

**Meet Your Dept. Heads**

**Joy Taylor**  
*Director*

**Amber Petty**  
*Wellness Director*

**Missy Bryant**  
*Community Relations  
Coordinator*

**Kathy Negley**  
*Dietary Manager*

**Sarah Herington**  
*Business Office Manager*

**Annie Poindexter**  
*Event Coordinator*

**Daniel Coon**  
*Maintenance Director*

**Rebecca Billingsley**  
*Housekeeping Manager*

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**Puzzle Answers**

4	7	3	9	6	8	5	1	2
8	9	5	3	1	2	4	6	7
6	1	2	4	7	5	3	9	8
9	2	6	1	4	3	7	8	5
1	5	4	8	2	7	9	3	6
7	3	8	5	9	6	1	2	4
2	4	9	6	5	1	8	7	3
3	6	1	7	8	4	2	5	9
5	8	7	2	3	9	6	4	1

SECRET ADMIRER  
HEART  
CUPCAKE

**Affordable Living for  
Active Seniors**



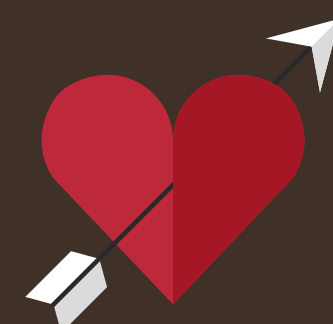
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of Canton*

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FEBRUARY 2020



THE  
COURTYARD  
CHRONICLE





### Message from the Director

Hello, Happy February! Hope everyone is doing well. Remember February is Heart Health Month, and the 7<sup>th</sup> is "Wear Red Day for Heart Health." Don't forget your sweethearts on Valentine's Day! I am hoping the groundhog brings us an early spring. Please stop by for a visit or tour! ~Joy Taylor, Director

### Message from the Wellness Director

February is American Heart Month so now is a great time to raise awareness about heart disease and share a few heart-healthy tips. Here are a few easy changes to make in February and beyond to improve your heart health.

**Add color to your diet-** Fruits and vegetables contain fiber, vitamins, and minerals, which promote a heart-healthy diet and help control weight and blood pressure.

**Get moving-** Regular physical activity is an essential aspect of a heart-healthy lifestyle. Just twenty to thirty minutes of moderate exercise each day can help seniors improve their heart health and lower blood pressure.

**Manage stress-** There are many ways to prevent the harmful effects of stress, such as practicing deep breathing, doing yoga or stretching, talking with a friend or going for a short walk. Doing hobbies and activities you enjoy can help relieve stress and improve your overall mood.

**Get enough sleep-** Poor sleep quality can cause disruptions in your metabolism, blood pressure, and inflammation, which may lead to an increased risk of heart disease. To improve sleep quality, try establishing a bedtime routine & avoid excess caffeine in the daytime.

Taking small steps to prevent heart disease can go a long way in improving your overall health and wellness.

~Amber Petty, Wellness Director

### Message from the Event Coordinator

Happy Valentine's Day! For the whole month of February, we have four scrumptious Friday snacks planned, so be sure to come to the lobby at 3 pm on Fridays! Tuesday, February 25 is Mardi Gras or "Fat Tuesday"; it is the day before Lent begins. We are having our annual Mardi Gras party with games, King Cake and lots of purple, gold and green decorations!

~Annie Poindexter, Event Coordinator

### Message from the Community Relations Coordinator

Happy February everyone! We have a lot happening this month. Valentine's Day is the 14<sup>th</sup>; it's a great time to let your family and friends know just how much you love them. Courtyard Estates will be hosting a community BINGO on Wednesday, February 26<sup>th</sup> 2 – 3 pm; this will be an awesome opportunity to mingle with other seniors in our community. Have a great month and stay warm.

~Missy Bryant, Community Relations Coordinator



### Red Velvet Thumbprint Cookies

#### Ingredients

- 1 cup butter, softened
- 1 cup sugar
- 1 egg
- 4 teaspoons red food color
- 1 teaspoon vanilla
- 2 1/2 cups all-purpose flour
- 3 tablespoons unsweetened baking cocoa
- 1/4 teaspoon salt
- 1 bag (11 oz) white vanilla baking chips (about 2 cups)

#### Directions

Heat oven to 350°F. Line cookie sheet with cooking parchment paper.

In large bowl, beat butter and sugar with electric mixer on medium speed about 2 minutes or until creamy. Stir in egg, food coloring and vanilla until well blended. On low speed, beat in flour, cocoa and salt until blended.

Shape dough into 1-inch balls. On cookie sheets, place balls 2 inches apart. Press thumb into center of each cookie to make indentation, but do not press all the way to the cookie sheet.

Bake 12 minutes or until set. Cool 2 minutes; quickly remake indentations with end of wooden spoon, if necessary. Remove from cookie sheet to cooling rack. Cool completely, about 10 minutes.

In small microwavable bowl, microwave white baking chips uncovered on High 30 to 50 seconds, stirring once, until softened and chips can be stirred smooth. Spoon melted chips into resealable food-storage plastic bag; seal bag. Cut off tiny corner of bag. Twist bag above melted chips. Squeeze bag to fill each thumbprint cookie. Let stand until set.

## PUZZLE STATION

Answers can be found on back cover.

