FEBRUARY NEWSLETTER

Guitar Hour

Our residents enjoyed a special treat as a guitar player visited the facility to perform live music. The performance filled the room with beautiful tunes, joyful energy and great music choices! Music continues to be a powerful way to uplift spirits and spark memories. Our residents truly appreciated this wonderful experience!
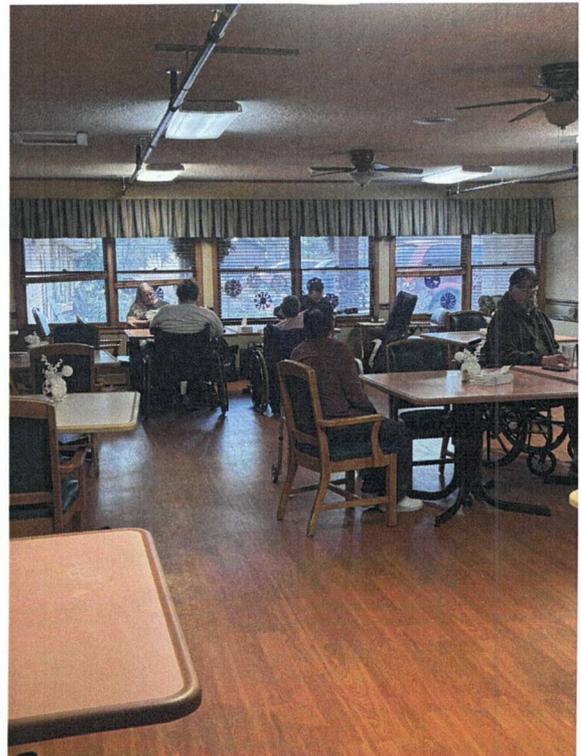
Wear Red Day

National Wear Red Day will be held on February 6th, 2026! This is to show support and bring awareness to all of the women that have been affected heart disease! National Wear Red Day is always held on the first Friday of February to raise awareness. It has been proven that heart disease is the leading cause of death amongst women.

TIPS FOR A HEART HEALTHY LIFESTYLE:

- MAINTAIN A HEART HEALTHY DIET! THIS INCLUDES FRESH FRUIT AND VEGETABLES & 100% WHOLE GRAINS!
- GET PLENTY OF SLEEP! REST IS KEY!
- EXERCISE FOR AT LEAST 30 MINUTES A DAY! THIS CAN INCLUDE WALKING OR EVEN RUNNING!
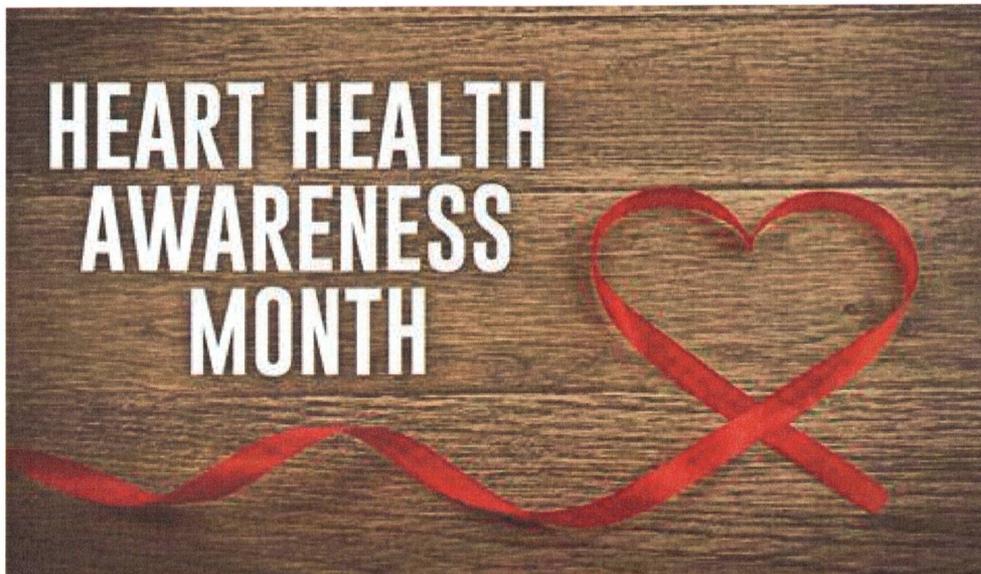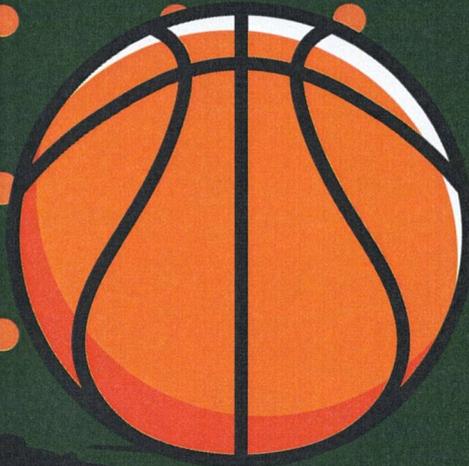

Fundraiser!

On the next page we have a flyer for our concession stand at one of the Chapman Middle School Basketball game! Our concession stand will be located in the Middle School Gym Commons Area! We hope to see everyone there!

