

Searching for February

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

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AMETHYST	GROUNDHOG (Day)	ROMANCE
AQUARIUS	HEARTS	SNOW
BLACK HISTORY (Month)	HIBERNATE	SUPER BOWL
CANDLEMAS	ICICLE	VALENTINE'S (Day)
COLD	PISCES	VIOLET
FROST	PRESIDENTS' (Day)	WINTER

DEPARTMENT HEAD DIRECTORY

General Manager: Kim Stokes
 Contoller: Tammie Sells
 Marketing Director: Kimberly Richards
 Plant Engineer: Forest Leonard
 Dining Supervisor: Sara Lascano



Executive Chef:
 Housekeeping Supervisor: Jessie Wingfield
 Wellness Director: Antigone
 Social Coordinator: Sara Lascano
 Transportation Dir.: Tony Carp

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The Terrace Connection

February

This Month's Highlights

- ♦ **Craft Classes:** Valentine's Wreaths, Sara's Crafty Creations, & Art Therapy
- ♦ **Musical Performances by:** The Angels, Timothy Patrick, and COOLEY SHOW
 As well as John Piccorilla's Quartet & Quintet
- ♦ **Gathering Hands moved to Tuesday Afternoons**
- ♦ **Super Bowl Party & Betting Pool**
- ♦ **Valentine's Day Social & Crowning of the King & Queen of Hearts**
- ♦ **Valentine's Day Prime Rib Dinner & Champagne**
- ♦ **New Group - Maker's Meet Up on Tuesday Afternoons**
- ♦ **Outings:** Oregon Air & Space Museum, Jordan Schnitzer Art Museum, Eugene Ballet, and Lunch Out at Papa's Pizza
- ♦ **Extra Musical Performance - Eugene Peace Choir**
- ♦ **Movie Nights with Susie in the Cinema Room**
- ♦ **Master Class: Gut Health - Last three Fridays of January**

Sign up sheets will be available at the Front Desk, one week in advance, for events that require sign up.



Social Coordinator's Message

"February is the perfect time to plant the seeds of gratitude and watch them bloom throughout the year."

Sarah Ban Breathnach

February is a winter month, but it also gives us so much to enjoy and warm our hearts with. Celebrate the month of love with many Valentines Day crafts, events, and don't forget to vote for your King and Queen of hearts! February is also Black History Month, I invite you to TED Talk and Thoughts to learn about the migration of Black Americans when slavery ended. This is a quick activity where we can stimulate the brain and learn something new! Another opportunity to learn something new - is popping into Packard Place for a Friday morning Master Class. This month we are learning about *Gut Health*. I encourage us all to take steps toward a healthy and happy lifestyle, and you can find others on the same journey at Healthy Habits meetings. Don't forget - Super Bowl LIX is February 9th, with a party in Packard Place to watch the game.

Have a fun February - Sara Lascano



Inspiration



Chapel Service

Fridays, in Packard Place. This non-denominational service starts at 10:30 am.



Women's Bible Study

Thursdays @ 10:30 am - CK3

Please join our new Ladies Study. We will be meeting on Thursdays. Join us for a place for all women to come together to support each other.

Men's Bible Appreciation

Thursdays @ 1:00 pm - Tea Party Game Room

Join us for a dose of wisdom, brotherhood and scripture with fellow residents. Bible appreciation always welcomes new faces.

The Connection

Terpening Terrace, and our sister buildings, have created a page on Facebook where we can all stay connected. On this page you will find videos of Terpening Terrace staff and residents, and some videos from all the other buildings too!

Employee of the Month February, 2025

Congratulations, Amani Swartz-Baxter!



Amani is a valuable addition to our maintenance team! He consistently demonstrates a strong work ethic, always putting in the effort to complete tasks efficiently and effectively. He is also respectful and polite to everyone he interacts with, creating a positive and welcoming environment for all. We are all very happy to have him on our team, thank you Amani!



