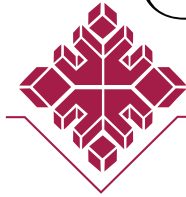


The Gateway Gardens



Retirement Housing Foundation

COMMITTED TO SERVICE • DEDICATED TO EXCELLENCE • ENHANCING QUALITY OF LIFE

12750 Gateway Park Rd. • Poway, CA 92064 • (858) 451-9933

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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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please Note, Activities Are Subject to Change.</p> 						
<p>3</p> <ul style="list-style-type: none"> 8:30 Church Transportation 10:00 Catholic Services (PDR) 10:30 Chair Exercise (LL) 1:30 Scenic Drive 2:00 BINGO! (B) 3:00 Bible Study (AR) 3:30 Super Bowl Final (B) 	<p>4</p> <ul style="list-style-type: none"> 10:00 Vons / CVS 10:30 Let's Get Movin'! (LL) 1:00 Banking and Post Office \$ 1:15 Skip-Bo/ Rummikub! (B) 2:00 BINGO (B) 2:00 Target and Sprouts 2:15 Cleaning & Adjustments w/ Clear Choice Hearing Aid (2nd Floor Spa) 	<p>5</p> <p>Dr. Appointments: 8am - 3pm</p> <ul style="list-style-type: none"> 10:30 Sit and Be Fit (LL) 1:30 Wii Games (LL) 2:00 Penny Blackjack (AR) 3:15 Cards for Children's Hospital - Kay (B) 	<p>6</p> <ul style="list-style-type: none"> 10:15 Chinese Museum and Lunch 10:30 Chair Exercises (LL) 1:15 Skip-Bo/ Rummikub! (B) 2:00 BINGO (B) 3:30 Penny Game (B) 	<p>7</p> <p>Dr. Appointments: 8am - 3pm</p> <ul style="list-style-type: none"> 10:30 Let's Get Movin'! (LL) 1:30 Wii Games (LL) 2:00 Penny Blackjack (AR) 3:00 Colors and Brushes (AR) 	<p>8</p> <ul style="list-style-type: none"> 10:00 CMR Grocery Loop 10:30 Sit and Be Fit! (LL) 1:30 CMR Shopping Loop 2:00 Happy Hour - Laura/Mark (B) 3:15 Trivia! (B) 6:00 After Dinner Movie Night! (Theater) 	<p>9</p> <ul style="list-style-type: none"> 10:30 Wake up Gateway Exercise (LL) 2:00 Penny Blackjack (AR) 3:30 Skip-Bo/ Rummikub! (B)
<p>10</p> <ul style="list-style-type: none"> 8:30 Church Transportation 10:00 Catholic Services (PDR) 10:30 Chair Exercise (LL) 2:00 BINGO! (B) 3:00 Bible Study (AR) 3:30 Skip-Bo/ Rummikub! (B) 	<p>11</p> <ul style="list-style-type: none"> 10:00 Vons / CVS 10:30 Let's Get Movin'! (LL) 10:30 Garden Club (B) 1:00 Banking and Post Office \$ 1:15 Skip-Bo/ Rummikub! (B) 2:00 BINGO (B) 2:00 Target and Sprouts 	<p>12</p> <p>Dr. Appointments: 8am - 3pm</p> <ul style="list-style-type: none"> 10:30 Sit and Be Fit (LL) 11:00 Resident Council / Food Forum / Activities (LL) ← 1:30 Wii Games (LL) 2:00 Penny Blackjack (AR) 3:00 History Guy (B) 	<p>13</p> <ul style="list-style-type: none"> 10:30 Chair Exercises (LL) 11:00 The Grand Tea Room - Valentine's Lunch 1:15 Skip-Bo/ Rummikub! (B) 2:00 BINGO (B) 3:30 A World of Words (B) 	<p>14</p> <p>ST. VALENTINE'S DAY</p> <p>Dr. Appointments: 8am - 3pm</p> <ul style="list-style-type: none"> 10:30 Let's Get Movin'! (LL) 1:30 Wii Games (LL) 1:30 Valentine's Chocolate Dipping (B) 3:00 Colors and Brushes (AR) 	<p>15</p> <ul style="list-style-type: none"> 10:30 Sit and Be Fit! (LL) 11:00 North County Mall & Lunch 2:00 Happy Hour - Dean R. (B) 3:15 Trivia! (B) 6:00 After Dinner Movie Night! (Theater) 	<p>16</p> <ul style="list-style-type: none"> 10:30 Wake up Gateway Exercise (LL) 2:00 Penny Blackjack (AR) 3:30 Skip-Bo/ Rummikub! (B)
