

JOIN US THIS MONTH FOR

family night

Family Night will be March 16.

Time: 5:30 p.m.

We will be serving grilled hamburgers and families are in charge of bringing sides and desserts.

Hope to see you there!



THIS MONTH'S *silver star*

CONGRATULATIONS, JOANN!

We are so thankful to have JoAnn as part of our Angelwood family! She brings so much happiness and positivity to our community, and we are blessed to have her. We love you, JoAnn!



CHARLETT'S *dishin'*

Hi everyone! Last month was February and "love was in the air"! I was making rhubarb pies a few mornings ago — quite a favorite pie for some of our residents — and I got to thinking about this wonderful tart fruit! It came from Siberia! It's called the "pie plant". It's very nutritious, with vitamin K, potassium and calcium — good bone health! It's related to buckwheat and may help with Alzheimer's! Hope you enjoy the recipe!

Happy eating!



RHUBARB-RASPBERRY CRUNCH

- 1 Cup White Sugar
- 1 Tbsp Instant Tapioca
- 1 Tbsp Cornstarch
- 1/8 Tsp Salt
- 4 Cups Rhubarb, cut into 1/2" pieces
- 1 Cup Raspberries
- 1/2 Cup Brown Sugar
- 1/2 Cup Flour
- 1/2 Cup Quick Cooking Oats
- 1/2 Cup Chilled Butter

Preheat oven 350 degrees, grease a 9x13" baking pan. In large bowl, combine first four ingredients. Place rhubarb and raspberries into dry ingredients, making sure to coat them completely. Pour into baking pan. In medium bowl, mix together brown sugar, flour, oats. Cut in butter until mixture resembles pea-size crumbs. Spread on top of fruit mixture. Bake 45 minutes.

THIS MONTH'S *chart hero*

CARING, HONESTY, APPRECIATION, RESPECT, TEAMWORK

Congratulations, TARA!

We would like to thank Tara for all her hard work and dedication to her job and to the residents who love her here at Angelwood. We are very lucky to have her as part of our Angelwood team. We appreciate all you do, Tara

Thank you, Tara!



WORD FROM YOUR *executive director*

What wild weather we've had so far this winter! At least I think it's still winter. (Nothing like wearing shorts in February.) I actually thought about turning on the A/C. This weather is very strange ... even for Oklahoma!

Our next family night will be March 16. Not sure what the menu will be yet, but I know Charlotte is working on it. Hope to see everyone there. Be blessed and be safe.

MARCH A-FLUTTER

On March 14, Learn About Butterflies Day, no one expects you to learn about all 20,000 types of butterflies in the world. You might, however, be amazed to learn that the Queen Alexandra's birdwing butterfly, found in Papua New Guinea's rainforest, has a wingspan of one foot. As a caterpillar, this species eats the poisonous pipevine plant that other animals won't dare eat for fear of being poisoned. The glasswinged butterfly of Central and South America has transparent wings. North America's question mark butterfly has a silver mark on the underside of its wing that looks just like — you guessed it — a question mark. Otherwise, it is cleverly disguised with a camouflage pattern that makes it look like a dead leaf. Love butterflies? Plant a butterfly garden with plants that attract these beautiful creatures.



BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

ADDITIONAL SERVICES

MONDAY - FRIDAY
8 a.m.-5 p.m.

BIRTHDAYS THIS MONTH

ARLENE STEVENS — 13th
LORENE MARSICO — 18th
WALLY WATT — 19th

SENIOR LIFESTYLE

Unlimited options, Unparalleled services

SENIOR LIFESTYLE

Family-owned... family values

SENIOR LIFESTYLE

Follow Your Passion

SENIOR LIFESTYLE

Passions followed, Friendships formed



“Springtime is the land awakening. The March winds are the morning yawn.”
—Lewis Grizzard

