

FEBRUARY 2024

PHEASANTS RIDGE PRESS

HELLO February

where is  the snow?

"IT'S A WASH, IT COULD GO EITHER WAY, WETTER OR SNOWIER THAN NORMAL OR POTENTIALLY DRIER," SUNDGAARD SAID FOR THE MIDWEST.

WE'RE TALKING ABOUT SOME REALLY WARM WATERS HERE IN THE EASTERN PACIFIC. A MAJORITY OF THE MODELS NOW PUSH US TO ABOUT 2 DEGREES CELSIUS ABOVE NORMAL, WHICH IS HUGE. THAT PUTS US IN SUPER EL NINO TERRITORY. WITH CLIMATE CHANGE, IT INCREASINGLY LOOKS LIKE REGULAR EL NINO EVENTS WILL BECOME SUPER EVENTS BECAUSE OF ALL THE HEAT IN THE OCEANS."



IT'S A LEAP YEAR!

WHAT IS A LEAP YEAR?

SIMPLY PUT, A LEAP YEAR IS A YEAR WITH AN EXTRA DAY—FEBRUARY 29—ADDED NEARLY EVERY FOUR YEARS TO THE CALENDAR YEAR.

HERE ARE THE RULES OF LEAP YEARS:..

-A YEAR MAY BE A LEAP YEAR IF IT IS EVENLY DIVISIBLE BY 4.

-YEARS DIVISIBLE BY 100 (CENTURY YEARS SUCH AS 1900 OR 2000) CANNOT BE LEAP YEARS UNLESS THEY ARE ALSO DIVISIBLE BY 400. (FOR THIS REASON, THE YEARS 1700, 1800, AND 1900 WERE NOT LEAP YEARS, BUT THE YEARS 1600 AND 2000 WERE.)

UPCOMING AREA EVENTS

FEB 3 @ 10:00AM-1:00 PM: SNOW DAY IN THE PARK- VETERANS MEMORIAL PARK ICE RINKS- BONFIRE, YARD GAMES, SNOW PAINT, AND MORE

FEB 10 @ 11:00AM: WINTER WALK AT RIVERSEDGE HOSPITAL- 1 MILE WALK AROUND CAMPUS, MEET AT ED ENTRANCE

FEB 11 @ 9:00 AM: DAD'S BELGIAN WAFFLE BREAKFAST- SAINT PETER COMMUNITY CENTER - ROOM 219 (\$10.00)

FEB 15 @ 10:00 AM: HISTORY HANG OUT- NICOLLET COUNTY HISTORICAL SOCIETY (FREE)

FEB 17 @ 8:00 PM: RED HOT COMEDY AT THE RED MEN CLUB (\$15.00)

NURSE'S ORDERS BLUESTONE ROUNDING 2/26

MIND YOUR METABOLISM

YOUR METABOLISM CHANGES AS YOU GET OLDER. YOU BURN FEWER CALORIES AND BREAK DOWN FOODS DIFFERENTLY. YOU ALSO LOSE LEAN

MUSCLE. UNLESS YOU EXERCISE MORE AND ADJUST YOUR DIET, THE POUNDS CAN ADD UP. MIDDLE-AGE SPREAD CAN QUICKLY BECOME MIDDLE-AGE SPRAWL. CARRYING THOSE EXTRA POUNDS MAY BE HARMING YOUR HEALTH.

TO COMBAT AGE-RELATED CHANGES:

COMMIT TO A HEALTHY DIET.

LIMIT SNACKING.

DRINK PLENTY OF WATER.

