

# The WILLOWS



# WARBLER



February 2024:

## In Life Enrichment this month

**Song and Dance:** This month join us for a fun-filled sing-a-long with delightful **Joyce Price** and choose your favorites for a traditional Hymn sing with talented pianist **Rick Daam**. We are thrilled to be welcoming vocalist **Glenn Faul** (back by popular demand) on February 1<sup>st</sup>, and will celebrate Valentine's Day with love songs performed by **Sheila Milz** on the 14<sup>th</sup>. As always, don't miss our talented music therapist **for Music with Seth** for a morning and afternoon program every first and third Wednesday.



**Arts and Crafts:** We'll be welcoming Julie and Jenna - two Temple University art therapy student interns- this month. They will be joining us to help with creative projects Thursday afternoons so check your calendar for our weekly **Art Adventure**. Additionally, we'll be making ladies' flower brooches and keepsake crafty picture frames this month. No art experience needed for our fun and easy projects.

**Giving back:** Join our "helping hands" activities to for projects that enhance our own community and contribute to the local area and beyond! This month we'll be crafting Valentine cards to thank our many dedicated volunteers and brightening up our community's tables with seasonal centerpieces.

**Special Days:** We'll be crafting cute Groundhog treat boxes for **Groundhog's Day**, February 2<sup>nd</sup> and colorful paper Lanterns for the **Chinese New Year** on February 9<sup>th</sup>. On **President's Day** Feb 19<sup>th</sup> pick up a Presidential Quiz (front lobby or SWC) to test your knowledge and earn a prize! We'll let the good times roll decorating colorful masks for **Mardis Gras**, and don't miss our special **Mardis Gras Bingo** on February 13! 2024 is a **Leap Year**! Join us on the 29<sup>th</sup> for some silly fun with our leaping frog toss game.



**Fun and games:** Join us for friendly competition with games of noodleball, balloon volleyball, indoor bocce and more in the Activity Room. Want to try an indoor snowball toss or ring-a-penguin? Plan for some laughs on February 23 as we participate in some **Wacky Winter Games**. Come to play or just watch the fun.

**Pet Visits** Meet and visit with our assortment of four footed furry friends. Check calendar for dates. Dog treats provided!

**In the Kitchen:** This month we'll be busy in the kitchen! We're making homemade candy for a Valentine's treat and baking our own personal Superbowl pizzas with Pam! Did you know that Feb 20<sup>th</sup> is **National flapjack Day**? We're celebrating with a recipe for maple pancake cookies! Also this month heart-smart berry smoothies, polar bear frosty floats and cherry chocolate macarons!

**Fitness Fun** February is healthy heart month! Join Lukas for a musical twist on exercise with easy and fun Cardio drumming. We also continue to run our weekday morning exercise groups for easy but energizing go-at-your-own-pace sessions or you can relax and rejuvenate with Pam's Tuesday evening Tai Chi at 6:00 pm..

**Pam's Tuesday Talks:** Pam leads fascinating and informative programs. This month explore a variety of subjects from the history of Valentine's to the life of Mother Theresa. Join Pam Tuesdays at 6:30 p.m. in the Activity Room.

**Science Fun:** This month we welcome back **Science for Seniors with Gloria Hoffner**. How did our ancestors tell time? Who developed the first map of the world? For February we'll be exploring the fascinating history of map making and time keeping!

**Welcome Social:** Join us on February 28<sup>th</sup> in the Activity Room for a Welcome Social, a "meet and greet" with our newer Willows residents. This month we will learn a little about our recent move-ins from Willows' Meadow House section. Feel free to drop by for some refreshments and chat with new and familiar faces. We will be host additional Welcome Socials for new North Wing and South Wing residents in the coming months.



**Our gift cart** will be open **Feb 12<sup>th</sup> at 12:15** in the Activity Room. You can purchase sundry items like candy, soaps, holiday cards, shampoo and more.

