






WEEK	THEME OF THE WEEK	SUGGESTED ACTIVITIES
1	 <p><b>American Heart Month</b></p>	<ul style="list-style-type: none"> <li>• <b>February is National Heart Disease Awareness Month</b></li> <li>• Want Fries With That? The 10 Worst Foods for Your Heart Word Search</li> <li>• 25 Foods You Should Eat Word Search</li> <li>• Plan especially <b>heart healthy meals</b> for the week.</li> <li>• Go for a walk.</li> <li>• De-stress – breathe deeply, pray, meditate.</li> <li>• <b>Visit our own Just Breathe relaxing and scenic videos</b></li> </ul>
2	 <p><b>Valentine's Day • Feb 14</b></p>	 <ul style="list-style-type: none"> <li>• <b>The Story of Saint Valentine</b></li> <li>• Happy Valentine's Day Word Search</li> <li>• Name That Partner Quiz</li> <li>• Romantic Movies Crossword Puzzle</li> <li>• <b>Easy Cute Valentine's Day Note</b></li> <li>• Valentine Glitter Hanging Decoration Craft</li> <li>• Valentine Heart Flower Card Craft Kit</li> <li>• God's Love Lacing Cards</li> <li>• <b>Watch a romantic comedy movie</b></li> <li>• Discussion Questions: Who was your first valentine? How did you meet your spouse? How long did you date before you got engaged? Did you ever go on a blind date? How do you feel about finding a partner on the internet? How would your personal ad read today? What was your most memorable Valentine's Day?</li> </ul>
3	 <p><b>Presidents' Day, Feb 21</b></p>	<ul style="list-style-type: none"> <li>• Presidential Quotes</li> <li>• Name the presidents found on different coins. Sort by presidents. Compare their sizes and materials. Using different coins, make up the sum of 25 cents, 50 cents and one dollar.</li> <li>• Write and mail a letter to President Biden at the White House about anything you want.</li> <li>• <b>Take the Presidents' Day Trivia Quiz</b></li> <li>• Pray for our president</li> <li>• Discussion Questions: Who was president when you were born? Who is your favorite president and why? Name five (5) presidents.</li> </ul>
4	 <p><b>National Bird Feeding Month</b></p>	<ul style="list-style-type: none"> <li>• <b>Why Bird Watching Can Be Healthy for Seniors</b></li> <li>• Birds Word Unscramble</li> <li>• Make a Bird Feeder – Toast a piece of bread; shape using a cookie cutter; put a small hole through the top and add a string, yarn, or ribbon. Cover the toast with peanut butter and sprinkle with bird seed, popcorn, or peanuts.</li> <li>• <b>Identify Your Backyard Birds</b></li> <li>• With your bird feeder now in your yard and your newfound knowledge about birds, identify the birds coming to feed using sight and sound.</li> <li>• <b>Funny Looking Birds</b></li> </ul>