

### 'Soup' Is One



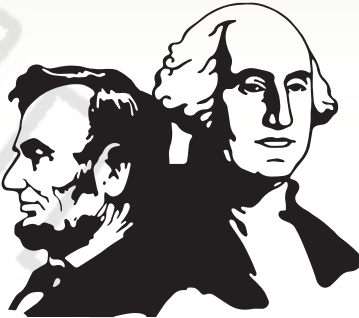
How many words can you come up with using the letters in "Super Bowl"?



### 5 Things About: Chocolate

- Chocolate in the form of cocoa beans was used as currency by ancient Mayans.
- It takes about 400 cocoa beans to make 1 pound of chocolate.
- Americans eat about \$21 billion worth of the sweets each year.
- Researchers say eating it can cause the brain to release endorphins, which is why it's so enjoyable for some.
- The world's largest chocolate bar weighed more than 12,000 pounds. It was made by an English candy company in 2011.

### Go Nutty for Heart Health

February is National Heart Month, a good time to do something beneficial for this vital organ. One simple suggestion is to incorporate nuts or nut butters into your diet. Tree nuts like almonds, walnuts and pecans, as well as peanut and almond butters, have all been found to reduce cholesterol, which can decrease the risk for heart disease.

Sunday	Monday	Tuesday
		
2	3	4
8:30 <i>Lighthouse Chapel W/Pastor Bart (BC)</i> 11:30 <i>Lighthouse Chapel W/Pastor Bart (BC)</i> 2:00 <i>Open Duplicate Bridge (GR)</i> 2:00 <i>Movie (THTR)</i> 6:30 <i>Movie (THTR)</i>	9:30 <i>Seated Weights Strength Workout (WC)</i> 10:00 <i>Resident Council Meeting (BC)</i> 10:15 <i>Men's Seated Weights Strength Workout</i> 11:00 <i>Chair YOGA (WC)</i> 1:00 <i>Bridge (GR)</i> 3:30 <i>Stability &amp; Fall Prevention (WC)</i>	9:30 <i>Chair YOGA (WC)</i> 10:15 <i>Men's Stability/Fall Prevention (WC)</i> 11:00 <i>Kroger (Bus)</i> 1:00 <i>Bible Study (BC)</i> 2:00 <i>Movie (THTR)</i> 3:00 <i>BINGO (BC)</i> 4:00 <i>Social Trivia Hour W/Steven (Bistro)</i> 6:30 <i>Movie (THTR)</i>
9	10	11
