



Friends News



1232 W. Beltline, Desoto, Tx 75115 (972)274-2484 Fax (972)274-0002 www.friendsplaceads.com

February Celebrations

Mon Feb 3	Groundhog Day ("Again?!" – Bill Murray probably)
Tue Feb 4	Jim Gatlin entertains
Fri Feb 7	Super Bowl pregame day
Mon Feb 10	Daniel Slider entertains
Fri Feb 14	Valentine's Day celebration
Wed Feb 26	Birthday Celebration with Sherry Hamilton
Mon Feb 3 and Feb 17	Good News Story Hour Celebrates Black History
All month long	Morning Seminar Highlights Black Americans

Black History Month Presentation

February is black history month, so we invited Ms. Dora to come in and talk about some historical black heroes. Last year she brought in some beautiful pieces of art from a Civil Rights leader. Join us on February 17th to find out about the amazing person she highlights this year!



BLACK HISTORY MONTH

Supporting Yourself

Each caregiver deals with the stress of being a caregiver. Commonly, the response is to put off worrying about yourself to better care for your loved one. If this describes you, then you especially are in the right place. It is never too late to ask for help. Help often looks different for different people. Some people want help in caring for their loved one, either in home or at a place like Friends Place. Some caregivers need the help of a residential facility. Even others need people to listen to them vent. Each caregiver has individual needs that must be met.

With the new year in full swing, now is the best time to try to incorporate new habits into your routine. I hope that each of you reading this decided to incorporate some self-care into that routine. There are classes across the metroplex that are offered free of charge ranging from tai chi in the park to water aerobics. The specific activity matters not. The intentionality of the activity is most important. Blocking time off for yourself represents the largest hurdle for most caregivers. The best place to find these resources is your nearest support group. Many caregivers are in or have been in the same situation as you and you never know what resources others have already discovered.

If you ever need bend an ear and have someone listen to you vent or talk about anything, we are always here and are happy to talk about the challenges of caregiving or the most recent embarrassing personnel decisions by the Dallas Cowboys. We are here for you.





Birthday Wishes to

Shirley Y – Feb 11

Eva U – Feb 11

Father George – Feb 16

Jacob J – Feb 21

Esther W – Feb 24

Friends Place Team Members

Jojo Moss – Feb 4

Tree Weaver – Feb 25

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

Tuesday, February 11

General Discussion

Time: 2:00-3:30 pm

Tuesday, February 25

Topic: TBD

Time: 2:00 – 3:30 pm

Care for your loved one provided at no cost during the support group meeting. Call to reserve a spot: 972-274-2484

Inclement Weather Notice

With it getting colder, the potential for snow is on the horizon. As a reminder, if you have any questions about whether we are closed due to inclement weather, we follow DeSoto ISD school closures. Additional information can be found by calling 972-274-2484 and listening to our outgoing voicemail message. Thanks and stay toasty!



MAKE YOUR RESERVATION

You can submit a reservation calendar online. Email rhenry@friendsplaceads.com to receive a link and be added to a monthly mailing list. Paper copies are still available. Get your reservation in to guarantee yourself a spot!

Also, you can make changes to your reservation by texting 469-553-0188

Monday

Tuesday

Wednesday

Thursday

Friday



February 2025

Friends Place Adult Day Services, DeSoto, Tx

Salisbury Steak Green Beans Scalloped Potatoes Coleslaw Salad Banana Cream Pie	3 Chicken Tenders Peas & Carrots Macaroni & Cheese Tomatoes and Cucumber Salad Ice Cream Sandwich	4 Swedish Meatballs Italian Vegetables over Noodles Mixed Green Salad Lemon Cake	5 Smothered Chicken Mixed Vegetables Mashed Potatoes Carrot Salad Peach Cobbler	6 Super Bowl Hot Dogs Peas & Carrots Potato Salad Coleslaw Salad AT&T Arena Dessert Nachos
Beef Enchiladas Pinto Beans Spanish Rice Tomatoes and Cucumber Salad Neapolitan Ice Cream	10 Parmesan Chicken Mixed Vegetables Roasted Potatoes Mixed Green Salad Apple Cobbler	11 Beef Lasagna Green Beans Garlic Bread Ceasar Salad Chocolate Chip Cookies	12 Chicken and Dumplings Glazed Carrots Cornbread Beet and Corn Salad Sherbet	13 Chicken and Dumplings Glazed Carrots Cornbread Beet and Corn Salad Sherbet
Cheeseburgers California Vegetables Sweet Potato Fries Coleslaw Salad Peach Cobbler	17 Tilapia Filet Peas and Carrots Macaroni & Cheese Beet and Corn Salad Banana Pudding	18 Chicken Alfredo Mixed Vegetables Garlic Bread Carrot Salad Chocolate Cake w/Icing	19 Vegetable Eggrolls Oriental Vegetables Seasoned Rice Coleslaw Salad Sugar Cookies	20 Cheese Ravioli Broccoli Florets Garlic Bread Caesar Salad Ambrosia
Chili Cheese Dogs Baked Beans Onion Rings Broccoli Salad Oatmeal Raisin Cookies	24 Salmon Filet Green Beans Roasted Potatoes Green Salad Brownies	25 Chicken Pot Pie Beets Texas Toast Carrot Salad Chocolate Chip Cookies	26 Baked Ham Capri Vegetables Potatoes Au Gratin Coleslaw Salad Bread Pudding	27 Cheeseburgers on Wheat Buns Broccoli Florets Baked Chips Mixed Green Salad Apple Cobbler
				14 Valentines Day "That's Amore" Spaghetti and Meatballs Garlic Bread Italian Vegetables Gorgeous Green Salad Lovers Red Velvet Cake