Jim Sill
February 7th

Robert McClelland
February 9th

Maxine Knebel
February 14th

Virginia Robertson
February 14th

Aletha Southwell
February 20th

Art Dietz
February 21st

George Bauer
February 22nd

Betty Germano
February 24th

Betty Paulus
February 26th



Creative Writing Class

Tuesday, February 18th
@ 11:30 am - CK3

Express ideas, feelings, and memories through creative writing. From short stories to memoirs, and even poetry, expand your writing skills by sharing with friends.

Guided Meditation Video

Fridays @ 9:30 am - Cinema Room

Join friends for a refreshing break to reset your mind and body. Meditation is proven to improve anxiety, memory, sleep and more.

TED Talk & Thoughts

Monday, February 3rd
@ 1:00 pm - Cinema Room

This months talk:

The Great Migration
- Isabel Wilkerson



TED Ideas worth spreading

TED is a non-profit that believes powerful ideas, powerfully presented, moves us: to feel something, to think differently, to take action. TED is devoted to curiosity, reason, wonder and the pursuit of knowledge without an agenda.



Fun & Games

Available Game Rooms

FH = Fishing Hole –1st Floor

PP = Packard Place –1st Floor

TP = Tea Party –2nd Floor

CK3 = Connie's Kitchen –3rd Floor

Weekly Games

Sundays @ 1:30 pm in PP - Manipulation

Sundays @ 3:15 pm in PP - Bridge

Mondays at 3:30 pm in PP - Cribbage

Mondays at 6:30 pm in PP - Players Choice

Tuesdays at 6:30 pm in PP - Players Choice

Wednesdays at 3:30 pm in TP - Bridge

Fridays at 6:30 p.m. in PP - Manipulation

These events are resident run, please contact activities if you would like to inquire about starting a new weekly game.

Wii Sports with Antigoni

Tuesdays & Wednesdays @ 11:00 am - PP

Improve your hand-eye coordination using the Wii system with friends. Get your body moving!

*Wii Golf on Tuesdays
&*

Wii Bowling on Wednesdays

Chair Volley Ball

Mon, Wed, Fri @ 2:00 pm - PP

Get energized by bopping a beach ball over a net during chair volley ball. You will laugh, hoot, and holler during this exercise activity!

Games with Jamie

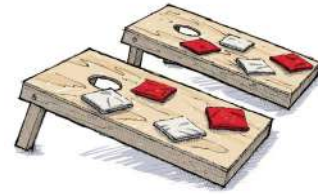
Saturdays @ 11:00 am - Packard Place

1st: Ladder Ball

8th: Jazz-Minton

15th: Croquet

22nd: Bean Bag Toss



Bingo

Tuesdays @ 2:00 pm - Packard Place

Join Activities in Packard Place for Bingo! Playing regular Bingo, fun patterns and blackout! You will have the chance to win candy or a snack if you get a bingo.

Vegas Bingo

Saturdays @ 2:00 pm - Packard Place

Saturday bingo has higher stakes. Bring some quarters and play to win big!

Each card you play costs 25 cents for the day, so if you want to play 3 cards it will cost 75 cents.

Community

Community Libraries

Take a vacation in a good book or learn something new! Books from Terpening and the Eugene Library are available to you. Be sure to write your name and book down on the checkout sheet in the library.

There are libraries located on the second and third floors.



Puzzle Room

Located on the Second Floor

See what's new in the Puzzle Room. The residents are working on new puzzles each week to display in the common area near the dining room. Come add a piece and make a friend.

Mimosa Morn' in the Dining Room

Monday, February 24th, 7:00-10:00 am

Need a reward for being an early riser? Or need motivation to become one? Join us for fun flavored mimosas at breakfast! Non-alcoholic options will also be available.

Resident Town Hall Meeting

February 10th

Meetings are usually held on the Second Monday of each month at 10:30 a.m. in Packard Place. December is skipped.

Limited Seating - Sign up to attend!