8:30 <i>Lighthouse Chapel W/Pastor Bart (BC)</i> 11:30 <i>Lighthouse Chapel W/Pastor Bart (BC)</i> 1:00 <i>Game Day Pre Party W/At Your Side (Bistro)</i> 2:00 <i>Open Duplicate Bridge (GR)</i> 5:00 <i>Super Bowl (THTR)</i>	9:30 <i>Seated Weights Strength Workout (WC)</i> 10:15 <i>Men's Seated Weights Strength Workout</i> 11:00 <i>Chair YOGA (WC)</i> 1:00 <i>Bridge (GR)</i> 3:30 <i>Stability &amp; Fall Prevention (WC)</i> 6:00 <i>All Games Night(BC)</i>	9:30 <i>Chair YOGA (WC)</i> 10:15 <i>Men's Stability/Fall Prevention (WC)</i> 11:00 <i>Kroger (Bus)</i> 1:00 <i>Bible Study(BC)</i> 1:30 <i>FACE Concert-Rob Landes (BUS)</i> 2:00/6:30 <i>Movie (THTR)</i> 3:00 <i>BINGO W/Legacy (BC)</i> 4:00 <i>Social Hour(Bistro)</i>
16	17	18
8:30 <i>Lighthouse Chapel W/Pastor Bart (BC)</i> 11:30 <i>Lighthouse Chapel W/Pastor Bart (BC)</i> 2:00 <i>Open Duplicate Bridge (GR)</i> 2:00 <i>Movie (THTR)</i> 6:30 <i>Movie (THTR)</i>	Presidents Day 9:30 <i>Seated Weights Strength Workout (WC)</i> 10:15 <i>Men's Seated Weights Strength Workout</i> 11:00 <i>Chair YOGA (WC)</i> 1:00 <i>Bridge (GR)</i> 1:00 <i>Craft With Sindy (Bistro)</i> 3:30 <i>Stability &amp; Fall Prevention (WC)</i> 6:00 <i>All Games Night(BC)</i>	9:30 <i>Chair YOGA (WC)</i> 10:15 <i>Men's Fall Prevention (WC)</i> 11:00 <i>Kroger (Bus)</i> 1:00 <i>Bible Study (BC)</i> 2:00 <i>Movie (THTR)</i> 3:00 <i>BINGO (BC)</i> 4:00 <i>Social Hour (Bistro)</i> 6:00 <i>Game Night (BC)</i> 6:30 <i>Movie (THTR)</i>
23	24	25
8:30 <i>Lighthouse Chapel W/Pastor Bart (BC)</i> 11:30 <i>Lighthouse Chapel W/Pastor Bart (BC)</i> 2:00 <i>Open Duplicate Bridge (GR)</i> 2:00 <i>Movie (THTR)</i> 6:30 <i>Movie (THTR)</i>	9:30 <i>Seated Weights Strength Workout (WC)</i> 10:15 <i>Men's Seated Weights Strength Workout</i> 11:00 <i>Chair YOGA (WC)</i> 1:00 <i>Bridge (GR)</i> 3:30 <i>Stability &amp; Fall Prevention (WC)</i> 4:00 <i>Social Hour (Bistro)</i> 6:00 <i>All Games Night(BC)</i>	9:30 <i>Chair YOGA (WC)</i> 10:15 <i>Men's Fall Prevention (WC)</i> 11:00 <i>Kroger (Bus)</i> 1:00 <i>Bible Study (BC)</i> 2:00 <i>Movie (THTR)</i> 3:00 <i>BINGO W/Legacy (BC)</i> 4:00 <i>Social Hour (Bistro)</i> 6:00 <i>Game Night (BC)</i> 6:30 <i>Movie (THTR)</i>