E	N	B	G	O	R	X	I	T	Y	N	E	M	G	G
T	W	O	V	A	L	E	N	T	I	N	E	L	O	Y
A	F	O	T	M	Q	R	Q	P	G	Z	N	H	R	D
L	C	L	R	G	C	A	R	D	S	L	D	D	X	N
O	L	Q	O	R	N	O	J	I	R	N	O	Q	S	A
C	R	U	A	W	A	I	M	Y	U	J	E	V	K	C
O	B	Q	B	C	E	G	H	O	K	R	V	S	E	M
H	F	Z	W	W	M	R	R	S	J	P	J	B	S	A
C	L	D	Z	M	L	G	S	Q	A	Q	P	P	I	I
S	T	N	E	D	I	S	E	R	P	W	R	F	Q	L
Q	P	S	I	T	N	V	N	M	T	E	T	D	X	W
Q	D	P	G	F	C	V	W	O	D	A	H	S	A	F
T	U	H	R	M	O	J	F	I	Z	U	D	D	U	V
C	X	G	D	U	L	G	C	X	S	Z	I	F	N	Q
J	G	W	E	G	N	T	J	O	M	H	K	H	S	G

			9		8			2
			3		2	4	6	7
	1		4					8
		6			3	7	8	
		4				9		
	3	8	5			1		
2						1		7
3	6	1	7		4			
5			2		9			

RSCTEE RMARDIE: \_\_\_\_\_

AHTER: \_\_\_\_\_

CKPUAEC: \_\_\_\_\_

- ARROW
- CANDY
- CARD
- CHOCOLATE
- CUPID
- FLOWERS
- GROUNDHOG
- LINCOLN
- LOVE
- MAIL
- PREDICT
- PRESIDENTS
- SHADOW
- VALENTINE
- WASHINGTON

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# Kicking off the New Year!



## Message from the Dietary Manager

The kitchen staff wishes everyone a "Happy Valentine's Day!" Spread your love, not your germs; if you're not feeling well, please let us know, and we will send you a room tray. We love having everybody come to meals in the dining room, yet when a person gets sick, it can spread like wildfire to everyone else. To stay healthy, eat healthy meals... exercise by walking the hallways... and drink plenty of fluids. Washing your hands with soap and water helps, but make sure you use lotion to keep your hands hydrated. When we think of February, we think of hearts – be heart healthy.

We also think of chocolate in February! Here is an easy snack to fix in your microwave:

### Rolo Pretzel Delights

**1 pkg Rolo candy & 1 pkg small pretzels**

Arrange pretzels on a paper plate and place a Rolo on each pretzel – microwave 15 seconds at a time until Rolo is just starting to melt. You can top them off with pecan halves, m&ms or any other nut or small candy.

*-Kathy Negley, Dietary Manager*



## MUSIC AT THE COURTYARD

*Refreshments Provided*

**WEDNESDAY, FEBRUARY 26TH  
FROM 1:30PM - 2:30PM**



*Courtyard Estates of Canton*  
160 E. Walnut St. • Canton, IL

## COMMUNITY BINGO



**WEDNESDAY, FEBRUARY 26<sup>TH</sup>  
2:00 PM - 3:00PM**

Located At: Courtyard Estates of Canton  
160 E. Walnut • Canton, IL

**JOIN IN THE FUN!**

**Must be 65 years or older to attend  
Refreshments will be provided.**

# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HAPPY BIRTHDAY!  CARL SIMPSON 2/10 COLLEEN ACKERMAN 2/12 GLADYS BROWNING 2/16 JOAN SHAW 2/19	HAPPY BIRTHDAY!  MYKAELA BILLINGTON 2/23 * SARAH HERINGTON 2/24 *  *STAFF BIRTHDAY				KIMBERLY ROBINSON (PIANO) 1:30 PM  MOVIE 6 PM
<i>Groundhog Day</i> 2  MOVIE 1:00 PM	EXERCISE 10 AM 3  RESIDENT COUNCIL MEETING 1:30 PM	BIBLE STUDY 10 AM 4	EXERCISE 10 AM 5  "THE PAGE TURNERS" 10:30 AM  (CRAFT) VALENTINE'S DAY CARDS 2 PM	CHURCH 10 AM 6  MOVIE 1:30 PM	EXERCISE 10 AM 7  NATIONAL WEAR RED DAY (HEART HEALTH) PICTURE IN LOBBY 2 PM  SNACK 3 PM	MOVIE 1 PM 8
MOVIE 1 PM 9	EXERCISE 10 AM 10  DOLLAR GENERAL/ALDI - LEAVE AT 1 PM	BIBLE STUDY 10 AM 11	EXERCISE 10 AM 12  "THE PAGE TURNERS" 10:30 AM  MILO FRANZONI (ACCORDION) 1:30 PM	CHURCH 10 AM 13  MOVIE 1:30 PM	<i>Valentine's Day</i> 14  EXERCISE 10 AM  ELM STREET CAFE - LEAVE AT 11 AM  SNACK 3 PM	MOVIE 1 PM 15
MOVIE 1 PM 16	<i>Presidents' Day</i> 17  EXERCISE 10 AM  DOLLAR TREE/HY-VEE - LEAVE AT 1 PM	BIBLE STUDY 10 AM 18  MARY TODD LINCOLN PRESENTATION 2 PM	EXERCISE 10 AM 19  "THE PAGE TURNERS" 10:30 AM  BUNKO (SUNSET) 1:30 PM	CHURCH 10 AM 20  HEART HEALTH PRESENTATION 2 PM	EXERCISE 10 AM 21  SNACK 3 PM	MARY KAY DEMONSTRATION 2 PM 22  MOVIE 6 PM
MOVIE 1 PM 23	EXERCISE 10 AM 24  WALMART - LEAVE AT 1 PM	BIBLE STUDY 10 AM 25  MARDI GRAS PARTY (LOWER LIVING ROOM) 2 PM	EXERCISE 10 AM 26  COMMUNITY BINGO 2 PM	CHURCH 10 AM 27  MOVIE 1:30 PM	EXERCISE 10 AM 28  OFFICIAL TIME OUT - LEAVE AT 11 AM  SNACK 3 PM	MOVIE 1 PM 29