Gathering Hands for Charity

Tuesday, February 4th & 18th

@1:00 pm - CK1



*"Helping children in crisis
one Bag of Love at a time"*

Give back to the community by helping us tie cozy blankets for children and teens in need. No supplies or experience is needed.

Sunday Drives with Jason

2nd: Crow

9th: McKenzie Northwest

16th: McKenzie East

23rd: Harrisburg River Park



Transportation

Our On-Demand transportation is convenient and reliable, courtesy of our fantastic Transportation Department. Residents sign up for transportation at the front desk. Medical appointments allow a 10 mile radius and all other destinations allow a 6 mile radius of Terpening Terrace. Please provide the time you would like to be at your destination as well as the address.

Monday - Friday 9:00 a.m. - 5:00 p.m.

Saturday 9:00 a.m. - 3:30 p.m.

Sunday 9:00 a.m. - 2:00 p.m.

**Please note: Earlier and later times can be accommodated with advance notice, depending on driver availability.*



Art & Creativity

Valentine Wreath Class Wednesday, February 5th @ 10:30 am - CK3

Deck your doors with fun and beautiful wreaths for valentines day! Choose your own ribbon, flowers, hearts, and any other décor you love for your own unique wreath design! All supplies are provided and no experience necessary.

Please sign up at the desk to attend.

Sara's Crafty Creations Wednesday, February 12th @ 11:00 am - CK3

Sara is back in the building for another fun craft class! Join her for a Valentine's themed activity and get in the "cupid" spirit. Sara brings all the supplies you need, and help is available if desired.

Please sign up at the desk to attend.

Valentine's Cookie Decorating Friday, February 14th @ 1:00 pm - CK1

Decorate your own dessert with activities in the first floor community kitchen! Sugar cookies, frosting, sprinkles, and treats galore will be available for your edible masterpieces. Make cookies for yourself, a loved one, or even a neighbor that needs something sweet.

Please sign up at the desk to attend.

Art Therapy : Acrylic Painting Monday, February 17th @ 1:00 pm - CK3

Nurturing your inner artist is good for your health! Proven benefits are improved memory, cognitive function, and motor skills. This months art therapy is preparing us for spring -

Bird House Painting

Please sign up at the desk to attend.

Movie Night with Susie @ 6:30 pm - 3rd Floor Cinema Room

Thursday, February 13th - Somewhere In Time

In 1972, a playwright (Christopher Reeve) becomes fascinated by a photo of (Jane Seymour), a 1912 stage actress. As Richard's obsession grows, he learns that time travel may actually be possible through hypnosis. Richard travels in time to meet Elise, and the two appear destined to be together. (Tissues are suggested!)

Thursday, February 27th - The Russians Are Coming

When a Soviet submarine gets stuck on a sandbar off the coast of a New England island, its commander (Theodore Bikel) orders his second-in-command (Alan Arkin) to get them moving before there is an international incident. They seek assistance from the island locals while trying to allay their fears of a Communist invasion by claiming he and his crew are Norwegian sailors.

Limited Seating available - please sign up at the front desk to attend.

Social Hour

COOLEY Show Thursday, February 13th @ 3:00 pm - Packard Place

David Cooley is back in town to wow us with jazzy tunes that will get our toes tapping and hands clapping! This is our Valentine's social where we crown this years royalty.

The Angels Thursday, February 6th @ 3:00 pm - Packard Place

The Angels are returning to Terpening for a winter show! Get a good seat with friends for an energetic and festive performance by our favorite Portland Trio.

Timothy Patrick Thursday, January 20th @ 3:00 pm - Packard Place

This months performance by Timothy Patrick is "L.O.V.E.". This show will have you singing classic love songs, laughing at his hilarious humor, and leaving with a great big smile.

Eugene Peace Choir Saturday, February 8th @ 2:15 pm - Packard Place

For the very first time, we are hosting the Eugene Peace Choir for a 45 minute performance! Accompanied by piano, this large group of vocalists will sweep you away.

