

Arbor House Assisted Living &
Memory Care
1501 W Campbell
Garland Texas 75044

Postage
Information

Your Mailing Address
Street Number and Name
City, State ZIP Code



Groundhog Day began as a Pennsylvanian German celebration in the 1800s in Pennsylvania. Its origins date back to ancient European weather lore, when a sacred bear or badger was the weather predictor instead of the groundhog. Groundhog Day falls on February 2nd each year. Today, Groundhog Day is celebrated with a groundhog prediction, festivities, food and speeches. According to Groundhog Day folklore, if the groundhog emerges from his burrow and sees his shadow (sunny morning), winter will last another six weeks. If the groundhog does not see his shadow (cloudy morning), then spring will arrive early.

Phil has correctly predicted the beginning of spring 100% of the time, according to his owners. However, according to the National Oceanic and Atmospheric Administration, the ground hog shows "no predictive skill" for the last few years.

**Just a
reminder...**

**Monday- Tuesday/Thursday -Friday
9:30 Stretch and Flex**

Tuesday: 10:30 Food for the Brain

Wednesday: 10:00 Shopping

Thursday: Happy Social Hour

Friday: Lunch Bunch

Friday: Movie

Life in Motion

February 2020

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972.530.4182



February the Love month of the year.



February is called the love month of the year. During the month of February, thoughts of love drift to the forefront of everyone's mind. Every February 14, in most countries around the world, candy, flowers and gifts are exchanged between loved ones, Gifts of Flower and candy abound. One of the best things you see at Arbor House of Garland Assisted Living is not the exchange of gifts, but rather the love our residents show to one another every day of the year. Age is not a barrier, Love for one another never gets old. How fortunate are those who spend any time at Arbor House and genuinely express love, appreciation, courage, and thoughtfulness daily. We Love our Residents. Thank you for continuing to choose to call our community, home. And for our new Residents welcome to our family.

Arbor House Leadership

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It's OK to GO BANANAS!!

Energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet. interesting benefits of bananas. *DEPRESSION: According to a recent survey, amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

*The vitamin B6 it contains regulates blood glucose levels, which can affect your ANEMIA: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

BLOOD PRESSURE: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

BRAIN POWER: 200 students at a school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.



Bonnie 2/3



Marilyn (Sue) & Wayne R/106

Edna R/30



Riddles

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I? Love.

I hurt the most when lost, yet also when not had at all. I'm sometimes the hardest to express, but the easiest to ignore. I can be given to many, or just one. What am I?



Our 2019 Year

Family