<p>17</p> <ul style="list-style-type: none"> 8:30 Church Transportation 10:00 Catholic Services (PDR) 10:30 Chair Exercise (LL) 1:30 Scenic Drive 2:00 Historical Travels with Adrienn! (B) 3:00 Bible Study (AR) 3:30 Skip-Bo/ Rummikub! (B) 	<p>18</p> <p>Presidents Day</p> <ul style="list-style-type: none"> 10:00 Vons / CVS 10:30 Let's Get Movin'! (LL) 1:00 Banking and Post Office \$ 1:15 Skip-Bo/ Rummikub! (B) 2:00 Target and Sprouts 2:00 BINGO (B) 3:00 Presidents' Trivia (B) 	<p>19</p> <p>Dr. Appointments: 8am - 3pm</p> <ul style="list-style-type: none"> 10:30 Sit and Be Fit (LL) 1:30 Wii Games (LL) 2:00 Penny Blackjack (AR) 3:00 Penny Game (B) 3:00 Creative Crafts (AR) 	<p>20</p> <ul style="list-style-type: none"> 10:30 Chair Exercises (LL) 11:15 Gemological Institute of America and Lunch 1:15 Skip-Bo/ Rummikub! (B) 2:00 BINGO (B) 3:30 Current Events (B) 	<p>21</p> <p>Dr. Appointments: 8am - 3pm</p> <ul style="list-style-type: none"> 10:30 Let's Get Movin'! (LL) 1:30 Wii Games (LL) 2:00 Penny Blackjack (AR) 3:00 Colors and Brushes (AR) 	<p>22</p> <ul style="list-style-type: none"> 10:00 CMR Grocery Loop 10:30 Sit and Be Fit! (LL) 1:30 CMR Shopping Loop 2:00 Happy Hour - Vincent (B) 3:15 Trivia! (B) 5:00 Birthday Cake Celebration (Dining Room) ★ 6:00 After Dinner Movie Night! (Theater) 	<p>23</p> <ul style="list-style-type: none"> 10:30 Wake up Gateway Exercise (LL) 2:00 Penny Blackjack (AR) 3:30 Skip-Bo/ Rummikub! (B)
<p>24</p> <ul style="list-style-type: none"> 8:30 Church Transportation 10:00 Catholic Services (PDR) 10:30 Chair Exercise (LL) 2:00 BINGO! (B) 3:00 Bible Study (AR) 3:30 Skip-Bo/ Rummikub! (B) 	<p>25</p> <ul style="list-style-type: none"> 10:00 Vons / CVS 10:30 Let's Get Movin'! (LL) 1:00 Banking and Post Office \$ 1:15 Skip-Bo/ Rummikub! (B) 2:00 BINGO (B) 2:00 Target and Sprouts 3:30 Penny Game (B) 	<p>26</p> <p>Dr. Appointments: 8am - 3pm</p> <ul style="list-style-type: none"> 10:30 Sit and Be Fit (LL) 1:30 Wii Games (LL) 2:00 Penny Blackjack (AR) 3:00 Creative Crafts (AR) 4:30 Sounds of Piano (DR) 	<p>27</p> <ul style="list-style-type: none"> 10:00 Veijas Casino & Lunch 10:30 Chair Exercises (LL) 1:15 Skip-Bo/ Rummikub! (B) 2:00 BINGO (B) 3:30 A World of Words (B) 	<p>28</p> <p>Dr. Appointments: 8am - 3pm</p> <ul style="list-style-type: none"> 10:30 Let's Get Movin'! (LL) 1:30 Wii Games (LL) 2:00 Penny Blackjack (AR) 3:00 Colors and Brushes (AR) 		<p>AR - Activity Room B - Bistro FC - Fitness Center LIB - Library LL - Lower Lobby PDR - Private Dining Room T - Theater</p>

Presidents' Trivia



Who was the first president to be born in the United States?

Answer: Martin Van Buren

Yes, the Constitution requires the US president be a natural-born citizen, but the first seven presidents were born before the United States gained independence, meaning they were British subjects. Martin Van Buren, the eighth president, was born in New York, in 1782.

Did every president live in the White House?

Answer: No

Not every US president lived in the White House. Our first president, George Washington, oversaw the building when it began in 1792, but never got to live there. The first president who got to call White House "home" was John Adams, who moved in with his wife, Abigail, in 1800.

Thank You and Well Done!



"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

John F. Kennedy

A shout out of appreciation goes out to all our employees for a job well done. However, we have a few notables worth mentioning.

Specifically, those recognized included all dining and kitchen staff, Marcos, Cindelle, Nancy, Gail, Adrienn, Lourdes, Angel, and Ana. Comments of recognition varied from helpful to friendly. Included were some very humorous comments and observations.

Keep up the good work and congratulations to all!