

February 2023

# DevonHouse Herald

DevonHouse Senior Living | 1930 Bevin Drive Allentown PA | 610 967-1100



## Celebrating February

### **PaintSome Pottery**

*February 3<sup>rd</sup> 6:30 pm*

### **Music - Lisa Dellarosa**

*February 7<sup>th</sup> 2:00 pm*

### **Music - Stacy Gable**

*February 10<sup>th</sup> 6:30pm*

### **Spa Day**

*February 13<sup>th</sup> 10 am*

### **Super Bowl LVII Party**

*February 12<sup>th</sup> 6:30 pm*

### **Music – Linda Miller**

*February 14<sup>th</sup> 6:30 pm*

### **Breakfast Out – Perkins**

*February 16<sup>th</sup> 9:15 am*

### **DJ Spinners Dance Party**

*February 17<sup>th</sup> 2-4pm*

### **Mardi Gras Ladies' Tea**

*February 20<sup>th</sup> 2pm*

### **Music - Glenn Pritchard**

*February 21<sup>st</sup> 2pm*

### **Music – Sheila Milz**

*February 24<sup>th</sup> 6:30pm*

### **Music - The Ultimate Sound**

*February 28<sup>th</sup> 2pm*

## Finding a Lost Art

You may not realize it, but if you send a valentine through the mail on February 7, you are celebrating Send a Card to a Friend Day. Despite the ubiquity of electronic communications like text messages and social media posts, the art of sending mail by post has not been lost entirely. Sending a thoughtful letter to a friend or loved one is a surefire way to show that special someone exactly how dear they are to you.

While a greeting card purchased from a store is a nice gesture, the best card-sender does more than just sign their name. Demonstrate thoughtfulness by personalizing your message. Reflect on a memory or moment you shared with your loved one that really meant something to you. List the qualities you most admire about your friend or what you most miss about them, or thank them for a valuable lesson they taught you. Finally, sign off with a thoughtful question and encourage them to write back. Handwriting a letter won't just make their day, but the act of writing is a powerful one for you, too. Writing has been proven to reduce stress, strengthen memory, and sharpen your wit, all at the same time. If you feel particularly inspired, you could compose an original poem. After all, it is believed that poetry is what gave us the Valentine's Day we know and celebrate today.

While Valentine's Day has been celebrated as the religious feast day of St. Valentine since the fifth century, it wasn't until 1382 that Valentine's Day became a secular holiday for romantics. That was when Geoffrey Chaucer, the writer from the High Middle Ages best known for *The Canterbury Tales*, penned his poem *Parlement of Foules*. In this poem, he declares Valentine's Day as the date when mating season begins for both birds and humans. Over the following centuries, young lovers seized on February 14 as the day to express their adorations with the sending of flowers, chocolates, jewelry, and of course, valentines. If you plan on sending one of this year's 190 million Valentine's Day cards, make sure to personalize it for the one you love.

### PaintSome Pottery 2/3

The first Friday of every month we are offering a creative night for residents to enjoy.

A representative from PaintSome Pottery studio will be here Friday 2/3 with greenware. You get to paint it anyway you like. It gets returned to the studio for firing, then in a week the finished glazed piece will be returned to you.

The class is limited to 12 residents. This class will be offered every other month in 2023, so you will have 6 opportunities to participate. Our goal is for all interested residents to get a turn.

### Football Day 2/10

In anticipation of the Superbowl, show your team spirit on Friday 2/10 by wearing your favorite football team apparel. Staff and residents are encouraged to participate.

### Spa Day 2/13

Valentine’s day is a time to pamper yourself. On 2/13 we will be offering mini facials, Mary Kay satin hands and refreshments to get us pampered and ready for our favorite Valentine.

### Valentine’s Day Dinner 2/14

*Dress to impress!*  
Every year we celebrate Valentine’s day with a special meal at your normal evening meal times in the dining room. We love our residents!

### Trips Out

Sign up sheets for all outings can be found for the month on the Activity Room door. Space is limited to 4 passengers in our company vehicle. Please be mindful of your fellow residents by allowing others to participate.

## February Resident Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. They nurture and support new ideas. Those born from February 19–28 are Pisces’ Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists.

|             |                 |
|-------------|-----------------|
| February 2  | Willard Windt   |
| February 5  | Maryann Fosburg |
| February 10 | Helen Rohrbach  |
| February 12 | Margaret Hrinda |
| February 12 | Robert Reph     |
| February 24 | Rusty Kline     |
| February 24 | Miranda Linne   |
| February 26 | Pat Frey        |

### Candy Count Contest

Guess how many Conversation Hearts are in the jar.

- The closest without going over will win a prize.
- Every resident can enter once.
- The winner will be announced at our special Valentine’s dinner on 2/14

GOOD LUCK!



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