



The Chatterbox

FEBRUARY EVENTS:

1) **BYO Happy Hour**

1) Groundhogs Day

5) Women's Breakfast

6) Men's Breakfast/ **Coloring, Crafts & Coffee**

8) **Coffee Hour** (hosted by Bob & Alice Hebel /Bob & Phyllis Peterson)

12) **B I N G O**

14) **Happy Valentine's Day!**



15) Cinnamon Roll Social



17) **Random Acts of Kindness Day**

18) President's Day—no mail

19) **Birthday Bash**

20) **Coloring, Crafts & Coffee**

22) **Coffee Hour** (hosted by Donna Wiessinger & Janet and Russell Schave)

26) **Casino Bus Trip** to Diamond Jo/ **B I N G O**

28) **Movie & Popcorn Day**



Is Winter, snow and cold starting to get you down? Join your friends and neighbors in the Community Room **Friday night, Feb. 1st** at **4 pm** and enjoy a **Happy Hour** together. Bring your own drinks and an appetizer to share.

Then just sit back, sip, munch, chat, laugh and enjoy a cold evening by the fireplace.

Let the countdown begin only 47 days after this happy hour until the 1st day of Spring!!



Cheers!!

RANDOM ACTS OF KINDNESS DAY: SUNDAY, Feb 17th

Why do random acts of kindness increase a person's sense of happiness? Because kindness can promote gratitude. You are kind to others in need; having that awareness then heightens the sense of your own blessings. Kindness promotes empathy and compassion; which in turn, leads to a sense of interconnectedness with others. Kindness can forward the will to live in depressed individuals who feel isolated and different; that is why performing volunteer work is so powerful. When you feel connected with others, you lessen alienation and you enhance the sense that we are more similar than dissimilar in our experiences. Feeling connected melds us together rather than divides us.

Kindness is potent in strengthening a sense of community and belonging.





CINNAMON ROLL SOCIAL

FRIDAY, February 15th at 9am



JOIN US FOR A “SWEET” MORNING!

PARKSIDE’S ANNUAL CINNAMON ROLL SOCIAL

It's that time of the year where we have a special coffee hour with cinnamon rolls in honor of Valentine's Day and as a thank you for all your kind referrals over the past year. We hope you will stop in the community room for a delicious cinnamon roll made fresh by “Karen the Cake Lady” and some hot coffee and/or juice. Invite a friend for this special morning treat.

Hope to see you at this sweet social!



HELP! Our Community room Kitchen is in need of updated items. We use the kitchen and it's supplies for so many events and private parties here. We are now looking to update some items to keep us functional, organized, updated and also looking nice. Rather than just collect a



bunch of items we are doing a collection of money of which the social committee will then go purchase the items needed. If you have any items in mind that need updating or would be useful if added to the kitchen please let a social committee member know. Collection bin will be at all social events the month of February and March if needed. **Thank you!!**



You are just one YOGA class away from being in a good mood!!

Join us for chair YOGA in February every Monday at 10 am in the Community room (free!) plus every Thursday in the community room at 9 am (\$3).

Our instructor Kim is excellent! Even if you have never tried YOGA before you will love this and you don't need any experience to join in.



PARKSIDE VILLAGE CASINO TRIP

Diamond Jo's — Dubuque, Iowa

Tuesday, February 26, 2019

Trip Cost: \$32.00 per person

**Trip Includes: \$25 Promo Cash, plus
donuts, milk or juice provided on the bus**



**Bus arrives at Parkside 7:30 am, leaves at 8 am,
Arrives at Diamond Jo's at 10 am, Leaves Diamond Jo's at 2 pm, back
home to Parkside at 4:15 pm**

Please bring your player's card if you have one. The promo \$25 will be loaded on your card. If you need a card bring a picture ID and Social Security card. You will need these to get the promo cash and/or if you win a jackpot. (THINK POSITIVE)

Please get your RSVP with money due to Philys Clark by Feb 9th.

For more information please call Philys at (608) 846-4621.

Resident Directory Updates:

If you would like your Resident Directory book updated please just bring it up to the Office and we will get it updated and returned to you. If you need anything in your profile updated I need this information by Feb 8th so it can also be submitted and updated on our on-line "for residents only" to access.

Hopefully by Feb 15th when you log onto our Internal Resident Only webpage all the updates will have been done.



DID YOU KNOW?

The DeForest Parks and Recreation

Department rents out snow shoes.

Sizes from 50 lb-300 lb. \$10.00 a pair & a 50.00 deposit per pair. Reservations must be made by calling (608) 846-6761.

Pick up's of rentals are done Monday-Friday and returned the following Monday. Regular hours are M-F 7:30 am-4:30 pm and Fridays 7:30 am-2 pm.



Getting rid of stuff/ thoughts of Spring Cleaning?

We are thinking of having an indoor Thrift Sale this March.

It would be called the

\$5.00 and Under Sale

because everything would be marked \$5.00 or less.

We would run it from 8 am—noon.

Residents interested can have a table and deals with their own transactions. We would place an ad in the local Shopper and on-line and provide coffee.

Let Julie know if this might be of interest to you.

It will most likely be the end of March. Date to be determined soon.



Coloring ,Crafts & Coffee:

Wednesday Feb. 6th and 20th
at 9 AM.

We will supply coffee, tea & coloring books and colored pencils. If you want to bring a craft along that you are working on that is great too you don't just need to color.



Perhaps you stamp, make cards, paint, or knit? It will be fun to see what you are working on. You may even be inspired or inspire someone else to try something new.

Won't you consider joining us? Staying social and working on crafts is relaxing and being creative, our brains release dopamine, a natural anti-depressant. Creativity that takes concentration is a non-medicinal way of getting a feel-good mood and can help alleviate anxiety too.



Won't you give it a try?