Approved by: Khara Kruger, MS, RD, LD

Date: January 22, 2025

Monday

Tuesday

Wednesday

Thursday

Friday

February 2025

Friends Place Adult Day Services, DeSoto, Tx

<p>Punxsutawney Phil Day 3</p> <p>10:00 Morning Seminar - Groundhog Day /The Good News Story Hour/Searching for Groundhogs/ 10:45 Well Grounded/ Amen Corner Bible Trivia /Groundhog Day Word Mining 11:30 Exercise/Singing 1:30 Sing Fit: Before They Were Famous/ Phil's Competition// Enrichment/Dominoes/ 2:30 Bingo/ BOARD Categories / Enrichment 3:00 Bingo(cont'd) / Would You Rather / / Enrichment 3:45 Golden Carers Quizzes/ Light and Lively/ 4:15 Word Teasers/Enrichment</p>	<p>Country Favorites with Jim Gatlin 4</p> <p>10:00 Morning Seminar - Rosa Parks /Parachute/Funny Card Project/ 10:45 Rosa Parks/ Penny Pitching /Funny Card Project 11:30 Exercise/Singing 1:30 Sing Fit: Soul Sensations of the 60s and 70s/ The Rosa Parks Story// Enrichment/Dominoes/ 2:00 Jim Gatlin Performs / Boggle / Enrichment 3:00 Bingo(cont'd) / Chat Pack / / Enrichment 3:45 I Should Know That/ Light and Lively/ 4:15 Rhyme Tyme/Enrichment</p>	<p>The Weatherman's Day 5</p> <p>10:00 Morning Seminar - Book Club /Name 10/Edible Groundhogs/ 10:45 Book Club/ Question Ball /Mixed Up Muffins 11:30 Exercise/Singing 1:30 Sing Fit: Moving To Famous Foxtrots/ Traveling the Underground Railroad// Enrichment/Dominoes/ 2:30 Bingo/ Wheel of Fortune / Enrichment 3:00 Bingo(cont'd) / Would You Rather / / Enrichment 3:45 Totally Trivia/ Light and Lively/ 4:15 Scattergories/Enrichment</p>	<p>Bob Marley's Birthday 6</p> <p>10:00 Morning Seminar - Marian Anderson /Word Train/Black History Month Word Scramble/ 10:45 Sissieretta Jones/ Finish the Phrase /Superbowl Detective 11:30 Exercise/Singing 1:30 Sing Fit: Movies of the 1950s/ Marian Anderson and the Lincoln Memorial// Enrichment/Dominoes/ 2:30 Bingo/ BOARD Categories / Enrichment 3:00 Bingo(cont'd) / Loaded Questions / / Enrichment 3:45 January Modern Jeopardy/ Light and Lively/ 4:15 Pictionary/Enrichment</p>	<p>Superbowl Pregame Party 7</p> <p>10:00 Morning Seminar - Maya Angelou /Axe Throwing/Game Day Bunting/ 10:45 Zora Neale Hurston/ Nerf Guns /A-Mazing Superbowl 11:30 Exercise/Singing 1:30 Sing Fit: It's a Colorful World/ Black Authors to Remember// Enrichment/Dominoes/ 2:30 Bingo/ A-Z Categories / Enrichment 3:00 Super Bowl Party(cont'd) / Ugame / / Enrichment 3:45 Pat Sejak's Trivia/ Light and Lively/ 4:15 Name That/Enrichment</p>
<p>Dancing to the Beat with Daniel Slider 10</p> <p>10:00 Morning Seminar - Langston Hughes /Darts/Crazy For You Crossword/ 10:45 Josephine Baker/ Parachute /On the Radio Word Match 11:30 Exercise/Singing 1:30 Sing Fit: #1 Hits of the 1970s/ The Harlem Renaissance// Enrichment/Dominoes/ 2:30 Daniel Slider @2/ Word Ladders / Enrichment 3:00 Bingo(cont'd) / Conversation Cards / Enrichment 3:45 Who Wants to Be A Millionaire/ Light and Lively/ 4:15 Listmania/Enrichment</p>	<p>Secret Messages Day 11</p> <p>10:00 Morning Seminar - Kobe Bryant /Ping Pong Toss/Secret Message Heart Cards/ 10:45 Bessie Coleman/ Washers /Secret Message Heart Cards 11:30 Exercise/Singing 1:30 Sing