

Shining Star



Alejandra is about to celebrate 5 years working with us at Deer Park Retirement Community! She says she enjoys coming to work with the Residents. She feels like we are her 2nd Family.

Alejandra Martinez-Moran

Server at Deer Park
5 Years

FEBRUARY BIRTHDAYS

- 2/1 - Graham J.
- 2/2 - Don T.
- 2/2 - Stephen B.
- 2/8 - Ed C.
- 2/11 - Lorraine W.

Famous Birthday's

- 2/1 - Lisa Marie Presley
- 2/4 - Rosa Parks
- 2/6 - Tom Brokaw
- 2/7 - Laura Ingalls Wilder
- 2/11 - Thomas Edison
- 2/12 - Abraham Lincoln
- 2/19 - Smokey Robinson
- 2/22 - George Washington
- 2/27 - Elizabeth Taylor



What's Going On In February

2024



Team Members

Executive Director.....Colleen Smith
 Business Office Manager....Melinda Ballenger
 Community Development Director.....
Lance Roberts
 Executive Chef.....John Hennigan
 Life Enrichment Director.....Kelly Troutman
 Concierge Team.....Joseph Carlucci,
 Kate Gallagher, Andrea Santana, Mara
 Terribilini, Janet Kelly, Ally Carden
 Head House Keeper.....Patricia Sabino
 Dining Rm Coordinator.....Lea Ramos
 Bus Drivers..Dennis Korkos, Gary Rodriguez

Meal Times

Breakfast.....7:30 a.m. - 9:00 a.m.
 Lunch.....11:30 a.m. - 1:00 p.m.
 Dinner.....4:30 p.m. - 6:00 p.m.

Movie Showings

Everyday 2:30 & 6:30 in Theater

Mondays.....Musicals
 Tuesdays.....Documentaries
 Wednesdays.....Westerns
 Thursdays.....Thrillers
 Fridays.....Dramas
 Saturdays.....Romantic Comedy
 Sundays.....Hallmark/Lifetime Movies

New Activities

Technical Support Classes
 After Dinner Word Search | Crossword Puzzle | Sudoku
 Weight Training | Seated Exercise

Transportation Schedule

Mondays
 Strider's Walking Group.....9:00-11:30am
 Appointments/Shopping.....12:00pm-4:00pm
Wednesdays/Thursdays
 Appointments/Shopping.....10:00am-4:00pm
Saturdays
 Outings.....Times May Vary
Sundays
 D-Tour with Dennis.....1:30pm

Reoccurring Activities

Sundays - D-Tour w/Dennis
 Mondays - Sunshine News | Jeopardy | Bean Bag Toss
 Tuesdays - Penny Black Jack | Trivia | Bingo
 Wednesdays - Crafts | Wheel of Fortune
 Thursdays - Welcome Committee | King's Corner
 Fridays - Yoga w/Johanna | Guided Meditation | Happy Hour

Sign up 24 hours in advanced for transportation

Special Events

2/1 - Mardi Gras on Bourbon St. Special Luncheon
 2/12 - Jamming w/Spence
 2/14 - Our Lady of Loretto Online Lent Service
 2/14 - Valentine's Day Lunch and Royal Court Crowning
 2/16 - National Caregivers Day PJs and Pancakes Buffett
 2/20 - Love Your Pet Day/Make Your Own Pet Treats
 2/23 - Mark Powers Performs
 2/29 - Happy Birthday/Leap Day Happy Hour

Outings

2/3 - Aquarium of the Bay
 2/8 - Tule Elk/Pt Reyes Cheese
 2/10 - Graton Casino
 2/14 - Beso Bistro
 2/15 - TREK Winery Happy Hour
 2/16 - Our Lady of Loretto Senior Brunch w/Students
 2/17 - Petaluma Museum
 2/24 - Jelly Belly Factory
 2/29 - The Barlow

Important Phone Numbers

Office.....415-897-0054
 Transportation.....415-720-9424
 Imelda's Beauty Salon.....415-320-0318

FEBRUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



646 Canyon Road
Novato, CA 94947
(415) 897-0054

Room Key:
FS—Fitness Studio (2nd Flr)
TH—Theater (2nd Flr)
PUB—Pub (3rd Flr)
BP—Back Patio (3rd Flr)
CR—Craft Room (3rd Flr)
DR—Dining Room (3rd Flr)

