#### WEEKLY WORD: STAY CONNECTED EDITION

FEBRUARY 5—FEBRUARY 9

#### **NEWS**

BE KIND TO EACH OTHER

#### House Meeting

### UPCOMING SOCIALS

Maggie's social is to bowling and Three Chopt Sandwich Shoppe **February 10th!** 

Abigail's social will be to downtown Hendersonville (or Hendersonville Mall if weather is bad) February 24th!

## **UPCOMING CLOSURES**

President's Day on Monday **February 19th** 

Yoga group is changing to Wednesdays at 10:30.

Clubhouse Generalist position is being posted. We will have a hot seat for everyone to meet any potential candidates!

Wednesday February 14th at 10:30 volunteers from the self help credit union will teach a session on finances and budgeting.

Valentines Day celebration and February birthday and anniversary celebrations will be on **February 14th.** There will be heart-shaped cookies!

We're planning to make a Thank You video for donors. If you're interested in participating, let us know!

#### WELLNESS TIPS FROM MEMBERS

Exercise everyday! Try to go on walks if you can.

Drink lots of water. Stay hydrated!

Ride a bike if you have one! Utilize the clubhouse exercise room if you don't!

Wind down for bed at a decent time and get lots of sleep!

#### THRIVE CAFÉ: MENU



Monday	Broccoli Cheddar Soup		
Tuesday	Carrot, Kale, and Bacon Salad		
Wednesday	Big Mac Casserole Salad		
Thursday	Quiche and Salad		
Friday	BBQ Chicken Salad		

Name:		Date:	
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# DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and

diagonally.

BURROW
CANDLEMAS
CLOUDY
DEN
EMERGE
FEBRUARY
FORECAST

# Groundhog Day

#### February 2nd

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



GROUNDHOG
HIBERNATE
HOLE
MARMOT
MORNING
MYTH
NATURE
OMEN
PHIL
PREDICTION

PUNXSUTAWNEY
SECOND
SHADOW
SIX WEEKS
SPRING
SUNSHINE
TEMPERATURE
WEATHER
WINTER
WOODCHUCK