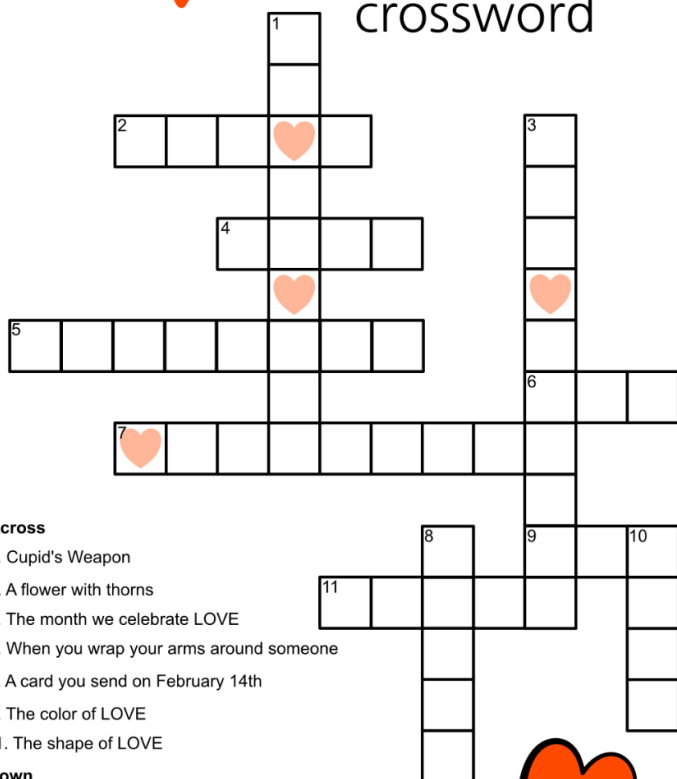
MOVE MORE. ADD WALKING BREAKS TO YOUR DAY.

GET PLENTY OF SLEEP.

LIMIT ALCOHOL USE.

AVOID TOBACCO PRODUCTS. WHEN YOU QUIT SMOKING, YOU MAY IMPROVE MANY ASPECTS OF YOUR HEALTH AND ARE LIKELY TO ADD YEARS TO YOUR LIFE.

Valentine crossword



Across

2. Cupid's Weapon
4. A flower with thorns
5. The month we celebrate LOVE
6. When you wrap your arms around someone
7. A card you send on February 14th

9. The color of LOVE

11. The shape of LOVE

Down

1. A Sweet Treat
3. His honey, baby, _____
8. Full of Joy
10. When two people go out



MOLLY

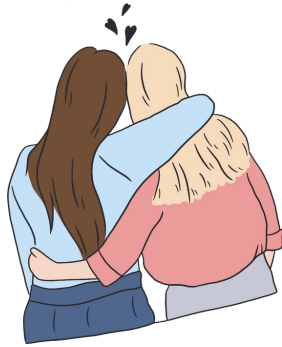


CHUCK





friends



Karaoke



FEBRUARY

EVERY WEEKDAY: AM EXERCISE GROUP MEMORY CARE 9:45 / ASSISTED LIVING 10:30

				1 1:30 MARSHMALLOW POPS	2 1:30 <i>Bingo!</i>	3 HALLWAY WALKING
4 RESIDENT CHOICE	5 1:30 <i>Bingo!</i>	6 1:30 GIANT JENGA	7 1:30 PICTIONARY	8 1:30 SENSORY BOTTLES	9 1:30 <i>Bingo!</i>	10 HALLWAY WALKING
 11 6:00 SUPERBOWL PARTY!	12 1:30 <i>Bingo!</i>	13 1:30 RESIDENT COUNCIL	14 1:30 KARAOKE	15 1:30 JEWELRY MAKING	16 11:30 VETERANS VISIT 1:30 <i>Bingo!</i>	17 HALLWAY WALKING
18 RESIDENT CHOICE	19 1:30 <i>Bingo!</i>	20 1:30 JEOPARDY	21 1:30 MOVIE & SNACKS	22 1:30 PAINTING CANVAS	23 1:30 <i>Bingo!</i>	24 HALLWAY WALKING
25 RESIDENT CHOICE	26 1:30 <i>Bingo!</i>	27 1:30 CORNHOLE	28 1:30 MUSIC ENTERTAINMENT	29 1:30 LEAP YEAR HAPPY HOUR		

"SPECIAL PEOPLE ARE VERY FEW;
WHO IS SPECIAL? THAT WOULD BE YOU.
MY VALENTINE'S DAY WOULD BE SO FINE,
IF YOU WOULD BE MY VALENTINE"