Fit: Timeless Folk Songs/ Famous Black Athletes// Enrichment/Dominoes/ 2:30 Bingo/ Word Association / Enrichment 3:00 Bingo(cont'd) / What Would You Do / / Enrichment 3:45 Golden Carers Quizzes/ Light and Lively/ 4:15 Finish the Phrase/Enrichment</p>	<p>Merrily Workshops Returns 12</p> <p>10:00 Morning Seminar - Book Club /Chair Basketball/Strawberry Oreo Icebox Cake/ 10:45 Book Club/ Ring Toss /February IQ Puzzle 11:30 Singing/Tai Chi with Merrily 1:30 Sing Fit: Triple Threats of the Stage and Screen/ Hidden Figures// Enrichment/Dominoes/ 2:30 Bingo/ Pictionary / Enrichment 3:00 Bingo(cont'd) / Grandparents Talk / / Enrichment 3:45 January Random Trivia/ Light and Lively/ 4:15 Family Feud/Enrichment</p>	<p>Celebrating Chefs Day 13</p> <p>10:00 Morning Seminar - Edna Lewis /Golf/Famous Black Americans Quiz/ 10:45 Robert W Lee/ Amen Corner Bible Trivia /Searching for February 11:30 Exercise/Singing 1:30 Sing Fit: Popular Songs by Vocal Groups/ Chefs Who Changed the Way We Eat// Enrichment/Dominoes/ 2:30 Bingo/ Wacky Wordies / Enrichment 3:00 Bingo(cont'd) / You Be The Judge / / Enrichment 3:45 Decade Trivia/ Light and Lively/ 4:15 Boggle/Enrichment</p>	<p>Valentine's Day 14</p> <p>10:00 Morning Seminar - Mae Jemison /Penny Pitching/Art with Stephanie/ 10:45 Ronald McNair/ Bowling /Art with Stephanie 11:30 Exercise/Singing 1:30 Sing Fit: Moving to 60s and 70s UK Hits/ The History of Valentines Day// Enrichment/Dominoes/ 2:30 Bingo/ Word Mining / Enrichment 3:00 Bingo(cont'd) / Table Topics / / Enrichment 3:45 Fact or Crap/ Light and Lively/ 4:15 Word Teasers/Enrichment</p>
<p>The Good news Story Hour with Dora Franklin 17</p> <p>10:00 Morning Seminar - African American Heroes /The Good News Story Hour/GOATS Categories/ 10:45 African American Heroes/ Question Ball /White House Pets Wordfit 11:30 Exercise/Singing 1:30 Sing Fit: Songs to Move To/ President's Day Trivia// Enrichment/Dominoes/ 2:30 Bingo/ Word Train / Enrichment 3:00 Bingo(cont'd) / Chat Pack / / Enrichment 3:45 A-Z Trivia/ Light and Lively/ 4:15 Taboo/Enrichment</p>	<p>Texas Winds Performs 18</p> <p>10:00 Morning Seminar - Barrak Obama /Parachute/Woven Bead Bracelets/ 10:45 Kamala Harris/ Texas Winds @11 /Woven Bead Bracelets 11:30 Exercise/Singing 1:30 Sing Fit: Legends of Doo-Wop/ Politicians Who Paved the Way for Civil Rights// Enrichment/Dominoes/ 2:30 Bingo/ Hangman / Enrichment 3:00 Bingo(cont'd) / Would You Rather / / Enrichment 3:45 January More Jeopardy/ Light and Lively/ 4:15 A-Z Categories/Enrichment</p>	<p>Therapy Dogs Visit 19</p> <p>10:00 Morning Seminar - Book Club/ Therapy Dogs /Bowling/Therapy Dogs/ Banana Yogurt Pops/ 10:45 Book Club/ Penny Pitching /BLUSH Categories 11:30 Exercise/Singing 1:30 Sing Fit: Charbusters/ Who Am I? Famous Black Americans// Enrichment/Dominoes/ 2:30 Bingo/ Boggle / Enrichment 3:00 Bingo(cont'd) / Loaded Questions / / Enrichment 3:45 USA Brainbox/ Light and Lively/ 4:15 Name 5/Enrichment</p>	<p>Searching for Love Day 20</p> <p>10:00 Morning Seminar - The Tuskegee Airmen /Basketball/Love Songs Wordsearch/ 10:45 Black Women in Service/ Washers /Good for Your Heart