

THE Courtyards *Lifestyle*

COURTYARDS
OF ODESSA

Like Us!  

ASSISTED LIVING & MEMORY CARE COMMUNITY
201 Parks Village Drive · Odessa, TX 79765 · (432) 348-8047



Happy
Birthday



Happy Birthday, George! We are so grateful to have George as a part of the Courtyard Family. If you have not met George, you will quickly find out that he is a jokester that always carries a smile on his face. We are thankful for his service to our country. If you see George this month, be sure to take a moment to say Happy Birthday!

FEBRUARY 2025



Happy Birthday, Ms. Janet. Ms. Janet is always kind to everyone and we are so blessed to have her as part of the Courtyard Family. If you are interested in becoming a part of the Skip-Bo Club, she is definitely who you want to connect with. Please be sure to take a moment and wish Ms. Janet a Happy Birthday!

Happy
Birthday

 Tarantino

COURTYARDS OF ODESSA

FEBRUARY 2025

Geography 101: Sweden's Icehotel

Visitors looking for a cool destination can chill out each winter at any one of the world's many ice hotels, found at locales in Canada, Finland and Norway. But the world's first and largest is Sweden's Icehotel in the town of Jukkasjarvi, about 125 miles north of the Arctic Circle. The must-see-to-believe establishment is more than 60,000 square feet, and is rebuilt each year entirely out of snow and blocks of ice taken from the nearby Torne River. Accommodations range from standard rooms to deluxe suites, all with walls, artwork, furniture and even beds created out of ice.

Purple Power

Amethyst, February's birthstone, is a purple variety of quartz. In ancient times, people believed this gemstone could provide mental clarity, intelligence and pleasant dreams.

"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."
—Patience Strong

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>9:45 Select Rehab Exercise 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>9:45 Select Rehab Exercise 10:45 Calendar Catch-Up with Yvette 12:00 Lunch 1:15 Bingo 2:30 Love is in the Air Art/Craft 5:00 Dinner</p>	<p>9:45 Sit-N-B Fit 10:30 Walmart Outing 12:00 Lunch 1:15 Bingo 2:30 Valentine Word Search Social 5:00 Dinner</p>	<p>9:45 Select Rehab Exercise 10:30 Minute to Win It: Breakfast Scramble 12:00 Lunch 1:15 Bingo 2:30 National Chopstick Day Fun 5:00 Dinner</p>	<p>Nat'l Wear Red Day 9:45 Sit-N-B Fit 10:30 One on Ones w Yvette 12:00 Lunch 1:15 Bingo 2:30 Ice Cream Social with Big Red 5:00 Dinner</p>	<p>9:45 Sit-N-B Fit 10:30 Nail Care Time 12:00 Lunch 1:30 Pregame Super Bowl Party Snacks & Fun 3:00 Saturday Cinema (Sleeping Dogs) & Express Popcorn Deliveries 5:00 Dinner</p>
<p>9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>9:45 Select Rehab Exercise 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>Umbrella Day- Pictures 9:30 Amenti Beauty Academy 9:45 Select Rehab Exercise 12:00 Lunch 1:15 Bingo 2:30 Valentine Scavenger Hunt 5:00 Dinner</p>	<p>9:45 Sit-N-B Fit 10:15 Bible Study w/ Clay 11:00 PHS Senate Group 1:15 Bingo & Coke Floats sponsored by: Select Rehab 2:30 Select Rehab Testing until 4:30pm 3:00 Puzzle Club</p>	<p>9:45 Select Rehab Exercise 10:30 Rosa's Cafe Lunch Outing 12:00 Lunch 1:15 Bingo 2:30 Put A Ring on It Social 5:00 Dinner</p>	<p>Valentine's Day 9:30 Men's Coffee with Clark 9:45 Sit-N-B Fit 10:30 Bake Valentine Cookies 12:00 Lunch 1:15 Bingo 2:30 Valentine's Day Social w/ Gentiva 5:00 Dinner</p>	<p>Nat'l Wear Red Socks Day 9:45 Sit-N-B Fit 12:00 Lunch 1:15 Bingo 3:00 Saturday Cinema (Little Miss Sunshine) & Express Popcorn Deliveries 5:00 Dinner</p>
<p>9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>Presidents Day 9:45 Select Rehab Exercise 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>National Wine Day 9:45 Select Rehab Exercise 10:30 Making Broken Glass Jell-O 12:00 Lunch 1:15 Bingo 2:30 Wine Sample Social Hour 5:00 Dinner</p>	<p>9:45 Sit-N-B Fit 10:30 Dollar Tree Outing 12:00 Lunch 1:15 Bingo 2:30 Ping Pong Dance Social & BDay Celebration 4:00 Puzzle Club 5:00 Dinner</p>	<p>9:45 Select Rehab Exercise 10:30 Charades 12:00 Lunch 1:15 Bingo Store AL & MC Residents 2:30 Candy Dice Game 5:00 Dinner</p>	<p>9:45 Sit-N-B Fit 10:30 That's A Wrap Game 12:00 Lunch 1:15 Bingo 2:00 Birthday Bash w/ Kaitlyn with Home Hospice 5:00 Dinner</p>	<p>George's Birthday 9:45 Sit-N-B Fit 10:30 National Tater Tot Day 12:00 Lunch 1:15 Bingo 3:00 Saturday Cinema (Run) & Express Popcorn Deliveries 5:00 Dinner</p>
<p>9:45 Sit-N-B Fit 12:00 Lunch 1:30 Resident Led Coloring Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>9:45 Select Rehab Exercise 12:00 Lunch 1:30 Resident Led Puzzle Club 2:30 Resident Led Skip-Bo 5:00 Dinner</p>	<p>Janet's Birthday 9:45 Select Rehab Exercise 10:30 Rubber Band Shoot Social 12:00 Lunch 1:15 Bingo 2:30 Animal Trivia 5:00 Dinner</p>	<p>9:45 Sit-N-B Fit 10:15 Bible Study w/ Clay 12:00 Lunch 1:15 Bingo 2:30 Straight Through the Heart Social 3:00 Puzzle Club 5:00 Dinner</p>	<p>Nat'l Strawberry Daiquiri Day 9:45 Select Rehab Exercise 10:30 Crafting in the Bingo Room 12:00 Lunch 1:15 Bingo 2:30 Making Strawberry Daiquiris 5:00 Dinner</p>	<p>9:45 Sit-N-B Fit 10:30 Crafting in the Bingo Room Coffee Filter Flowers 12:00 Lunch 1:15 Bingo 2:30 Ice Cream Social w/ Valentine Spy Game 5:00 Dinner</p>	

Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

Germany. Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

South Korea. Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

Mexico. The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

South Africa. The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

Peru. Orchids are the flower of choice for valentines here, since they are native to this South American nation.

Philippines. Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.

Wales. The Welsh honor their patron saint of love on Jan. 25, St. Dwynwen's Day, and couples often exchange decorative wooden "love spoons," utensils that are ornately carved with symbols of affection.

'Soup' Is One

How many words can you come up with using the letters in "Super Bowl"?

Brain Bender: Presidential Pop Quiz

Use the following clues to unscramble the name of an American president.

1. He was the first president to be born a citizen of the United States: VAUERT IAN RNBMN
 2. This president served two non-consecutive terms in the late 1800s: ERAEEG OCVLRLDN
 3. Before becoming president, this man briefly served as the director of the CIA: RSHWGE GO UBHE
 4. The first Siamese cat in America was gifted to this president and his wife: REFDRAYEHO R TBHUS
 5. This former U.S. president was awarded the Nobel Peace Prize in 2002: RAYRM TCIMJE
 6. After his presidency, this man was appointed chief justice on the Supreme Court: MATLROL IATADF WIHW
 7. To date, he's the only U.S. president to have earned a Ph.D.: OSLOWWR OWDONI
 8. He was the first president who was born outside the continental U.S.: BBKMAA CAOAR
 9. This president's middle initial doesn't stand for anything: RAHRN T UMRYS
 10. The country's Interstate Highway System was established under this president: ERIWDE E TIHSGWNHDO
- (Answers: 1. Martin Van Buren; 2. Grover Cleveland; 3. George H.W. Bush; 4. Rutherford B. Hayes; 5. Jimmy Carter; 6. William Howard Taft; 7. Woodrow Wilson; 8. Barack Obama; 9. Harry S. Truman; 10. Dwight D. Eisenhower)



Spreading the Love of Nutella

It's creamy, sweet and so popular that a jar of it is sold every 2.5 seconds. The chocolaty hazelnut spread Nutella has a rich history as a sweet solution. In the early 1800s, trade was blocked due to the Napoleonic Wars, causing cocoa prices to skyrocket. To stretch their batches, Italian chocolatiers added chopped hazelnuts to their chocolate, which resulted in a tasty paste called *gianduja*, named after a character in traditional Italian theater. Once cocoa was available again, the hazelnut concoction fell out of favor.

However, hazelnuts came to the rescue again during World War II, when rationing in Europe made chocolate scarce. Italian baker Pietro Ferrero combined the cocoa he had with roasted hazelnuts and sugar to form a sweet, solid loaf, which could be cut into slices and served between bread. After the war, Ferrero developed a spreadable version called SuperCrema. The product was renamed Nutella in 1964 and sold across Europe. The first jars of Nutella reached the U.S. in the early 1980s. Every year on Feb. 5, World Nutella Day celebrates the hazelnut spread that is now sold in 75 countries.