John Piccorilla & Guests Thursday, February 27th @ 3:00 pm - Packard Place

Enjoy two different performances by John and his talented musicians. The first group will be a saxophone quartet, followed by a woodwind quintet. Come enjoy the music!

Please sign up at the desk to attend social hours.

Our Residents

King & Queen of Hearts

Time to vote for this year's King and Queen! Ballots will delivered to your apartment on February 5th. Please fill it out and put it in the ballot box at the Front Desk by Wednesday, February 12th. Royalty will be announced at social hour on February 13th, and displayed on the Activities board by the mailboxes.

Terpening's Veterans Board

We are dedicated to honoring our Veterans. Please contact the Activities Department if you would like a photo & name plate made for board display.

Outings

Oregon Air & Space Museum & Lunch in Junction City

Friday, February 7th @ 10:30 am -Lobby

Enjoy a scenic drive to Junction City for a delicious lunch at the Viking Inn.



Then- hop back in the bus for a drive down to the Air & Space Museum, located next to the Eugene Airport. There are over 10 fascinating exhibits to see, and a gift shop to browse!
Admission is \$6.00.

Eugene Ballet

Sunday, February 16th

@ 2:00 pm - Lobby

Enjoy a Sunday afternoon at the Hult Center, and experience the Eugene Ballet!
This event required pre-purchased tickets, and the **sign up is closed**. If you would like to attend, activities can assist you in purchased tickets if the event is not sold out.

Lunch at Papa's Pizza

Wednesday, February 19th

@ 11:00 am - Lobby

Hop on the bus to fill your bellies with fresh, hot, Papa's Pizza.

Jordan Schnitzer Museum & Lunch

Wednesday, February 26th

@ 10:30 am - Lobby

Enjoy art, old and new, at the University of Oregon Art Museum. There will be two new exhibits on display. Admission is \$3.00.

Afterwards, we will hop back on the bus for a delicious meal at McMenamins North Bank!

Shopping

Bi-Mart

Tuesday, February 11th & 25th

@ 10:00 am - Lobby

Meet in the front lobby and get some shopping done! Reusable bags are encouraged.

Trader Joes

Friday, February 21st

@ 10:00 am - Lobby

Hop on the bus and get those essentials you can only find at this popular, organic, grocery store.

Health Minded Living

Healthy Habits

Monday, January 10th & 24th

@ 1:00 pm - CK1

Join Kimberly and friends for helpful tips and tricks to lead a healthier lifestyle.
Learn how to make choices that are right for you and your body! No person is the same, so making choices to be active and nutritious can look differently from one person to the next.



Master Class - Gut Health

Friday, February 14th, 21st, 28th

@ 11:15 am - Packard Place

Master Class is an online learning platform using well-known experts in a variety of subjects. Online offerings include hundreds of video lessons and workbooks taught by experts in subjects like cooking, writing, business, and more. This month we are focusing on health and wellness, particularly for our brain. Start the new year with science backed tips for better cognitive health!

February's Special Events

Super Bowl Party

Sunday, February 9th @ 3:00 pm - PP

Watch the big game on the big screen with your friends and neighbors in Packard Place! Munch on snacks, enjoy some soda, and yell at the T.V. like you're the coach. The Chiefs will play against the Eagles starting at 3:30 p.m. Snacks and soda will be provided, but you are welcome to bring your own refreshments.

Please sign up at the desk so that we can provide plenty of seating and tables.



Feeling Lucky?

Buy Super Bowl Squares at the front desk! Squares are \$1.00 each, with 100 squares available. **Winner will be announced Feb. 3rd.**

Valentine's Day Prime Rib Dinner

Friday, February 14th @ 4 pm


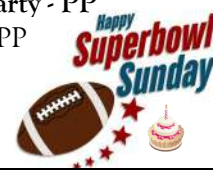




Enjoy an elegant evening in the Grand Terrace Dining Room - featuring complimentary glasses of Champagne or Apple Cider, and a prime rib special.

