

HILL STREET PLACE HAPPENINGS

FEBRUARY 2025
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Welcome to Our Newest Tenants



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NEXT...

Musings from Activities . . .

~Abbey LeRoy

February is a month brimming with unique and meaningful celebrations that invite us to appreciate the small joys in life and reflect on our health. At Hill Street Place, we are excited to join in the fun with special activities that highlight these quirky and interesting occasions, making February one to remember.

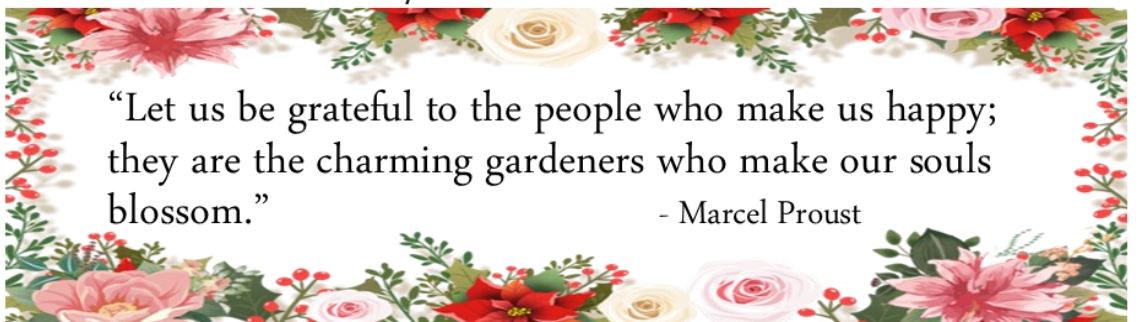
National Umbrella Day is on February 10th. It's a perfect day to embrace this everyday item and recognize its usefulness. You can shield yourself from rain or sun. In Japan, many are concerned with the cancer-causing UV rays so they wear skin protection gloves, leggings, hats, and even use UV-defense umbrellas. These sun umbrellas can have a UV cut rate of over 99.9% all while being windproof, waterproof and stylish. Nowadays, umbrellas come in so many fun designs and colors. On February 10th, we will be celebrating Umbrella Day at Hill Street Place, so bring out your favorite umbrella to show off!



February marks the celebration of National Heart Month, dedicated to raising awareness about heart health. During this time, we are encouraged to focus on maintaining a healthy lifestyle through exercise, diet, and regular health checkups.

It's a great reminder to take care of our bodies and prioritize our well-being, ensuring that we can continue to lead vibrant, active lives for many years to come. Whether through educational talks or simple heart-healthy activities, National Heart Month serves as a reminder to prioritize our health year-round. Join us for our Heart Walks this month, where we walk weekly through the halls of Avera hospital and back. What do you do to keep your heart healthy?

On February 17th, we have President's Day, which celebrates the office of past and present presidents. We will have Presidential Exercises, a Virtual Voyage through our U.S. Capitol, and our President's Day Challenge, where we will play games and trivia! February reminds us to celebrate both the practical and the sweet moments of life, from shielding ourselves with stylish umbrellas on National Umbrella Day . It also encourages us to prioritize our health and well-being during National Heart Month with heart-healthy habits and activities. At Hill Street Place, we look forward to making these celebrations a blend of fun, connection, and inspiration for everyone. Let's embrace all that February has to offer!



“Let us be grateful to the people who make us happy;
they are the charming gardeners who make our souls
blossom.”

- Marcel Proust



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Upcoming Events . . .

Page Turners Book Club will be reading *The Rosie Project* by Graeme Simsion. If you would like a copy stop into the Activities Office. Join us for a discussion in the Pool Table Room on Tuesday, March 3rd at 11:15AM.

Helping Hands at Hill Street Place - During the month of December we recorded a total of **35** volunteer hours. Thank you all who recorded their hours.

NOTE TIME CHANGES - Beginning February 3rd, Rosary will begin at 10AM daily. Exercise will begin at 10:30AM on Monday, Tuesday, and Thursday.

Last Month at a Glance . . .



Cookie Cravings

~ Activity Connection

It's the weekend you've been waiting for all year: February 24–25 is Girl Scout Cookie Weekend! The iconic flavors are all back: Thin Mints, Samoas, Trefoils, Tagalongs, Do-si-dos, and Lemon-Ups. Two other popular options this season are Adventurefuls, a brownie-inspired cookie with caramel-flavored crème, and a gluten-free option, Toffee-tastic, a buttery cookie packed with toffee bits.

This year, the price of Girl Scout Cookies has increased slightly to six dollars a box, which reflects rising costs. Every dollar goes toward supporting programs that help build our next

generation of female leaders. The Girl Scout Cookie program continues to teach Girl Scouts five key life skills: goal-setting, decision-making, money management, people skills, and business ethics. Plus, scouts grow in courage, confidence, and character. There's something extra sweet about enjoying these cookies while knowing you're supporting such an impactful program.



A Nose for Lies

~ Activity Connection

On February 23, 1940, Walt Disney released Pinocchio. In honor of the wooden boy who could not tell a lie without his nose growing, enjoy the quiz below. Do you know which statements are true and which are false? On February 21st, we will be watching the live action Pinocchio for our monthly Movie Matinee!

1. Pinocchio was created by Geppetto.
2. Jiminy Cricket serves as Pinocchio's conscience.
3. The Red Fairy helps Pinocchio learn right from wrong.
4. Moby is the name of the whale in the film.
5. Pinocchio is turned into a real boy at the end of the movie.