	<p>“Springtime is the land awakening. The March winds are the morning yawn.” —Lewis Grizzard</p>			<p>ASH WEDNESDAY 1</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Council Meeting 4:00 ● Snow Cone Social</p>	<p>2</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Nails by Comforting Hands Hospice 4:00 ● Kickball</p>	<p>3</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Craft Time 3:00 ● Happy Hour 4:00 ● Checkers & Dominoes</p>	<p>4</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 2:00 ● Walking with Friends 2:30 ● Checkers & Dominoes</p>
<p>5</p> <p>7:00 ● Coffee & Daily Newspaper 9:15 ● Bible Study 10:00 ● Walking with Friends 11:00 ● Puzzle Connecting 3:00 ● Tabernacle & Praise</p>	<p>6</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Craft Time 4:00 ● Kickball</p>	<p>7</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Devotions with Brother Wade 10:30 ● Morning Exercise 1:30 ● Color Therapy 3:00 ● Bingo & Popcorn with AARP</p>	<p>8</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 2:00 ● Root Beer Floats 4:00 ● Walking with Friends</p>	<p>9</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Nails by Elisa 2:00 ● Craft Time 4:00 ● Puzzle, Checkers & Dominoes</p>	<p>10</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Popcorn & Board Games 2:00 ● Puzzle, Checkers & Dominoes 3:00 ● Happy Hour</p>	<p>11</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 2:00 ● Walking with Friends 3:00 ● Checker & Dominoes</p>	
<p>DAYLIGHT SAVING TIME BEGINS 12</p> <p>1:15 ● Praise & Worship 7:00 ● Coffee & Daily Newspaper 9:15 ● Bible Study 3:00 ● Walking with Friends</p>	<p>13</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Bingo & Popcorn with Elisa 4:00 ● Kickball</p>	<p>14</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Devotions with Brother Wade 10:30 ● Morning Exercise 1:30 ● Color Therapy 4:00 ● Checkers, Dominoes & Puzzles</p>	<p>15</p> <p>2:00 ● Ice Cream Social 7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 4:00 ● Puzzle, Checkers & Dominoes</p>	<p>16</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Nails by Elisa 4:00 ● Puzzle, Checkers & Dominoes</p>	<p>ST. PATRICK'S DAY 17</p> <p>1:35 ● Puzzle Connecting & Popcorn 7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Popcorn & Sun Catcher Painting 3:00 ● Happy Hour</p>	<p>18</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 2:00 ● Walking with Friends 3:00 ● Checkers, Dominoes & Puzzles</p>	
<p>19</p> <p>7:00 ● Coffee & Daily Newspaper 9:15 ● Bible Study 11:00 ● Color Therapy 1:30 ● Kickball</p>	<p>SPRING BEGINS 20</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Bingo & Popcorn with Elisa 4:00 ● Kickball</p>	<p>21</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Devotions with Brother Wade 10:30 ● Morning Exercise 1:30 ● Color Therapy 2:00 ● Craft Time</p>	<p>22</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Coffee with Edge Church 10:30 ● Morning Exercise 1:30 ● Color Therapy 2:00 ● Root Beer Floats 4:00 ● Puzzle, Checkers & Dominoes</p>	<p>23</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Nails by Elisa 3:00 ● Puzzle, Checkers & Dominoes</p>	<p>24</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Popcorn & Board Games 2:00 ● Puzzle 3:00 ● Happy Hour</p>	<p>25</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 2:00 ● Walking with Friends 3:00 ● Checkers, Dominoes & Puzzles</p>	
<p>26</p> <p>7:00 ● Coffee & Daily Newspaper 9:15 ● Bible Study 11:00 ● Walking with Friends 1:15 ● Praise & Worship</p>	<p>27</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Bingo & Popcorn with Elisa 4:00 ● Kickball</p>	<p>28</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Devotions with Brother Wade 10:30 ● Morning Exercise 1:30 ● Color Therapy</p>	<p>29</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 2:00 ● Ice Cream Social</p>	<p>30</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Nails by Elisa 4:00 ● Puzzle, Checkers & Dominoes</p>	<p>31</p> <p>7:00 ● Coffee & Daily Newspaper 10:00 ● Morning Exercise 11:00 ● Color Therapy 1:30 ● Popcorn & Movie 2:00 ● Puzzle, Checkers & Dominoes 3:00 ● Happy Hour</p>		