Crossword 11:30 Exercise/Singing 1:30 Sing Fit: On Tour with Great Voices of the 20th Century/ The Tuskegee Airmen// Enrichment/Dominoes/ 2:30 Bingo/ Wheel of Fortune / Enrichment 3:00 Bingo(cont'd) / Ugame / / Enrichment 3:45 Strengthen Your Mind/ Light and Lively/ 4:15 Rhyme Tyme/Enrichment</p>	<p>Jazzin It Up With Sierra Leone 21</p> <p>10:00 Morning Seminar - Dr. Herman Branson /Cornhole/February Paint By Number/ 10:45 Dr. Marie Maynard Daly/ Ring Toss /February Paint By Number 11:30 Exercise/Singing 1:30 Sing Fit: Rock and Roll Hits of the 60s and 70s/ African American Scientists// Enrichment/Dominoes/ 2:00 Jazz with Sierra Leone! A-Z Categories / Enrichment 3:00 Bingo(cont'd) / Conversation Cards / Enrichment 3:45 Mental Floss Trivia/ Light and Lively/ 4:15 Scattergories/Enrichment</p>
<p>Activists Day 24</p> <p>10:00 Morning Seminar - Dr. Martin Luther King /Name 10/Spelling Cruise Ships/ 10:45 Bayard Rustin/ Finish the Phrase /Dot to Dot 11:30 Exercise/Singing 1:30 Sing Fit: Songs That Hit Twice/ The March on Washington// Enrichment/Dominoes/ 2:30 Bingo/ Word Ladders / Enrichment 3:00 Bingo(cont'd) / Would You Rather / / Enrichment 3:45 I Should Know That/ Light and Lively/ 4:15 Pictionary/Enrichment</p>	<p>Sweet Hearts Day 25</p> <p>10:00 Morning Seminar - WEB DuBois /Darts/Sweet Heart Collage Detective/ 10:45 Carter G Woodson/ Word Train /First Ladies Puzzle 11:30 Exercise/Singing 1:30 Sing Fit: Music's Greatest Guitar Heroes/ Historians Keeping Black History Alive// Enrichment/Dominoes/ 2:30 Bingo/ BOARD Categories / Enrichment 3:00 Bingo(cont'd) / Grandparents Talk / / Enrichment 3:45 Book of Answers/ Light and Lively/ 4:15 Name That/Enrichment</p>	<p>Birthday Celebration with Sherry Hamilton 26</p> <p>10:00 Morning Seminar - Book Club /Ping Pong Toss/Gumdrop Jello/ 10:45 Book Club/ Question Ball /Famous February Birthdays Word Search 11:30 Singing/ Tai Chi with Merrily 1:30 Sing Fit: Rock and Roll Hall of Fame First Years/ Famous February Birthdays// Enrichment/Dominoes/ 2:00 Sherry Hamilton Performs / Pictionary / Enrichment 3:00 Bingo(cont'd) / Loaded Questions / /Enrichment 3:45 Trivial Pursuit/ Light and Lively/ 4:15 Listmania/Enrichment</p>	<p>Celebrating The Williams Sisters 27</p> <p>10:00 Morning Seminar - Venus and Serena /Word Train/Hollywood Couples Match/ 10:45 Tiger Woods/ Bowling /Black History Month Message 11:30 Exercise/Singing 1:30 Sing Fit: Sounds of the 1960s/ The Williams Sisters// Enrichment/Dominoes/ 2:30 Bingo/ Word Train / Enrichment 3:00 Bingo(cont'd) / Chat Pack / / Enrichment 3:45 A-Z Trivia/ Light and Lively/ 4:15 Finish the Phrase/Enrichment</p>	<p>First Day of Ramadan 28</p> <p>10:00 Morning Seminar - Ramadan /Chair Basketball/Ramadan Moon and Stars Bookmark/ 10:45 Eid/ Nerf Guns /Ramadan Moon and Stars Bookmark 11:30 Exercise/Singing 1:30 Sing Fit: Rock and Roll Yearbook/ Ramadan// Enrichment/Dominoes/ 2:30 Bingo/ Word Mining / Enrichment 3:00 Bingo(cont'd) / Table Topics / / Enrichment 3:45 Decade Trivia/ Light and Lively/ 4:15 Family Feud/Enrichment</p>

Breakfast/ Chit-chat 8:00 am – 10:00 am. Lunch 12:30. Afternoon Snack 3:00 pm