ANSWERS: 1. True: Geppetto is the kindhearted woodcarver who creates Pinocchio. 2. True: Jiminy Cricket guides Pinocchio as his conscience throughout the story. 3. False: The Blue Fairy plays a significant role in teaching Pinocchio important life lessons. 4. False: Monstro is the giant whale that Pinocchio and Geppetto encounter. 5. True: Pinocchio becomes a real boy after proving his bravery and honesty.

FEBRUARY CRYPTOGRAM

Each cryptogram uses a cipher where letters are shifted 2 spaces backward in the alphabet. To solve, shift each letter 2 spaces forward to reveal the message. Example: A = Y B = Z C = A D = B

Message 1: CDZTQXSX GQ Y KLNFR MF JQTC ZMC DPFJMQHCQ.

Message 2: ZYKZPQNRYZ OMRWNRVTQF VXR SMRC SMJZQNKRJ PQZRJ!

Message 3: YL SKZPDJJY AYR ZLCFJCPL CLSL SGD YJMSXDRX BZX.



Illuminating the New Year

~ Activity Connection



The Chinese Lantern Festival, also known as Yuan Xiao Jie, will be celebrated on February 12, marking the end of the Lunar New Year festivities. With a history that spans over 2,000 years, this festival has its origins in the Han Dynasty (206 BC–AD 220), when emperor Han Mingdi promoted the lighting of lanterns to honor Buddha. Over time, the tradition evolved into a broader celebration of family, community, and hope for the future.

At the heart of the festival are the colorful lantern displays, which light up streets, parks, and homes. In ancient times, these lanterns were simple paper creations illuminated by candles, but today's festivals feature intricate designs, often shaped like animals or iconic symbols. Lanterns are believed to symbolize letting go of the past and embracing good fortune for the coming year. A unique aspect of the festival is the tradition of solving riddles attached to the lanterns. Dating back to the Song Dynasty (960–1279), these riddles provide a fun, intellectual challenge for festival-goers, with puzzles that range from playful to deeply philosophical.

Tangyuan, sweet glutinous rice dumplings, are a key part of the festival's culinary traditions. Their round shape represents family unity and harmony, and they're often filled with sweet sesame paste, peanuts, or red beans. The festivities also include lively performances, such as lion and dragon dances, along with dazzling fireworks displays that heighten the joyful atmosphere. Historically, the festival was one of the few occasions when young women could venture out in public, adding a romantic element for couples strolling beneath the lantern-lit sky. The Lantern Festival remains a cherished cultural event in China, blending ancient traditions with modern celebrations and offering a moment to reflect on the past while welcoming the future with hope and light.

5-Minute Strawberry Dessert

Ingredients:

- 6 oz ladyfingers, split
- 1 packet strawberry Junket Danish Dessert
- 1¾ cup cold water
- 3 pints strawberries
- 1 (8oz) carton Cool Whip, thawed



Instructions:

1. Layer your ladyfingers in a 9x13 pan. Set aside.
2. In a medium pan combine the strawberry Junket Danish Dessert with the water. Bring to a boil and cook one minute. Remove from the heat and slightly cool.
3. Fold in 3/4 of the strawberries. Spoon over the top of the layered cookies.
4. Chill 2-3 hours.
5. Spread cool whip and top with remaining strawberries before serving. Enjoy.

Serves 12

Goody Goody Gumdrops

~ Activity Connection

February is a sweet month for candy lovers, with both Bubble Gum Day and Gumdrops Day celebrated within weeks of each other. Bubble Gum Day falls on the first Friday of February, while Gumdrops Day is February 15. Both holidays highlight the history and fun behind these popular treats.

Bubble gum has a surprisingly long history, dating back to ancient peoples who chewed natural substances like tree resin. Modern bubble gum, however, was invented in 1928 by Walter Diemer, a young accountant at the Fler Corporation. Diemer accidentally created a formula for gum that wasn't too sticky and could stretch—perfect for blowing bubbles. It was famously pink because that was the only dye available at the time. Bubble gum became an instant hit, and today, Americans chew an average of 100 pieces each year.

Gumdrops, on the other hand, have been around since at least the 19th century. These chewy, colorful candies are often used to decorate cakes and gingerbread houses. While their exact origin is debated, the gumdrop's sugary coating and fruity flavors have made them a long-standing favorite. The candy was so beloved that a NASA spacecraft was even named Gumdrops in the 1960s.



Both gum and gumdrops have made their mark in popular culture and candy aisles for decades. Bubble gum is often linked with childhood, and gumdrops remain part of festive traditions. Furthermore, gumdrops paved the way for other popular gummy candies like gummy bears and gummy worms. Interestingly, while we celebrate these sugary delights, February is also Gum Disease Awareness Month, a reminder to enjoy sweets in moderation and prioritize dental care.

These candy-themed holidays offer a chance to indulge, reminisce, and enjoy the playful nature of bubble gum and gumdrops. Whether you prefer blowing bubbles or savoring a sugary gumdrop, February is full of reasons to celebrate these nostalgic treats.

THANKFULNESS BAG



A RUBBER BAND to keep our hearts tied together always.



A CANDY KISS to say thank you for all your love.

A PENNY to say thank you for sharing my thoughts and letting me know they are important to you.



A WARM FUZZY (a pom-pom) to make you feel good when you are sad, like you always do for me.



A BANDAGE to say thank you for all the times you've made my hurts feel better.



A TISSUE to say thank you for all the times you dry my tears.



A CIRCULAR CANDY to show that my love for you will never end.

