










 <p>February 7<sup>th</sup> Sonja R.!</p> <p>February 16<sup>th</sup> Beverly K.!</p> <p><b>Flowers:</b></p>  <p>Violet Primrose</p> <p><b>Birthstone:</b> Amethyst Symbolizing Humility, Spiritual Wisdom, and Sincerity</p>	<p>February is</p> <p><b>National HEART HEALTHY MONTH!</b></p> <p>Join in some activities to keep moving for heart health!</p> <p>Walk the halls</p> <p>Exercise Classes</p> <p>Flickin' Chicken</p> <p>Ladder Ball</p>	<p><b>Holmen High School Tri-M Honor Society Music Students will perform a variety of musical selections for us!</b></p>  <p><b>Wednesday, February 12<sup>th</sup> at 1:30 PM</b> Dining Room</p>	<p><b>National Wear Red Day is Friday, February 7<sup>th</sup></b></p>  <p>Wear red and help raise awareness of women's number 1 killer – cardiovascular disease.</p> <p>See the last page of the calendar for "Signs of Stroke Signs of Heart Attack."</p>	 <p><b>February Glamour and Pamper Sessions at Prairie Home!</b></p> <p><i>If you would like to have a glamour and pamper session at Prairie Home this month, see Amy to schedule an appointment!</i></p>	<p><b>SATURDAY</b></p> <p><b>1</b> <i>Take a Walk in the Halls today!</i></p> <p><b>8 AM - 10 AM</b> <b>Coffee Hour</b> Coffee and Sweet Treats Front Café</p> <p><b>Colored Pencil Art &amp; Puzzles</b> Always available West Lounge</p> <p><b>2:30 PM</b> <b>Movie Matinee:</b> <b><u>You've Got Mail</u></b> <i>A delightful romantic comedy starring Meg Ryan and Tom Hanks</i> On Tubi Channel Center Lounge</p> <p><b>Invite friends to play cards!</b></p>
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**FEBRUARY 2025**

 Prairie Home

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

**FEBRUARY 2025**
Prairie Home

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



# FEBRUARY 2025







Prairie Home



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

**FEBRUARY 2025**

 Prairie Home

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



## 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