



## Westminster Village Kentuckiana

### Everything's Roses

"Stop and smell the roses" may be healthy advice in more ways than one. The flower's delicate scent can produce a relaxing effect. Rose extracts, often used in beauty products, have anti-inflammatory properties that help soothe dry, irritated skin. And German researchers found that sleepers who were exposed to the smell of roses experienced pleasant dreams.

### Remember When: Automats

Long before fast-food restaurants were commonplace, automats provided quick, affordable meals. The self-service cafeteria-style eateries offered a variety of fresh entrees, sandwiches, slices of pie and more, each displayed in a compartment inside a large glass case. Most of the items cost 5 or 10 cents, and diners dropped nickels into a slot, turned a knob and opened a small door to retrieve their food.

### A Grand Anniversary

President Theodore Roosevelt called it the "one great sight which every American should see." Arizona's Grand Canyon, carved out by the Colorado River over millions of years, is considered one of the world's natural wonders. Grand Canyon National Park was established Feb. 26, 1919, and will be celebrating its centennial with special events all year long.

### Super Bowl 2019

Super Bowl LIII, the 53rd NFL championship game, is set for Sunday, Feb. 3, in Atlanta.

## 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.

## Resident Birthday List

02/07 Donna Murphy  
 02/08 Evelyn Endris  
 2/11 Timothy Wyatt  
 2/13 Joseph Johns  
 2/14 John Carpenter  
 2/15 Lwence Tedescucci  
 2/20 Sadie Baldwin  
 2/24 Mary Janes  
 2/26 Miriam White  
 2/28 Carolyn Roby

## Preserving Your Assets

Please attend this free seminar on Preserving Your Assets! Join Us Wednesday, Feb. 13th at 1:00 p.m. in the Social Center with Roy Keibler of Keibler & Sutherland. Everyone that attends and signs up is entered for a \$25.00 gift card!

## World Cancer Day

On Feb. 4, people across the globe unite for World Cancer Day. The annual campaign aims to raise awareness and increase education about the disease and encourage prevention, early detection and improved treatment for patients.



## Year of the Pig

Chinese New Year begins Feb. 5, and 2019 is the Year of the Pig. In Chinese culture, pigs symbolize wealth and prosperity.



Sunday	Monday	Tuesday
<h1>February</h1>	<b>ABBREVIATION KEY</b> SC - Social Center RR - Rose Room MRLL - Basement AL - Assisted Living 3rd Floor HC - Health Center DR - Dining Room	<b>SHUTTLE BUS</b> Leaves WVK at 10 a.m. Tuesday Walmart No Walmart Outing on Feb. 6th Thursday Kroger Car Transportation 8:15 - 3:30 p.m.
	<b>3 Wellness Center Open</b>	<b>4 No Walmart Outing</b>
	8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music/Rick Mc Donald SC	9:45a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 1p Resident Council Working Mtg RR 2p Harmonics SC 3:15p Exercise SC 6:30p Forest Ridge Band SC
	<b>10 Wellness Center Open</b>	<b>11</b>
	8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/David Lamb SC	9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
	<b>17 Wellness Center Open</b>	<b>18</b>
	8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Rick McDonald SC	9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
	<b>24 Wellness Center Open</b>	<b>25</b>
	8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Rick McDonald SC	9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
	8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Rick McDonald SC	9:45a Coffee Social AL 10a Exercise AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL



Wednesday	Thursday	Friday	Saturday
		1	2 Groundhog Day
		9:45a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 10:30a Olive Garden Outing 1p Mex Train Dominoes W2TL 1p Chinese New Year Bingo SC 6:30p Music W/Rick McDonald SC	2p Bingo W/Sharon AL 6:30 Music W/John King SC 6:30 Cards North 1st FL TL
6	7	8	9
9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 12:30 Nondenominational Communion SC 2p Bunco SC 3p Rosary RR 3:15p Wine & Cheese SC 6:30p Music W/Sue Loy SC	9:45a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p West FI Mtg 2nd FI TL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	9:45a Coffee Social AL 10a Exercise AL 10:30a New Resident Coffee SC 1p Mex Train Dominoes W2TL 1p Game Day SC	2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
13	Valentine's Day! 14	15	16
9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Roy Keibler Preserving Your Assets SC 2p Bunco SC 3p Rosary RR 6:30p Music W/Lonnie Bryant SC	9:45a Coffee Social AL 10a Exercise AL 1p Bldg & Grds Mtgs MRLL 2p Valentine's Party SC 2p Bible Study RR 6:30p Bingo MRLL	9:45a Coffee Social AL 10a Music W/Sue Loy AL 1p Mex Train Dominoes W2TL 2p French Fry Friday SC 6:30p Music W/Charlie Hornung SC	2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
20	21	22	23
9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 3p Rosary RR 3p Wellness Exercise SC 6:30p Music W/Ron McCubbins SC	9:45a Coffee Social AL 10a Exercise AL 10:30 Red Cross Dog Visits 1p Dietary Mtg MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo AL	9:45a Coffee Social AL 10a Exercise AL 1p Mex Train Dominoes W2TL 2p Merry Melodies SC 6:30p Music W/Country Sounds	2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
27	28		
9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 6:30p Music W/Mellow Sounds SC	9:45a Coffee Social AL 10a Exercise AL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo AL		



## 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.