

					SATURDAY
*	February is	Holmen	National		1
		High	Wear Red	pamper	Take a Walk in the Halls today!
Hap	National	School	Day is	We CAS	
Birtholay	HEART	Tri-M	Friday,		8 AM - 10 AM Coffee Hour
	HEALTHY	Honor	February 7 th	Calleri Stude	Coffee and
	MONTH!	Society		agou's	Sweet Treats
February 7 th		Music		hautiful	Front Café
Sonja R.!	Join in some	Students	WEAR RED	February	Colored
	activities to	will		-	Pencil Art &
February 16 th	keep	perform a		Glamour and Pamper	Puzzles
Beverly K.!	moving for	variety of		Sessions at Prairie	Always available West Lounge
	heart	musical	Wear red and	Home!	2:30 PM
Flowers:	health!	selections	help raise		Movie
	Malk the	for us!	awareness of	If you would like to	Matinee:
	Walk the halls	1. J	women's	have a glamour and	<u>You've Got</u>
Violet Primrose	Haus	St. C.	number 1	pamper session at	<u>Mail</u>
Birthstone:	Exercise		killer –	Prairie Home	A delightful romantic comedy
Amethyst	Classes	6 quint	cardiovascular		starring
Symbolizing Humility,		J.Y.	disease.	this month,	Meg Ryan and Tom Hanks
Spiritual	Flickin'	Wednesday,	See the last page of the calendar	see Amy	On Tubi Channel
Wisdom,	Chicken	February 12 th	for	to schedule an	Center Lounge
and		at 1:30 PM	"Signs of Stroke Signs of Heart	appointment!	Invite friends to
Sincerity	Ladder Ball	Dining Room	Attack."		play cards!



SUNDAY	TUESDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
ccountry coontry	Take a Walk in the Halls today!	World Cancer Day	National Weatherperson's	Take a Walk in the Halls today!	Happy Birthday,	Take a Walk in the Halls today!
	8 AM - 10 AM	Take a Walk in	Day	8 AM - 10 AM	Sonja!	8 AM - 10 AM
NUM	Coffee Hour	the Halls today	Take a Walk in the Halls today	Coffee Hour Coffee and	National Wear	Coffee Hour
	Coffee and Sweet Treats	8 AM - 10 AM Coffee Hour	8 AM - 10 AM	Sweet Treats	Red Day!	Coffee and Sweet Treats
Take a Walk in the Halls today!	Front Café	Coffee and	Coffee Hour	Front Café	8 AM - 10 AM	Front Café
	9:30 AM	Sweet Treats	Coffee and	9:30 AM	Coffee Hour	10:00 AM
8 AM - 10 AM Coffee Hour	Exercise	Front Café	Sweet Treats Front Café	Exercise Dining Room	Coffee and Sweet Treats	Colored
Coffee and	with Amy Dining Room	9:00 AM Village of	Colored	10:30 AM	Front Café	Pencil Art and Puzzles
Sweet Treats Front Café	-	Holmen	Pencil Art &	Catholic	10:30 AM	West Lounge
	Colored Pencil Art &	Absentee	Puzzles	Mass	Lunch Stop	2:30 PM
9:30 AM Catholic Mass	Puzzles	Voting for	Always available West Lounge	West Lounge	& Visit the Kashubian	Movie
Channel 9	Always available West Lounge	Feb. 18 Spring	10:00 AM	1:30 PM	Cultural	Matinee:
2:00 PM	C C	Primary	The Price Is	Village of Holmen	Institute &	<u>Senior</u> Moment
Pro Bowl	2:15 PM Bingo	Election	Right Channel 7	Absentee	Polish	<u>Moment</u> Romantic
Skills	Dining Room	Prairie Home Dining Room	West Lounge	Voting for	Museum \$5 admission	comedy starring
Challenges & Flag Football	7:00 PM	10:00 AM	1:30 PM	Feb. 18	Sign up on the	William Shatner and Jean Smart
Games	Price is Right	Scenic Drive	Ladder Ball	Spring Primary	bulletin board	Roku Tubi Channel
On ABC Channel 9	At Night	with Linda	Laughter, fun, and exercise rolled	Election	2:00 PM	Center Lounge
Invite friends to	Channel 7 Center Lounge	Sign up on the bulletin board	into one!	Prairie Home	Happy Hour Dining Room	Invite friends to play cards!
play cards!			Dining Room	Dining Room	,	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10	11	12	13	14	15
Take a Walk in the Halls today!	Take a Walk in the Halls today!	Take a Walk in the Halls today	Take a Walk in the Halls today	Take a Walk in the Halls today!	Take a Walk in the Halls today!	Take a Walk in the Halls today!
8 AM - 10 AM	8 AM - 10 AM	La Crosse	8 AM - 10 AM	8 AM - 10 AM	8 AM - 10 AM	8 AM - 10 AM
Coffee Hour	Coffee Hour	County	Coffee Hour	Coffee Hour	Coffee Hour	Coffee Hour
Coffee and	Coffee and	Library Book	Coffee and	Coffee and	Coffee and	Coffee and
Sweet Treats Front Café	Sweet Treats Front Café	Drop Off Day	Sweet Treats Front Café	Sweet Treats Front Café	Sweet Treats Front Café	Sweet Treats Front Café
9:00 AM		8 AM - 10 AM	9:30 AM	9:30 AM	Colored	Colored
Holmen	Be Cutie True Mine Pie Love	Coffee Hour	Exercise	Exercise	Pencil Art &	Pencil Art &
Lutheran	Happy Valentine's Day	Coffee and	Dining Room	with Amy	Puzzles	Puzzles
Service	Love XOXO Hug	Sweet Treats Front Café	10:00 AM	Dining Room	Always available West Lounge	Always available
Livestream on YouTube	10:00 AM	9:30 AM	Scenic Drive	Colored	West Lounge	West Lounge
Center Lounge	Make	Shopping at	with Linda	Pencil Art &	NU you	2:30 PM
C	Valentine's	Festival	Sign up on the	Puzzles	Lover D	Movie
9:30 AM	Day Cards		bulletin board	Always available	2:00 PM	Matinee:
St. Joseph the	with Alison	Foods Sign up on the	Contraction of the second	West Lounge	Valentine's	Murphy's
Workman	Dining Room	Bulletin Board	\$C, 9J2-105		Happy Hour	Romance
Catholic Mass	2:00 PM		1:30 PM	2:30 PM	Champagne	Romantic
Channel 9		2:00 PM	Holmen High	Lutheran	Spritzers &	comedy starring
Invite friends to	Valentine's	BINGO	School	Prayer	Assorted Dove	Sally Field and
play cards!	Bingo with	Sponsored by	Tri-M Honor	Service	Chocolates!	James Garner
5:30 PM	Prizes Dining Room	St. Elizabeth Ann Seaton		Front Lounge	Sing-along to	Roku Tubi Channel
		Church	Society	Invite friends to	Classic Love Songs	Invite friends to
Super Bowl 59 Fox Channel 3	Happy Selentine's Valentine's Day	Dining Room	Music Dining Room	play a game of		play a game of
West Lounge				cards!		cards!

