

GM: (608) 846-7900
Sales: (608) 846-4640
www.theparksidevillage.com



The Chatterbox

FEBRUARY EVENTS:

- 4) Ladies Breakfast / Farkle Dice
- 5) Men's Breakfast
- 7) **Coffee Hour** (hosts Starr & Loren Veesser with Jan & Russ Schave)
- 11) **Senior Support Resources**
- 12) Coloring/Crafts coffee
- 14) **Happy Valentine's Day Cinnamon Roll Social**
- 17) Random Acts of Kindness Day
- 18) Primary /**Birthday Bash**/ Farkle Dice
- 19) **Variety Hour**
- 21) **Coffee Hour** (hosts Gretchen Kurth & Dorothy Hatfield)
- 26) Coloring/Crafts Coffee
- 27) **Movie & Popcorn** 29) Leap Day

Yoga

Leading a healthy and happy life entails many factors, but one of the most important aspects in a healthy lifestyle is to be physically & mentally well. One of the best ways to improve on physical and mental well-being may be to take up yoga and practice regularly. Yoga has been around for centuries and the health benefits are plentiful. **Free Chair Yoga** Classes for Residents every Monday & Thursday Morning at 9 am in our community room. Join us!



Neighbors, we all have them. Some are friends, some are just acquaintances. Regardless, we share a community together. Be a good neighbor. If you see or hear something that just doesn't seem right please don't hesitate to call the office even after hours. None of us ever plans on having a medical or home maintenance emergency yet they still happen. You are never a bother. We would rather check it and make sure all is ok and give you peace of mind too. Also, never hesitate to call **9 1 1** if faced with a neighbor having a health crisis or bad fall. It is always best to leave these situations to the professionals. If someone is in shock they may claim they are just fine but really aren't. Who knows, your quick response to a situation may end up saving a life someday. That's a pretty amazing thought.

2020 is a leap year and a **leap year** is a year with an extra day—February 29—which is added nearly every four years to the calendar year.

Why Are Leap Years Necessary?

Adding an extra day every four years keeps our calendar aligned correctly with the [astronomical seasons](#), since a year according to the Gregorian calendar (365 days) and a year according to Earth's orbit around the Sun (approximately 365.25 days) are not the exact same length of time. Without this extra day, our calendar and the seasons would gradually get out of sync.



One of the saddest things we do in life is saying good-bye to friends and loved ones.

We lost our dear friend last month: **Marilyn Moeller**

An excerpt from her Obituary reads: *Marilyn's kind and compassionate nature, her strong faith in God, and the grace and dignity in which she lived her life carried her and her family through her cancer journey.*

Throughout her life as a mother, wife and friend, she showed us by example the true meaning of love. She will forever be missed.

We will miss Marilyn and our hearts ache for her family and her dear husband of 63 years, Paul.

To read her full obituary online go to:

<https://www.ryanfuneralservice.com/notices/Marilyn-Moeller>



Variety Hour:

We are always looking for something new to spark our interest. Especially in the winter months.

Variety Hour will be once monthly Feb, March and April. The 1st one will be Wed, February 19th at 9 am. We will have a different topic or craft or activity each time. Variety can be fun!

Feb 19th at 9am we will meet in the Community room for a couple TED talks...what is a TED talk you ask?

TED Talks are influential, engaging videos from expert speakers on education, business, science, tech and creativity.



Our 1st video is 15 minutes long and the title is

"The secret to living longer may be your social life"

followed by a 12 minute video **"Why we should embrace aging as an adventure"**

These will be sure to capture your interest.

Kringle's and coffee will be served too.

If anyone has any ideas and would like to "Host" a Variety Hour for March or April please let Julie know. It can be educational, crafty, fun or entertaining you pick it and I can help.

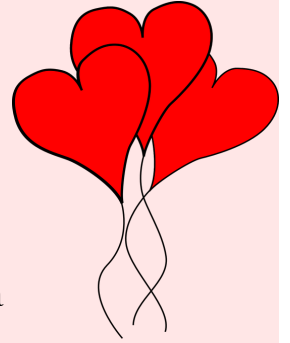
CINNAMON ROLL SOCIAL

plus a singing valentine (9 am) from “The Capitol Chordsmen”



Friday, February 14th at 8:30 am

JOIN US FOR A “SWEET” MORNING!



It's that time of the year where we have a special **FREE** 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 to join you for this special morning treat, social, door prizes and singing Valentine.

2020 Election Schedule:

[Spring Primary - February 18, 2020](#)

[Spring Election and Presidential Preference Primary - April 7, 2020](#)

- Partisan Primary - August 11, 2020
- General and Presidential Election - November 3, 2020

Polling Places open at 7:00 am and close at 8:00 pm. Acceptable photo ID required to receive a ballot. Visit BringIT.WI.gov.

PARKSIDE residents polling place is Lake Windsor Country Club. For more info visit <https://www.windsorwi.gov/elections>



New in 2020! Michele Strauss and Natalie Raemisch, case managers at the De Forest Area Community and Senior Center, will be here on the second Tuesday of each month to answer questions and discuss services available in our community. Drop in and talk with Michele or Natalie.

No appointment needed. Stop in the Community Room on February 11th anytime between 9-11 AM and see Michele and/or Natalie.

If you need more privacy you can go to the library or schedule a separate appointment that works for you. What a wonderful on-site opportunity this is.



ATTENTION: Tuesday night **Bingo** for the months of January, February and March have been cancelled. It is planning on starting back in April.

Even BINGO needs to take a vacation once in awhile. As was mentioned in the January newsletter: We are looking for 2-3 people to help us with Tuesday night Bingo as either a caller or a cashier. You would be asked to work once a month. A couple of our current volunteers are wanting to retire from calling or cashiering after volunteering for ten or more years. So if you are interested in helping us, please contact Erlene Delano at 846-4822 or email her at meodelano@gmail.com. Thank you.



Birthday Bash Time!!

Join us on Tuesday afternoon, Feb. 18th at 2:30 pm for our celebration of both January birthdays as well as February birthdays. There will be cake and ice cream along with singing.

All the participants who come who have a birthday in either January or February will be put in for a drawing for a \$20.00 prize.

Hope to see you there! Don't forget to sign up so we know how much cake and ice cream to have!!

A Note of Gratitude:



I would like to thank all my friends and neighbors who helped me during the very difficult loss of my husband and favorite guy "Harvey". Thank you all for the cards, condolences, hugs, food and all the other "good stuff". It meant so much to me. I truly appreciate you all.

Sincerely,
Kay Kinderman



Eagles can be seen in Sauk Prairie from mid-December into March and were recently celebrated with a Bald Eagle Watching Day in January. Even the nearby Wollersheim winery offers a specialty wine in honor of the eagles. If you didn't make it for the celebration in January, come watch the eagles soaring overhead throughout the winter or perched on Eagle Island in the middle of the river right downtown!

Just a short scenic drive for a fun afternoon.