Life Enrichment Director:
Kelly Troutman

511LED@Sunshineret.com
(512) 410-9567

9:15 Seniorcize w/Carolyn, FS **1**
11:00 Welcome Committee, LIB
12:00 Mardi Gras Special Luncheon,
DR
2:00 Town Hall, DR
2:30 Decorate your Heart, PUB
3:00 Book Club Movie, TH
6:00 After Dinner Word Search,
PUB

National Bubblegum Day! **2**
9:15 Seniorcize w/Carolyn, FS
11:00 Bubblegum Blowing Con-
test, BP
2:30 Guided Meditation, TH
2:30 Yoga w/Johanna, FS
3:00 Happy Hour, PUB
6:00 Bingo, CR

9:15 Seniorcize, FS
10:00 Aquarium of the Bay,
VAN
2:30 Matinee Movie, TH
6:30 Evening Movie, TH

Thank a Mail Carrier Day! **4**
9:15 Seniorcize, FS
1:30 D-Tour w/Dennis, Van
2:30 Matinee Movie, TH
3:00 Bingo, CR
6:30 Evening Movie, TH

9:00 Strider's Walking **5**
Group, Van
9:15 Seniorcize w/Carolyn, FS
10:30 Technical Support w/Kelly,
PUB
1:15 Sunshine News, PUB
2:30 Jeopardy, PUB
3:00 Bean Bag Toss w/Kate, DR
6:00 After Dinner Crossword, PUB

9:15 Seniorcize w/Carolyn, FS **6**
10:30 Weight Training, FS
1:00 Furry Friends-Pet Therapy,
BP
2:00 Penny Black Jack w/Joey,
PUB
3:00 Trivia, PUB
6:00 Bingo, CR

9:15 Seniorcize w/Carolyn, FS **7**
10:00 Valentine Paper Bead
Bracelets w/Melinda, CR
11:00 Mid day Mimosa Walk
Thru, PUB
2:00 Wheel Of Fortune w/
Colleen, PUB
3:00 Seated Exercise, FS
6:00 After Dinner Sudoku, PUB

9:15 Seniorcize w/Carolyn, FS **8**
10:00 Tule Elk/Pt Reyes Cheese, VAN
11:00 Welcome Committee, LIB
1:00 King's Corner, 4th Flr
2:00 Technical Support w/Kelly,
PUB
3:00 Piano w/Bob Johns, DR
3:00 Book Club, TH
6:00 After Dinner Word Search,
PUB

9:15 Seniorcize w/Carolyn, FS **9**
1:30 Culinary Meeting, TH
2:30 Guided Meditation, TH
2:30 Yoga w/Johanna, FS
3:00 Happy Hour, PUB
6:00 Bingo, CR

9:15 Seniorcize, FS **10**
10:00 Graton Casino, VAN
2:30 Matinee Movie, TH
6:30 Evening Movie, TH

9:15 Seniorcize, FS **11**
1:30 D-Tour w/Dennis, Van
2:30 Matinee Movie, TH
3:00 Bingo, CR
6:30 Evening Movie, TH

9:00 Strider's Walking **12**
Group, Van
10:30 Technical Support w/Kelly,
PUB
11:15 Book Mobile, 1st Flr
1:15 Sunshine News Planning Com-
mittee, PUB
2:30 Jeopardy, PUB
3:00 Jamming w/Spence, PUB
6:00 After Dinner Crossword, PUB

9:15 Seniorcize w/Carolyn, FS **13**
10:30 Weight Training, FS
1:00 Furry Friends-Pet Therapy,
BP
2:00 Penny Black Jack w/Joey,
PUB
3:00 Trivia, PUB
6:00 Bingo, CR

Ash Wednesday **14**
Valentine's Day
10:00 Tootsie Pop Cherry Valentines
w/Melinda, CR
11:00 Lunch Bunch Beso Bistro,
VAN
11:30 Valentine's Day Lunch, DR
12:00 Royal Court Crowning
2:00 W of F w/Colleen, PUB
3:00 Our Lady of Loretta LENT, TH
6:00 After Dinner Sudoku, PUB