To prevent long wait times, there will be a maximum amount of guests permitted to attend. We encourage you to make a reservation as early as possible.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Ladder Ball - PP 2:00 Vegas Bingo - PP</p> 

DR = Dining Room
PDR = Private Dining Room
PP = Packard Place
Lobby = Front Lobby
CinRm = Cinema Room, 3rd Floor
CK3 = Connie's Kitchen, 3rd Floor
FH = Fishing Hole Game Rm, 1st Fl.
TP = Tea Party Game Room, 2nd Fl.
FIT = Fitness Room, Basement
BP = Bits - Pieces Puzzle Room, 2nd Fl.
CY = Courtyard
* (asterisk) = Requires Sign Up

<p>2 9:00 - 2:00 Transportation 10:15 Fitness Video - PP 1:30 Manipulation - PP <u>2:00 Weekend Drive*</u> Crow 3:15 Bridge-PP 6:30 Wii Bowling - PP</p> 	<p>3 9:00 - 5:00 Transportation 10:15 Total body - PP 11:00 Chair Dancing - PP <u>1:00 Ted Talk - CinRm</u> "The Great Migration" 2:00 Chair Volleyball - PP 3:30 Cribbage Club - PP</p>	<p>4 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 1:00 Gathering Hands - CK1 1:30 Circuit Training - FIT 2:00 Bingo - PP 3:15 Maker's Meet Up - PP</p>	<p>5 9:00 - 5:00 Transportation 9:30 Intro to Fitness Room - FIT 10:15 Chair Yoga - PP <u>Resident Craft*</u> 10:30 Valentines Wreath - CK3 11:00 Wii Bowling- PP 2:00 Chair Volleyball-PP 3:30 Bridge - TP 6:30 Games- PP</p>	<p>6 9:00 - 5:00 Transportation 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness PP 10:30 Ladies Bible Study CK3 1:00 Bible Appreciation - TP <u>3:00 Social Hour - PP*</u> The Angels</p>	<p>7 9:00 - 5:00 Transportation 9:30 Meditation Video - CinRm 10:30 Chapel - PP <u>Resident Outing*</u> 10:30 Oregon Air & Space Museum & Lunch in Junction City 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP</p>	<p>8 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Jazz -Minton - PP <u>Music Performance</u> 2:15 Eugene Peace Choir - PP</p>
<p>9 9:00 - 2:00 Transportation 10:15 Fitness Video - PP 1:30 Manipulation - PP <u>2:00 Weekend Drive*</u> Mckenzie North/West 3:00 Super Bowl Party - PP 6:30 Wii Bowling - PP</p> 	<p>10 9:00 - 5:00 Transportation 10:30 Town Hall - PP * 1:00 Healthy Habits - CK1 2:00 Chair Volleyball - PP 3:30 Cribbage Club - PP 6:30 Games - PP</p>	<p>11 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP <u>10:00 Bi-Mart - Lobby*</u> <u>10:15 Madison Student Valentine</u> <u>Delivery - Door to Door</u> 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 1:30 Circuit Training - FIT 2:00 Bingo - PP 3:15 Maker's Meet Up - PP</p>	<p>12 9:00 - 5:00 Transportation 10:15 Chair Yoga - PP <u>Resident Craft*</u> 11:00 Sara's Crafty Creations - CK3 11:00 Wii Bowling- PP 2:00 Chair Volleyball-PP 3:30 Bridge - TP 6:30 Games- PP</p>	<p>13 9:00 - 5:00 Transportation 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study CK3 1:00 Bible Appreciation - TP 1:30 Intro to Fitness Room - FIT <u>3:00 Social Hour*</u> COOLEY Show 6:30 Movie Night w/ Suzie - CinRm <u>"Somewhere In Time"*</u></p>	<p>14 9:00 - 5:00 Transportation 9:30 Meditation Video - CinRm 10:30 Chapel - PP <u>11:15 Master Class - PP*</u> <u>Week One: Gut Health</u> 1:00 Cookie Decorating - CK1 * 2:00 Chair Volley Ball - PP 4:00 Prime Rib Dinner - DR 6:30 Manipulation - PP</p> 	<p>15 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Croquet - PP 2:00 Vegas Bingo - PP</p>