FEBRUARY 2025 Prairie Home

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 Happy Birthday,	17 Take a Walk in the Halls today!	18 Take a Walk in the Halls today!	19 Take a Walk in the Halls today!	20 Take a Walk in the Halls today!	21 Take a Walk in the Halls today!	22 Take a Walk in the Halls today!
Beverly!	8 AM - 10 AM	8 AM - 10 AM	8 AM - 10 AM	8:30 AM	8 AM - 10 AM	8 AM - 10 AM
Take a Walk in the Halls today!	Coffee Hour Coffee and	Coffee Hour Coffee and	Coffee Hour Coffee and	Birthday Breakfast	Coffee Hour Coffee and	Coffee Hour Coffee and
8 AM - 10 AM Coffee Hour	Sweet Treats Front Café	Sweet Treats Front Café	Sweet Treats Front Café	Bacon, Cheese,	Sweet Treats Front Café	Sweet Treats Front Café
Coffee and	9:30 AM	9:30 AM	Colored	and Egg	Colored	Colored
Sweet Treats	Exercise	Exercise	Pencil Art &	Casserole,	Pencil Art &	Pencil Art &
Front Café	Dining Room	Dining Room	Puzzles	Buttermilk	Puzzles	Puzzles
9:00 AM Holmen	Colored Pencil Art &	10:00 AM Chaplain	Always available West Lounge	Biscuits, Fruit, Juice,	Always available West Lounge	Always available West Lounge
Lutheran Service	Puzzles Always available	Emma Blank West Lounge	1:30 PM Flickin'	and Coffee Dining Room	2:00 PM Happy Hour	2:30 PM Movie:
Livestream on YouTube Center Lounge	West Lounge 2:15 PM Bingo	11:00 AM Lunch at	Chicken Games Join in for	10:30 AM Catholic Communion	Wine Coolers, Beer, Soda, and Pizza -	<u>Yours, Mine,</u> <u>and Ours</u> Family
9:30 AM	Dining Room	Schmidty's Family	Laughter, Fun, and Exercise!	West Lounge	Classic Country	Comedy starring Lucille
St. Joseph the Workman	Invite friends to play cards!	Restaurant Sign up on the	Dining Room 7:00 PM	1:30 PM Exercise	Music Dining Room	Ball and Henry
Catholic Mass Channel 9	7:00 PM Price is Right	bulletin board Invite friends to	The Price is	Dining Room	Invite friends to	<i>Fonda</i> Roku Tubi Channel Center Lounge
Invite friends to play cards!	At Night CBS Channel 7	play a game of cards!	Right At Night Channel 7	Invite friends to play a game of cards!	play a game of cards!	Invite friends to play cards!

