

# Oakwood Estates February 2017

February is Heart Disease Awareness Month. National Wear Red Day is Friday, February 3, 2017 and we Go Red because each year about 50,000 women die from cardiovascular disease. Although women tend to think cardiovascular disease is a man's disease, in fact,

**K**ARAM'S  
**K**ORNER

heart disease is the #1 killer of women, causing 1 in 3 women deaths each year. The American Heart Association says chest pain or discomfort is the most common heart attack symptom in women. Other signs for women, according to the American Heart Association, are discomfort in one or both arms, jaw, stomach, neck or back. Shortness of breath may occur with or without chest discomfort. Another sign is breaking out in a cold sweat, nausea or lightheadedness. If you do have any of these symptoms, call 911. Seven ways to get heart healthy in 2017 are: get active, control cholesterol, eat better, lose weight, manage blood pressure, reduce blood sugar and stop smoking. Eighty percent of cardiac and stroke events may be prevented with education and action. Whether you are a woman or love the women in your life, let's Go Red for Women and pay attention to the symptoms to prevent heart attacks. Take care and trust your Gut!



GO PATRIOTS!!!!

## KNITTING

Oakwood's Knitting Circle will meet on  
Wednesday, February 1st, and  
Wednesday, February 15th at 1pm.



## SUPER BOWL PARTY

Let's get together on Sunday, February 5th at 6pm to watch the NEW ENGLAND PATRIOTS and the Atlanta Falcons in the Super Bowl. Bring your favorite munchies to share! Coffee, soda and water will be provided.

## TURKEY DINNER LUNCHEON

Join us on Wednesday, February 8th at Noon for a "Turkey Dinner Luncheon". The cost for this luncheon will be \$6.00 and will include turkey dinner with stuffing, gravy, mashed potatoes, vegetable and cranberry sauce, dessert and beverage. This meal will be catered by Somerset Grille. Please call or stop by the office by Friday, February 3rd to sign up.



## COFFEE AND DONUT HOUR

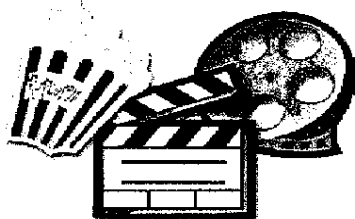
Join us for our monthly coffee and donut hour on Sunday, February 12th in the community room at 9am. This is a free event for all of our residents.

# **COUPONS**

## DISCOUNTED SHOPPING

JP will be here on Monday, February 13th from 10am to 11am selling discounted household items in the community room.

If you have unwanted coupons, JP will be happy to accept them!



## MOVIE DAY

Join us on Monday, February 13th at 2pm to watch the movie:

## TO BE ANNOUNCED

Popcorn and beverages will be served!



## VALENTINE'S BREAKFAST TREATS

Join us for some Valentine's Breakfast Treats on Tuesday, February 14th at 10am. This event is FREE and we hope to see you there!

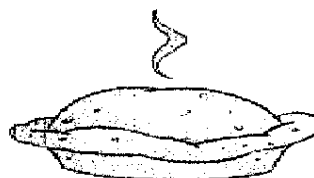
## VALENTINE'S DAY TRIVIA

- ~After Christmas, Valentine's Day is the most celebrated day of the year in the U.S.
- ~110 million roses, mostly red ones, will be sold and delivered within a three day period.
- ~15% of American women send themselves flowers on Valentine's Day.
- ~1 billion Valentine's Day cards are exchanged each year.
- ~Romantic cards are the best sellers.
- ~More than 35 million heart-shaped boxes of chocolates will be sold for Valentine's Day.
- ~Candy hearts were first made in 1866 by candy maker NECCO.



## OFFICE CLOSED

The office will be closed Monday, February 20th in observance for President's Day. In the event of a maintenance emergency, please call the office phone number and the answering service will notify the on call maintenance person. Remember, our answering service picks up for all our properties, including Summit Medical.



## LEDDY'S MEAT/CHICKEN PIE LUNCHEON

On Thursday, February 23rd at Noon, we will be ordering meat and chicken pie from Leddy's. The cost for this luncheon will be \$6.00 and will include your choice of meat or chicken pie, mashed potatoes, vegetable, dessert and beverage. Please call or stop by the office by Tuesday, February 21st.

**FEBRUARY BIRTHDAY PARTY**

Come and celebrate all the residents born in the month of FEBRUARY with cake and ice cream on Monday, February 27th at 2pm. ALL ARE INVITED!