<p>16 9:00 - 2:00 Transportation 10:15 Fitness Video 1:30 Manipulation - PP <u>Resident Outing*</u> 2:00 Eugene Ballet: Carmen <u>2:00 Weekend Drive*</u> Mckenzie East 3:15 Bridge-PP 6:30 Wii Bowling- PP</p>	<p>17 9:00 - 5:00 Transportation 10:15 Total body - PP 11:00 Chair Dancing - PP <u>1:00 Art Therapy - CK3*</u> Bird House Painting 1:30 Intro to Fitness Room - FIT 2:00 Chair Volleyball - PP 3:30 Cribbage Club - PP 6:30 Games - PP</p> 	<p>18 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 11:30 Creative Writing - CK3 1:00 Gathering Hands - CK1 1:30 Circuit Training - FIT 2:00 Bingo - PP 3:15 Maker's Meet Up - PP</p>	<p>19 9:00 - 5:00 Transportation 10:15 Chair Yoga - PP <u>Resident Outing*</u> 11:00 Papa's Pizza 11:00 Wii Bowling- PP 2:00 Chair Volleyball-PP 3:30 Bridge - TP 6:30 Games- PP</p>	<p>20 9:00 - 5:00 Transportation 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study - CK3 1:00 Bible Appreciation - TP <u>3:00 Social Hour - PP*</u> Timothy Patrick</p>	<p>21 9:00 - 5:00 Transportation 9:30 Meditation Video - CinRm <u>10:00 Trader Joes - Lobby*</u> 10:30 Chapel - PP <u>11:15 Master Class - PP*</u> <u>Week Two: Gut Health</u> 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP</p>	<p>22 9:00 - 3:30 Transportation 10:15 Fitness Video - PP 11:00 Bean Bag Toss - PP 2:00 Vegas Bingo - PP</p> 
<p>23 9:00 - 2:00 Transportation 10:15 Fitness Video 1:30 Manipulation - PP <u>2:00 Weekend Drive*</u> Harrisburg River Park 3:15 Bridge-PP 6:30 Wii Bowling - PP</p>	<p>24 9:00 - 5:00 Transportation <u>7:00 Mimosa Monday - DR</u> 10:15 Total Body - PP 11:00 Chair Dancing - PP 1:00 Healthy Habits - CK1 2:00 Chair Volleyball - PP 3:30 Cribbage Club - PP 6:30 Games - PP</p>	<p>25 9:00 - 5:00 Transportation 9:40 Sit and Resist - PP <u>10:00 Bi-Mart - Lobby*</u> 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 1:30 Circuit Training - FIT 2:00 Bingo - PP 3:15 Maker's Meet Up - PP</p>	<p>26 9:00 - 5:00 Transportation 10:15 Chair Yoga - PP <u>Resident Outing*</u> 10:30 Art Museum & Lunch At McMenamins 11:00 Wii Bowling- PP 2:00 Chair Volleyball-PP 3:30 Bridge - TP 6:30 Games- PP</p>	<p>27 9:00 - 5:00 Transportation 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study - CK3 1:00 Bible Appreciation - TP <u>3:00 Social Hour - PP*</u> John Piccorilla 6:30 Movie Night w/ Suzie - CinRm <u>"The Russians Are Coming"*</u></p>	<p>28 9:00 - 5:00 Transportation 9:30 Meditation Video - CinRm 10:30 Chapel - PP <u>11:15 Master Class - PP*</u> <u>Week Three: Gut Health</u> 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP</p> 	<p>6</p> 