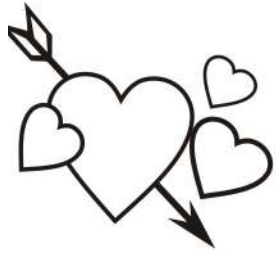


February 2018



Happy Valentine's Day!

During the month of February, thoughts of love drift to the forefront of everyone's mind. Gifts of flowers and candy abound. One of the best things that is witnessed here at Arbor North is not the exchange of gifts, but rather the love our residents show to one another every day. Age is not a barrier-love for one another never grows old.

How fortunate to be surrounded by people who genuinely express love, appreciation, courage and care.



Franklin P. Jones, "Love doesn't make the world go 'round. Love is what makes the ride worthwhile." - Franklin P. Jones

Up Coming Activities and Events

...

February 3rd: Serve at JaxNaz Food Pantry

February 6th, 13th, 20th, 27th: History of the Church with Dr White

February 8th: Wiley Potato Night and music with the French Quarter Band

February 12th: Visit with David's Promise

February 13th: Bean Elementary Valentine's Party and Acts of Kindness

February 14th: Valentine's Party with Dennis Michaels

February 15th & 23rd: Choir Out for Concert

February 26th: Tour of Gilbert's Chocolate Factory



Congratulations to John Head and his daughter, Beth, on winning our Annual Chili Cook-Off!!

Thanks to everyone who donated hats, gloves, and scarves. We were able to donate over 50 items to local students!



Cardiac Rehab Week, February 11-17

Every 40 seconds, someone in the US has a heart attack. Are you taking steps to prevent it from happening to you? Even if you have a medical history of cardiac-related illness, there are ways to lower your risk factors for future issues. Cardiac rehabilitation addresses several areas of your lifestyle to ensure you're loving your heart and keeping it healthy.

Cardiac rehab can:

- Lower the chances of a second heart attack or heart surgery
- Reduce overall risk of dying or having a future cardiac event
- Lessen chest pain, and in some cases, the need for medications
- Control risk factors such as high blood pressure and cholesterol
- Help with weight loss



Great
Lakes
Caring

HOME HEALTH
HOSPICE

If you're interested in learning more about cardiac rehab and how it could benefit you, call Great Lakes Caring at [\(800\) 379-1600](tel:8003791600)



1st: Marjorie Raciboski

2nd: Frieda Blackwood

5th: Joan Albrecht

23rd: Bob Myers

25th: Marilyn Shirkey

27th: Ruth Weber

Join Kevin and Linda as they celebrate our February birthdays.

Wednesday, February 7th at 3:30 pm in the Dining Room

All our residents are welcome to come and help us celebrate!!



Health & Wellness

Yoga and Meditation:

Join Becky every Monday and Friday at 10:00 am. This is a very low impact, relaxing workout. Good for body and soul!!

Exercise and Strength Building:

Join Linda and Becky LaRue every Tuesday, Wednesday and Thursday at 10:00 am. This is sure to get your heart pumping and work on building muscular strength

Blood Pressure Clinic

This Month the Blood Pressure Clinic will be held on the 1st and 3rd Wednesdays:
February 7th and 21st
From 8:30-9:30
In the Arbor Room

Fitness Room:

Arbor North's Fitness Room is available for your personal use. Located next to the activity room, come check out the equipment.

Regularly Scheduled Events

MEIJER RUN

Meijer run is every Tuesday. The bus leaves at 1:30pm to drop off and returns at 3:15pm to pick up.



BEAUTY/BARBER SHOP

Our Salon has been completely remodeled. It is open on Thursday & Friday from 8:30am to 5:00pm. Please call Valerie at 517 250-1507 to schedule an appointment.

CHOIR PRACTICE

Practice will be every Thursday at 3:30pm in the Music Room. Kevin is always looking for new members!



VISITATION COMMITTEE

The visitation visits will be on Fridays at 1:00pm. The Visitation Team will visit those who are in the hospital or rehab. If you are interested, please contact Becky.

SOUP NIGHT

Soup Night is Thursday, February 1st at 4:30. Music with Paul Freeburn and 50/50

MENS BREAKFAST

The Mens Breakfast will be on Thursday, February 1st at 8:00am in the activity room.

CROUCH MUSIC JAM

We will be going to enjoy the music on February 6^h and 20th at 1:15

LADIES BREAKFAST - HALL #4

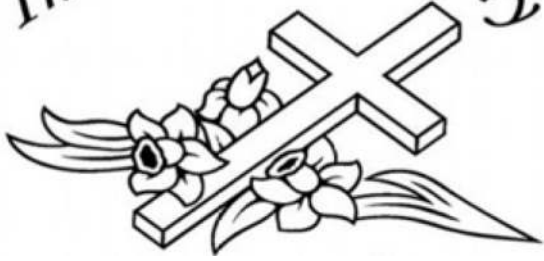
Ladies Breakfast will be on Thursday, February 15th at 8:00am in activity room

RED HATTERS

The Red Hatters will be enjoying a Breakfast on Wednesday, February 21st at 8:30.



In Loving Memory



Dee Cartwright

Winnie Good

Virginia Zimmerman

**WE LOVE
OUR VOLUNTEERS**

Do you have a talent or knowledge that you would enjoy sharing with us? Whether you are a musician, historian, magician, crafter, or hobbyist, we would love for you to come and share with our residents.

If you would be interested in volunteering to help, or run a special program, please let Linda or Becky know.

Arbor North Semi-Assisted Living Center

3000 Kingsbrooke Dr
Jackson, MI 49202

517-787-8000

KEVIN & LEIGH GANTON: OWNERS

BOBBY GANTON: ADMINISTRATOR

MOLLY SPITLER: OFFICE MANAGER

BECKY GILLMORE: COMMUNITY ENRICHMENT DIRECTOR

LIINDA VANWAGONER: ACTIVITY DIRECTOR

TOMMI WILDS: KITCHEN MANAGER

REID GANTON: MANAGING DIRECTOR