Valentine’s Day Craft
Valentine’s Day, also called Saint Valentine’s Day is celebrated on February 14. Valentine’s Day is romance and romantic love in many regions around the world. On **February 7, 10:30 a.m.** The Heights will be providing a jar to decorate for Valentine’s Day. The jar will be filled with candy and you will be able to take your beautiful decorated jar home. This event is free, but you must make reservations by stopping in or call the center.

Estate Planning Lunch & Learn
Join Baron Law on **Monday, February 10 at 11:00 a.m.** for Estate Planning Lunch & Learn. You will learn; avoid pitfalls that lead to costly and lengthy administration, learn the basics of estate planning and what every person should have and don’t go broke in a nursing home-explore estate planning strategies to avoid a Medicaid spend down. Lunch and drinks will be provided. Reserve your spot by February 3.

Relax with Regina Health Center
This class includes gentle mindful guided meditation, breath-work, stretching for the whole body with some restorative chair yoga. Stretching is an excellent way to relax and relieve tension when you incorporate breathing exercises and good posture in your program. It becomes very important for older adults to maintain range of motion normally with activities during the day. It’s designed to bring an increased sense of physical and mental health. Benefits include: release of muscle tension, relaxation and overall positive well-being. We hope you will join us **Friday, February 14 10:30 a.m.** then after class you will receive Valentine’s Day treats.

Valentine’s Day Pizza
**Friday, February 14 at 11:30 a.m.** we will be celebrating Valentine’s Day by providing pizza, salad and dessert. Everyone who comes to lunch will be entered into a raffle with your chance to win a prize from Mount Alverna Village. Reserve your spot by February 10. You can’t beat the price $1.

Movie & Popcorn
The movie we are showing on **Wednesday, February 19 at 11:30 a.m.** is POMS. Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it’s never too late to follow your dreams, even when the odds are stacked against you.

Podiatrist
Dr. Zaccardelli will be at the center **Friday, February 21 from 10:00-11:00 a.m.** to provide basic services. If you are having a hard time bending over to trim your toe nails, Dr. Zaccardelli will do that for you. You will have to bring your insurance information and he will do all the paper work for you. You will not need an appointment, it is first-come-first-serve. Watch the calendar for the next time Dr. Zaccardelli will be at the center.
Tone Up

If it’s too hot to exercise outside then come to Tone up every **Tuesday** at **10:45 a.m.** Strength training stimulates bone growth, improves posture, decreases body fat, and improves balance and mobility. With this program, you’ll strengthen, tone and shape your arm, shoulder and back muscles, all while comfortably seated on your chair. Leg and abdominal exercises, followed by gentle stretching, complete this 20 minute workout to delightful music. There is all fitness levels you will see while following along with the DVD. If you would like bring small hand weights or try it first without the weights and then gradually add weights.