**Please check the calendar for more activities, dates and times.**

**For questions please contact Tina x43315**

Don't forget to check  
the **Daily Calendars**  
posted for any  
last minute changes  
or updates!



## From Pastoral Care Services Team:

On February 14<sup>th</sup> we begin the Lenten season with an **Ash Wednesday Service** led by Pastor Susan at 2:00 p.m. in the Activity Room. All are welcome to attend this ecumenical service and choose to receive ashes (or none) in the shape of a heart or cross.

February 29<sup>th</sup> will be the annual **Service of Remembrance** honoring Willows' residents who have passed away since February 2023. This will be held in the Activity Room at 2:00. Families are encouraged to attend this special service.



Worship Services are held every Sunday at 9:00 a.m in the Activity Room. We are now using the large TV monitor instead of paper bulletins for easier viewing of the words. For Livestream services from local churches, please ask Pastor Susan or Cheryl at the front desk for the schedule.



Ash Wednesday and Valentine's Day are on the same day this year, a rare occurrence. It leaves some wondering what to do, where to focus? Do you go out to dinner with ashes on your forehead? Do you avoid Valentine's Day in favor of Lenten observances? Do you wait to begin your Lenten observance until Thursday so that you can enjoy the chocolates you received?

Ash Wednesday is a day when we confront our own mortality and confess our sin before God within the community of faith. It is a day to focus on sin and death in the light of God's redeeming love in Jesus Christ.

Ash Wednesday and Valentine's Day actually go together quite well. Ash Wednesday is "a reminder of what love actually looks like: self-denial and commitment. Ash Wednesday in many ways is one of the most passionate and powerful expressions of love — God's love for us, and our love for God."

So while the world focuses on chocolates and romance, Christians will focus on the sacrificial love of Christ that is an example of what real love looks like.

At Souderton Mennonite Homes, there will be an Ash Wednesday service in the Summit View Auditorium at 10 a.m. which will include the imposition of ashes. Catholic residents may receive ashes in the Friendship Room at that time. On the Dock Woods Campus there will be an Ash Wednesday Service at 11 a.m. in the Derstine Chapel. At the Willows, there will be a service at 2 p.m. in the Activity Room.

Ash Wednesday is the beginning of the Lenten Season, the period of forty days leading up to Easter. Our Lenten theme is *Christ among Us*. No matter what happens in 2024, Christ remains among us.

~Pastor Debra Neild

**February 18<sup>th</sup>:** “Christ among Us, Repent and Believe”

**February 25<sup>th</sup>:** “Christ among Us, Showing Us Faith”

**March 3<sup>rd</sup>:** “Christ among Us, Showing Us Justice”

**March 10<sup>th</sup>:** “Christ among Us, the Way of Mercy”

**March 17<sup>th</sup>:** “Christ among Us, the New Covenant”

**March 24<sup>th</sup>:** “Christ among Us, the Way of a Servant”

**March 31<sup>st</sup>:** “Christ among Us!”

### From the Fund Development Team:

#### **Year End Update – Thanks for your generosity!**

**Thank you!** These words are not said often enough, but please know we are so thankful for your continued support of the Living Branches Foundation year after year. Due to the generosity of residents, staff members, and the surrounding community, we raised \$47,511.35 for benevolent care during our **Annual Year End Giving** appeal. Our mission to “empower older adults and families to lead lives of purpose and joy” is expressed through our desire to provide care for our residents, regardless of their ability to pay. Your gifts allow us to make that mission a reality through our benevolent care ministry. The Foundation’s needs are growing every year and we appreciate your support. Thank you for your gifts and your concern for our residents. We are truly grateful!

- Keith Heavener, Director of Fund Development
- Colin Ingram, Donor Relations & Development Associate
- Rose Hackman, Fund Development Assistant

#### **Did You Know?**

...that your purchases at our gift cart benefit the benevolent care ministry of the Living Branches Foundation? The proceeds go directly to the Sharing Fund. So, stop by and shop, and support our residents who need financial assistance.