**Happy Birthday to:**

**Henry Lejeunesse on the 1st**

**Alice Cabral on the 2nd**

**Vivian Alfonso on the 4th**

**Lois Clarke on the 6th**

**Carol Guimond on the 11th**

**Robert Morin on the 12th**

**Marjorie Bigelow on the 16th**

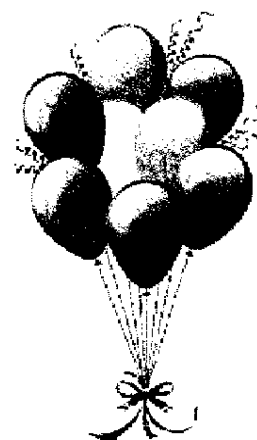
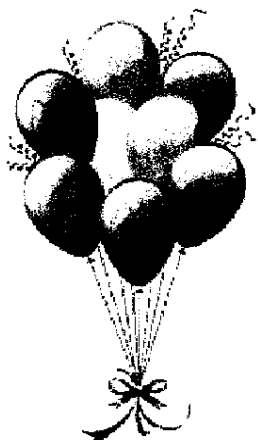
**Raymond Dame on the 18th**

**Ethel Marling on the 20th**

**Evelyn Gonsalves on the 22nd**

**John Hajder and Denise Medeiros on the 24th**

**Nancy Bouchard on the 26th**



*Please let the office know one month prior (each year) if you would not like your name included on this announcement.*

**GAMES**

**SUNDAYS - SCAT AT 5:30 PM**

**MONDAYS - BINGO AT 6:00 PM**

**TUESDAYS - CRIBBAGE AT 1:00 PM SCAT AT 5:30 PM**

**WEDNESDAYS - POKER AT 5:00 PM & SCAT AT 5:30 PM**

**THURSDAYS - SCAT AT 5:30PM**

**FRIDAYS - CRIBBAGE AT 1:00 PM & BINGO AT 6:00 PM**

**SATURDAYS - SCAT AT 5:30 PM**

**RIDES**

Oakwood offers rides to and from local businesses every Tuesday at 11:00 AM. If you would like to take advantage of this free service, **please call OAKWOOD AT 508-324-1279** prior to Tuesday!

**CRIBBAGE**

Cribbage is played every Tuesday and Friday at 1PM. New players welcome!

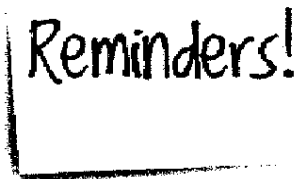


**WELCOME TO OAKWOOD**

Joseph Phillips

## FEBRUARY REMINDERS

~If you have any yarn you'd like to donate, you can drop it off to the knitting circle. They knit items for the Veterans.



Reminders!

### **"Organize It"**

**I love to organize! I think all of us love to be organized, whether we admit it or not. Let's face it, there is so much less stress in life when things aren't in complete chaos.**

**January and February seem to be the months that the "organize" bug makes its way into my life.**

**Here are a few tips that may help your closet space. First of all fold sheets and towels in thirds. I think you'll be amazed by how neatly everything stacks.**

**Fold sheets in thirds too and fold in the pillowcases as well. It's really handy to have the pillowcases wrapped right in with the flat sheet and folded sheet. Just grab a bundle, and you know you've got everything for your bed.**

**Use a tissue box holder to store loose shopping bags - you won't believe how many you can stuff into one box!**

**Hang hooks behind doors for Robes and Towels**

**Subdivide Your Drawers - This one is an easy fix. Do not just throw stuff in your draws. Not only will you find things more quickly if you take time to organize them, but it's also much easier to remove the bins and wash them rather than remove all the contents of the drawer when doing a thorough cleaning.**

**In the kitchen use plate racks to store pans.**

**Always double meals when possible and freeze one.**

**Use clear storage bins even if you can see the contents - remember to label them.**

**A clear shoe rack that can hang over a door can be a great tool for holding not only shoes, but medical supplies and first aide items just to name a few.**

**Start today and in no time you will be well on your way to being better organized!**

# February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Knitting 1pm Poker 5pm Scat 5:30pm	2 Scat 5:30pm	3 Cribbage 1pm Bingo 6pm	4 Scat 5:30pm
5 <u>Super Bowl Party</u> 6pm	6 Bingo 6pm	7 Rides 11am Cribbage 1pm Scat 5:30pm	8 <u>Turkey Dinner Luncheon</u> <u>Noon</u> Poker 5pm Scat 5:30pm	9 Scat 5:30pm	10 Cribbage 1pm Bingo 6pm	11 Scat 5:30pm
12 <u>Coffee and Donut Hour</u> 9am Scat 5:30pm	13 <u>Discounted Shopping</u> 10am <u>Movie Day</u> 2pm Bingo 6pm	14 <u>Valentine's Breakfast</u> <u>Treats</u> 10am Rides 11am Cribbage 1:00pm Scat 5:30pm	15 Knitting 1pm Poker 5pm Scat 5:30pm	16 Scat 5:30pm	17 Cribbage 1pm Bingo 6pm	18 Scat 5:30pm
19 Scat 5:30pm	20 <u>Office Closed</u> Bingo 6pm	21 Rides 11am Cribbage 1pm Scat 5:30pm	22 Poker 5pm Scat 5:30pm	23 <u>Meat/Chicken Pie Luncheon</u> <u>Noon</u> Scat 5:30pm	24 Cribbage 1pm Bingo 6pm	25 Scat 5:30pm
26 Scat 5:30pm	27 <u>Birthday Party</u> 2pm Bingo 6pm	28 Rides 11am Cribbage 1pm Scat 5:30pm				