Wednesday	Thursday	Friday	Saturday
	<p style="text-align: center;"><i>February</i></p>		<p style="text-align: right;">1</p> <p>10:00 Chair Volleyball (WC)                  10:30 Chair YOGA 1 (WC)                  11:00 Chair YOGA 2 (WC)                  1:30 Pool &amp; Shuffleboard (GRT)                  2:00 Movie (THTR)                  3:00 BINGO (BC)                  6:00 Movie (THTR)</p>
<p>5</p> <p>9:25 Resistance Band/Strength (WC)                  10:00 <i>Town Hall</i> (DR)                  11:00 Lunch @ Uncle Julio's/TJMaxx (Bus)                  3:30 Stability/Fall Prevention (WC)                  4:00 Social Hour (Bistro)                  2/6:30 Movie (THTR)</p>	<p>6</p> <p>9:30 Stability &amp; Fall Prevention (WC)                  10:15 Men's Resistance Bands Strength (WC)                  10:30 Art for All (CS)                  11:00 Target (Bus)                  1:00 Music/Balance W/Legacy (WC)                  1:30 <i>Chinese Culture Lecture</i> (BC)                  3:00 BINGO (BC)                  2/6:30 Movie (THTR)</p>	<p>7</p> <p>9:00 <i>Dillard's Shopping Trip</i> (BUS)                  9:30 Chair YOGA (WC)                  2:00 Movie (THTR)                  3:30 Individual Workout Training (WC)                  4:00 Social Hour (Bistro)                  6:30 Movie (THTR)</p>	<p>8</p> <p>10:00 Chair Volleyball (WC)                  10:30 Chair YOGA 1 (WC)                  11:00 Chair YOGA 2 (WC)                  1:30 Pool &amp; Shuffleboard (GRT)                  2:00 Movie (THTR)                  3:00 BINGO (BC)                  6:00 Movie (THTR)</p>
<p>12</p> <p>9:25 Resistance Band/Strength (WC)                  10:00 <i>Food Forum</i> (DR)                  11:00 <i>Lunch @ Campioni</i> (Bus)                  3:30 Stability/Fall Prevention (WC)                  4:00 Social Hour (Bistro)                  2/6:30 Movie (THTR)</p>	<p>13</p> <p>9:30 Stability &amp; Fall Prevention (WC)                  10:15 Men's Strength (WC)                  10:30 Art for All (CS)                  11:00 Shopping @ HEB (Bus)                  1:00 Music/Balance W/Legacy (WC)                  1:30 <i>Paint &amp; Sip</i> (CS)                  3:00 BINGO (BC)                  4:00 Social Hour                  2/6:30 Movie (THTR)</p>	<p>14</p> <p>9:30 Chair YOGA (WC)                  2:00 Movie (THTR)                  3:30 Individual Workout Training (WC)                  4:00 &amp; 5:30 <i>Valentine's Day Party W/Harry Burks</i> (DR) 2 Seatings                  6:30 Movie (THTR)</p>	<p>15</p> <p>10:00 Chair Volleyball (WC)                  10:30 Chair YOGA 1 (WC)                  11:00 Chair YOGA 2 (WC)                  1:30 Pool &amp; Shuffleboard (GRT)                  2:00 Movie (THTR)                  3:00 BINGO (BC)                  6:00 Movie (THTR)</p>
<p>19</p> <p>9:25 Resistance Band/Strength (WC)                  11:00 <i>Lunch @ Rock Fish</i> (Bus)                  3:00 <i>Ambassador Meeting</i> (BC)                  3:30 Stability/Fall Prevention (WC)                  4:00 Social Hour (Bistro)                  2/6:30 Movie (THTR)</p>	<p>20</p> <p>9:30 Stability &amp; Fall Prevention (WC)                  10:15 Men's Strength                  10:30 Art for All (CS)                  11:00 Shopping @ Walmart (Bus)                  1:00 Music, Fit, &amp; Bal. W/Legacy                  2:00/6:30 Movie (THTR)                  3:00 BINGO (BC)                  4:00 <i>Birthday Celebration W/Brian Winfield</i> (ROT/Bistro)</p>	<p>21</p> <p>9:30 Chair YOGA (WC)                  1:30 Putting (Putting Green)                  2:00 Movie (THTR)                  3:30 Individual Workout Training (WC)                  4:00 Social Hour (Bistro)                  6:30 Movie (THTR)</p>	<p>22</p> <p>10:00 Chair Volleyball (WC)                  10:30 Chair YOGA 1 (WC)                  11:00 Chair YOGA 2 (WC)                  11:30 <i>Sam Houston Race Park Trip</i> (BUS)                  1:30 Pool &amp; Shuffleboard (GRT)                  2:00 Movie (THTR)                  3:00 BINGO (BC)                  6:00 Movie (THTR)</p>
<p>26</p> <p>9:25 Resistance Band/Strength (WC)                  11:00 <i>PCT 3 Trip to Prison Museum/Lunch @ Farm House Cafe'</i> (Bus)                  3:30 Stability/Fall Prevention (WC)                  4:00 Social Hour (Bistro)                  2/6:30 Movie (THTR)</p>	<p>27</p> <p>9:30 Stability &amp; Fall Prevention (WC)                  10:15 Men's Strength                  10:30 Art for All (CS)                  11:00 Shopping @ Hobby Lobby (Bus)                  1:00 Music, Fit, &amp; Bal. W/Legacy                  2:00/6:30 Movie (THTR)                  3:00 BINGO (BC)                  6:00 All Games Night</p>	<p>28</p> <p>9:30 Chair YOGA (WC)                  1:30 Putting (Putting Green)                  2:00 Movie (THTR)                  3:30 Individual Workout Training (WC)                  4:00 Social Hour (Bistro)                  6:30 Movie (THTR)</p>	