



# Sabal Palms



**SABAL PALMS**  
ASSISTED LIVING & MEMORY CARE  
A Protea Senior Living Community

February 2024

## Monthly Highlights

- Feb 5th - Shopping trip to Target
- Feb 6th - Entertainment: The Main Event
- Feb 7th - Resident Activity Meeting
- Feb 9th - Entertainment: Jonathan Brady
- Feb 12th - Bus Ride
- Feb 14th - Chef Chat followed by Valentine's Day Party with Steve Tonia
- Feb 19th - Nail Salon
- Feb 20th - Entertainment: Debbie & Tony
- Feb 21st - Resident Council Meeting
- Feb 22nd - Savory Sweets Social Hour
- Feb 26th - Lunch Outing
- Feb 28th - Birthday Celebration with Jonathan Brady

**LOVE AT FIRST SIGHT IS EASY TO UNDERSTAND; IT'S WHEN TWO PEOPLE HAVE BEEN LOOKING AT EACH OTHER FOR A LIFETIME THAT IT BECOMES A MIRACLE.**

*"All you need is love. But a little chocolate now and then doesn't hurt."*

*- Charles Shultz*

## History of Presidents' Day

Presidents' Day is one of the oldest holidays in the United States. When it was first made official in 1885 to celebrate George Washington's birthday, it joined New Year's Day, Thanksgiving, Christmas, and the Fourth of July as the fifth federal bank holiday.

Its origins go back much further, however, to the early 1800s. After Washington's death in 1799, his birthday was unofficially observed for many years as a way to remember the most important man in America's short history.

Presidents' Day began to represent more than just Washington's birthday in 1968, when the Uniform Monday Holiday Act was passed. The act moved several federal holidays, like Memorial Day, to preordained Mondays. It also moved Presidents' Day from February 22nd to the third Monday of the month, right between Washington's and Abraham Lincoln's birthdays (Abe was born on the 12th). The change was meant to provide a three-day weekend, and to pay respect to these two men specifically.

The holiday's significance has evolved over the years, however, and today, Presidents' Day is understood to honor all the men who have served as our country's chief executive.

Did you know that  
**exercise can improve your mood?**

Need an emotional lift? Or need to lower stress after a long, stressful day?

Some stretching or brisk walk can help. Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious.

You also may feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

|             |      |
|-------------|------|
| Test T.     | 2/2  |
| Walter S.   | 2/6  |
| Lorraine L. | 2/21 |
| John S.     | 2/22 |
| Joelle R.   | 2/25 |
| Doris A.    | 2/27 |



## Nuts About Love

"Driving through Southern California, I stopped at a roadside stand that sold fruit, vegetables and crafts. As I went to pay, I noticed the young woman behind the counter was painting a sign. 'Why the new sign?' I asked. 'My boyfriend didn't approve of the old one,' she said. When I glanced at what hung above the counter, I understood. It declared: Local Honey Dates Nuts."

— Contributed by Theodore Bologna, "Reader's Digest"

1. Log into Facebook 
2. Search the name of the community 
3. Like us! 
4. Share us with others 