BASKETBALL

CHAPMAN VS. ABILENE

BOWOLF
CHIAND
CINNAMON
ROLL
$5

RAFFLE
TICKETS
1 FOR $2
OR
3 FOR $5

Chapman Valley Manor will be hosting a 50/50 raffle and serving Chili with a Cinnamon Roll to raise money for the facility residential healthcare wing expansion

FEB 19 | 4:30 PM

In the commons area of the Middle School near the Consession Stand

Be My Valentine

Across

1. A special item given to show love and appreciation.

4. A symbol commonly associated with love and emotion.

5. The act of pursuing someone romantically.

6. Sweet treats that come in various flavors and shapes.

8. A color often associated with love and romance.

12. Beautiful and fragrant plants often associated with love.

13. A container for sending a special message or gift.

14. Symbolic birds representing love and peace.
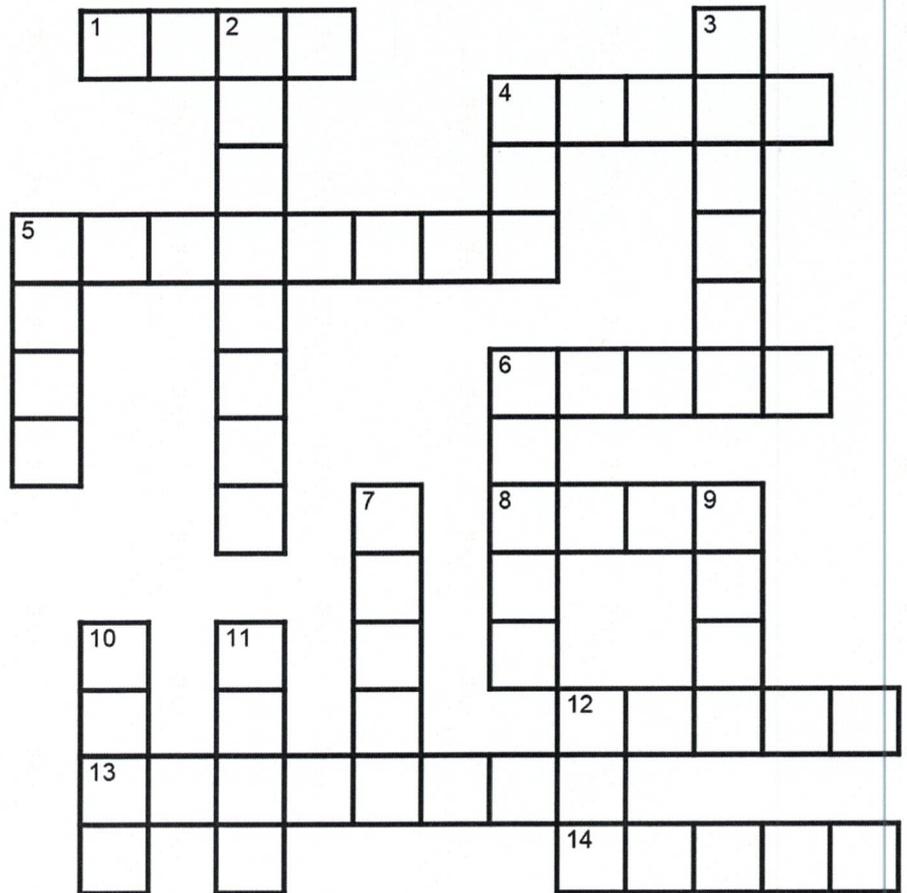
Down

2. The month that celebrates love and Valentine's Day.

3. A close companion with whom one shares affection and trust.

4. A gesture of affection where two people embrace tightly.

5. A small piece of paper with a heartfelt message.

6. The Roman god of love, often depicted with bow and arrow.

7. A heavenly being often depicted with wings and a halo.

9. A gentle touch of lips as a sign of affection.

10. A heartfelt piece of writing expressing emotions.

11. A feeling of deep affection and care.

12. A vibrant color symbolizing love and passion.
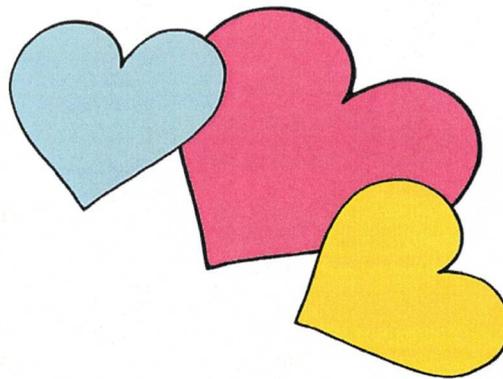
Angel
Candy
Card
Courting
Cupid
Doves
Envelope
February
Friend
Gift
Heart
Hug
Kiss
Love
Pink
Poem
Red
Roses

Reminders:

TRANSPORTATION:

With winter season being here, here are a few reminders for our transportation services!
To ensure the safety of our residents and staff, if temperatures become too low, we will reschedule appointments. Snow and icy roads can make travel conditions very dangerous. Our staff will make sure to watch weather forecasts and schedule around bad weather.

INFECTION CONTROL:

The facility provides fingernail clippers that are kept in a secured place and properly sanitized.
Visitors MUST screen in at the front entry way. Masks are available and ENCOURAGED for your use.
The facility will continue to offer vaccination clinics to the residents and staff.

CROWNING KING AND QUEEN & VALENTINES PARTY

Voting for King and Queen will start February 6th! On February 14th, 2026, we will be crowning King and Queen! The drawing will take place before lunch and the crowning will happen after lunch right before the Valentines Party!
Our Valentines Party will be taking place on February 14th at 100PM! The party will be held in the activities room. Snacks, drinks and games will be provided!

Chapman Valley Manor appreciates your support!