

# 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



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

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Groundhog Day

## February 2nd

**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  
HIBERNATE  
HOLE  
MARMOT  
MORNING  
MYTH  
NATURE  
OMEN  
PHIL  
PREDICTION

PUNXSUTAWNEY  
SECOND  
SHADOW  
SIX WEEKS  
SPRING  
SUNSHINE  
TEMPERATURE  
WEATHER  
WINTER  
WOODCHUCK