FEBRUARY 2025 Prairie Home

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Valentine Humor
23 Take a Walk in the Halls today!	24 Take a Walk in the Halls today!	25 Take a Walk in the Halls today!	26 Take a Walk in the Halls today!	27 Take a Walk in the Halls today!	28 Take a Walk in the Halls today!	What did one
8 AM - 10 AM Coffee Hour Coffee and Sweet Treats Front Café	8 AM - 10 AM Coffee Hour Coffee and Sweet Treats Front Café	8 AM - 10 AM Coffee Hour Coffee and Sweet Treats Front Café	8 AM - 10 AM Coffee Hour Coffee and Sweet Treats Front Café	8 AM - 10 AM Coffee Hour Coffee and Sweet Treats Front Café	8 AM - 10 AM Coffee Hour Coffee and Sweet Treats Front Café	pig say to the other? Don't go bacon my heart!
9:00 AM Holmen Lutheran Service Livestream on YouTube	9:30 AM Exercise with Amy Dining Room 2:15 PM Bingo Dining Room	11:000 AM Lunch at Barre Diner in Barre Mills Sign up on the bulletin board 2:30 PM	9:30 AM Shopping at Kohl's – Senior Discount Day! Dining Room 1:30 PM	9:30 AM Exercise with Amy Dining Room Colored Pencil Art &	10:00 AM Squeegee	What do olives say to each other on Valentine's Day?
Center Lounge 9:30 AM St. Joseph the Workman Catholic Mass Channel 9 Colored Pencil Art & Puzzles Always available West Lounge	Invite friends to play a game of cards! 7:00 PM The Price is Right At Night Channel 7 Center Lounge	Back by Popular Demand - Interactive Music Circle	Balloon Toss Laughter, Fun, and Exercise! Dining Room 7:00 PM Ladder Ball with Holmen Lutheran Confirmation Students Dining Room	Puzzles Always available West Lounge 1:30 PM Ice Cream Sundae Bar with all the trimmings! Dining Room Invite friends to play cards!	Pull PaintingCreationswith AlisonDining Room2:00 PMHappy HourBrandy OldFashionedsand MixedNutsDining Room	Olive you! What did one plate say to the other? Tonight, dinner is on me! Olive you!

FEBRUARY 2025 Prairie Home

STROKE WARNING SIGNS

Spot a stroke **F-A-S-T**:

- FACE DROOPING - Does one side of the face droop or is it numb? Ask the person to smile.

- ARM WEAKNESS - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

- SPEECH DIFFICULTY - Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

-TIME TO CALL 9-1-1 if the person shows any of these symptoms.

CALL 9-1-1 even if the symptoms go away!

HEART ATTACK WARNING SIGNS

Most heart attacks involve **DISCOMFORT IN THE CENTER OF THE CHEST** that lasts more than a few minutes, or that goes away and comes back. It can feel like **UNCOMFORTABLE PRESSURE**, **SQUEEZING, FULLNESS OR PAIN**.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY Symptoms can include pain or discomfort in one or BOTH ARMS, THE BACK, NECK, JAW, OR STOMACH.

SHORTNESS OF BREATH with or without chest discomfort.

OTHER SIGNS may include breaking out in a COLD SWEAT, NAUSEA OR LIGHTHEADEDNESS.

Call 9-1-1 If experiencing any symptoms.

-American Heart Association

A publication of Prairie Home Assisted Living and Independent Apartments Holmen, WI 608-526-4850, owned and operated by Bethany St Joseph Corporation.