Garlic Bread Caesar Salad Ambrosia	21	Chili Cheese Dogs Onion Rings Baked Beans Green Salad Spice Cake		22	Chicken Pot Pie Texas Toast Beets Mixed Green Salad Chocolate Chip Cookies		23 Tilapia Filet Macaroni & Cheese Mixed Vegetables Coleslaw Salad Banana Pudding
Chicken Alfredo Mixed Vegetables Garlic Bread Caesar Salad Chocolate Cake w/Icing		27 Cheeseburgers on Wheat Bun Baked Chips Broccoli Florets Mixed Green Salad Oatmeal Raisin Cookies	28	 <h1>February 2023</h1> <h2>Friends Place Desoto Lunch Menu</h2> <p>All meals served with Hot Bread/Iced Tea unless otherwise noted. For NCS diets, 1/2 dessert or sugar free pudding.</p>					