9:15 Seniorcize w/Carolyn, FS **15**
11:00 Welcome Committee, LIB
1:00 King's Corner, 4th Flr
1:30 Library Maintenance, LIB
2:00 Technical Support w/Kelly,
PUB
3:00 TREK Winery Happy Hour,
VAN
6:00 After Dinner Word Search,
PUB

National Caregivers Day! **16**
9:15 Seniorcize w/Carolyn, FS
10:00 Senior Brunch w/7th grad-
ers, VAN
12:00 PJs and Pancakes Buffett,
DR
2:30 Yoga w/Johanna, FS
3:00 Happy Hour, PUB
6:00 Bingo, CR

9:15 Seniorcize, FS **17**
10:00 Petaluma Museum, VAN
2:30 Matinee Movie, TH
6:30 Evening Movie, TH

9:15 Seniorcize, FS **18**
1:30 D-Tour w/Dennis, Van
2:30 Matinee Movie, TH
3:00 Bingo, CR
6:30 Evening Movie, TH

9:00 Strider's Walking **19**
Group, Van
9:15 Seniorcize w/Carolyn, FS
10:30 Technical Support w/Kelly,
PUB
1:15 Sunshine News, PUB
2:30 Jeopardy, PUB
3:00 Bean Bag Toss w/Kate, DR
6:00 After Dinner Crossword, PUB

Love Your Pet Day **20**
10:30 Make Your Own Pet
Treats, CR
1:00 Furry Friends-Pet Therapy,
BP
2:00 Penny Black Jack w/Joey,
PUB
3:00 Trivia, PUB
6:00 Bingo, CR

9:15 Seniorcize w/Carolyn, FS **21**
10:00 Birthday Card Making
w/Melinda, CR
11:00 Mid day Mimosa Walk Thru,
PUB
1:30 Chef Demonstration, CR
2:00 Wheel Of Fortune w/
Colleen, PUB
3:00 Seated Exercise, FS
6:00 After Dinner Sudoku, PUB

9:15 Seniorcize w/Carolyn, FS **22**
11:00 Welcome Committee, LIB
1:00 King's Corner, 4th Flr
2:00 Technical Support w/Kelly,
PUB
3:00 Book Club, TH
6:00 After Dinner Word Search,
PUB

9:15 Seniorcize w/Carolyn, FS **23**
11:00 Mid day Mimosa Walk
Thru, PUB
2:30 Guided Meditation, TH
2:30 Yoga w/Johanna, FS
3:00 Mark Powers Performs,
PUB
6:00 Bingo, CR

9:15 Seniorcize, FS **24**
10:00 Jelly Belly Factory, VAN
2:30 Matinee Movie, TH
6:30 Evening Movie, TH

9:15 Seniorcize, FS **25**
1:30 D-Tour w/Dennis, Van
2:30 Matinee Movie, TH
3:00 Bingo, CR
6:30 Evening Movie, TH

9:00 Strider's Walking **26**
Group, Van
10:30 Technical Support w/Kelly,
PUB
11:15 Book Mobile, 1st Flr
1:15 Sunshine News, PUB
2:30 Jeopardy, PUB
3:00 Bean Bag Toss w/Kate, DR
6:00 After Dinner Crossword, PUB

10:30 Weight Training, FS **27**
11:00 Blood Pressure Clinic, CR
1:00 Furry Friends-Pet Therapy,
BP
2:00 Penny Black Jack w/Joey,
PUB
3:00 Trivia, PUB
6:00 Bingo, CR

9:15 Seniorcize w/Carolyn, FS **28**
10:00 Snow Landscape Painting
w/Melinda, CR
2:00 Wheel Of Fortune w/
Colleen, PUB
3:00 Seated Exercise, FS
6:00 After Dinner Sudoku, PUB

Leap Year Day! **29**
9:15 Seniorcize w/Carolyn, FS
10:00 The Barlow, VAN
1:30 Library Maintenance, LIB
2:00 Technical Support w/Kelly,
PUB
3:00 Happy Birthday Happy Hour,
PUB
6:00 After Dinner Word Search,
PUB



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