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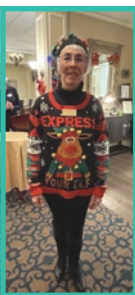
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UGLY CHRISTMAS SWEATER PARTY

AND THE WINNERS ARE.....

Anne G. - Tackiest
John and Veda Kay B. - Best couple
Jan L. - Best "not Christmas" sweater
Rosalie D. - Best Overall
Caroline P. - Most festive



RAINFALL/ SNOWFALL AT THE VILLAGE		
by Marion D.		
SNOWFALL		RAIN
	December	
Mix(?)	22	Ice
5.7	23	Ice
White Christmas	25	-
Coating	26	-
	January	
-	3	0.70
Flurries	5	-
Coating	9	-

Measurements in Inches

Poetry Corner

*Everyone is welcome to the Poetry Group the 3rd Wednesday of every month at 3pm in the Lions Den *

FEBRUARY

Paper hearts and Valentines,
A groundhog in his den,
Celebrating Presidents
With sales and a long weekend

Though February may be short
It's filled with lots of things -
But mostly we just bundle up
And pray for an early Spring!

by Madeline S.

**Exercise in the pool
has become a popular
class. It is so toasty in
the pool area!**



THE CURTIN FAMILY SHARED THEIR BEAUTIFUL MUSIC WITH US AGAIN IN DECEMBER



MEET CODIE COX, PERSONAL CARE UNIT MANAGER!



Hi! My name is Codie Cox. I am the new Unit Manager for Personal Care. I started at the Village in 2019 as an LPN Charge Nurse at the Atrium prior to transferring to my new position. I began

my career in nursing right after graduating high school in 2010. I am very passionate about my work as a nurse. I love getting to know every person I come into contact with here! Outside of nursing, I have 5 pets (a dog, two cats, a parrot and a cockatiel). In my free time, I like to keep busy. I am Vice President of the Royer Mansion Preservation Society board. I work at an Antique store on the weekends and spend the rest of my time decorating. I also collect many things antique such as books, anything military dating back to the civil war, clocks, photos, and much more! My oldest book is from 1680!! I also enjoy to repair clocks and mend old books.

THE ED VIEW



February is American Heart Month. A time when we all can focus on our cardiovascular health.

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart

is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called “pacemakers.”

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

Here are three things you can do to observe National Health Month:

1. Take up a heart-healthy habit

Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.

2. Educate yourself

Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

3. Get your cholesterol tested

If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

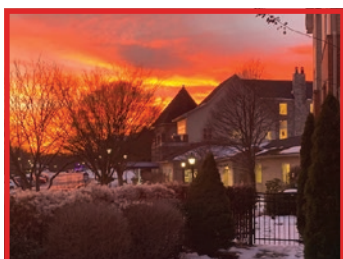
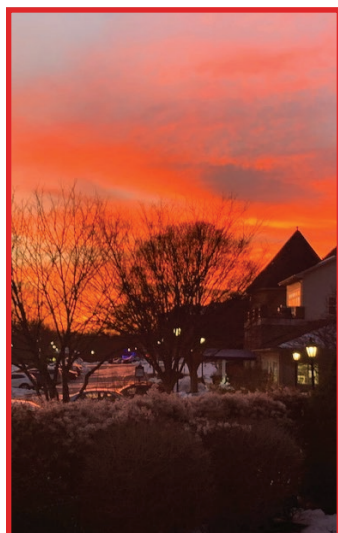
(Information obtained from National Today)

GINGERBREAD HOUSES

Residents had a grand time creating their own unique gingerbread houses. The winners, Becky N. (1), and Cindy P. (7) were chosen by their fellow residents. Thanks to all who participated!



THE VILLAGE ON FIRE!!!



A SOLDIERS HANDS

Tuesday, February 21, 2023
at 10:00am in the Community Room

After hearing Trish Shallenberger last November 10th, talk about her outreach program to our service men, interest was generated to occasionally assist her project when a need arises This first meeting will be to assist in packaging individual small bags of lotions, candy, greeting cards etc. for the 5,000 personnel on the USS Nimitz at the request of the US Navy. Do lend a hand in assembling some bags under the direction of Trish, as well as learning more about her "A Soldiers Hands" program.

All residents are welcome, but please sign up so we can provide adequate space for our assembly line activity.

ART CLASSES REMAIN WILDLY POPULAR!

Residents have been enjoying different media art classes provided by local artists. Classes have included ceramics, paper layering, gelli plate printing and pastels.





GET THE VOTE OUT!

This year we will be
electing four members
for the 2023-24 Resident
Council. The election
will be held in April.

The following date is important
in the process:

March 24, 2023

The last day to accept nominations

If you would like to make a
nomination, please contact a member
of the Nominating Committee:

Bob M. – East 1

Trudy S. – East 2

Mary Jean M. – West 1

Max S. – West 2

JoAnn O. – Cottages

HAPPY NEW YEAR 2023 WITH JT BLUES ON THE PIANO! CHEERS!



CULINARY CORNER

It was brought to my attention recently the volume of “new” residents that have recently moved to The Village. With this in mind I would like to review our alternate dining options available to all residents.

Obviously the main dining room is the most popular dining option. With good reason, new menu options every day, weekly and daily features, full table service, favorite libations from the bar, and a variety of table sizes to accommodate everyone’s needs.

As popular as the dining room is there are alternative venues to satisfy your palate.

The Bistro is designed as a more relaxed, casual dining experience. No reservations are required with full table service. Hours of operation are 11:30am – 1:00pm (lunch) and 4:30 – 6:30pm (dinner). The menu is a mix of made to order appetizers, sandwiches, salads, and pizzas. There is a new and creative entrée and pizza feature each week. Entrée specials range from braised home style pot roast to Pacific Rim inspired seafood tacos. Ground and brewed to order coffee and tea is also available. Stop by and see what Jeremy is creating this week!

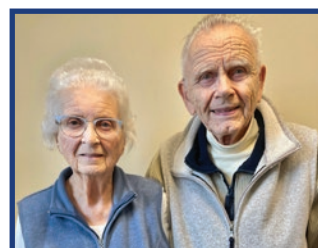
Sunday brunch is served from 11:00am – 1:00pm in the dining room. Like the Bistro, the menu offers weekly chef inspired dishes. Every week we serve a bakery warm muffin to start your meal. Next course is a tasting plate, a small elegant potion that is different weekly. Brunch entrees range from Crabby Eggs Benedict, steak and eggs, and constantly changing sweet and savory entrée favorites. No brunch is complete without dessert, always something unique offered.

Spring and summer are just around the corner. We are planning on having out door (patio) live cooking events. Keep your eye on connected living for dates and details. This was an extremely popular cooking event last year. Again, we will be utilizing the hardwood charcoal grill to impart authentic cookout flavors in all of the special menu items.

In the mood for something a little different, stop by the Bistro or brunch for a change of routine.

Matt Lambert
Executive Chef, The Village at Penn State

MEET YOUR NEW NEIGHBORS!



Top Left: Sally S.

Top Right: Dennis B.

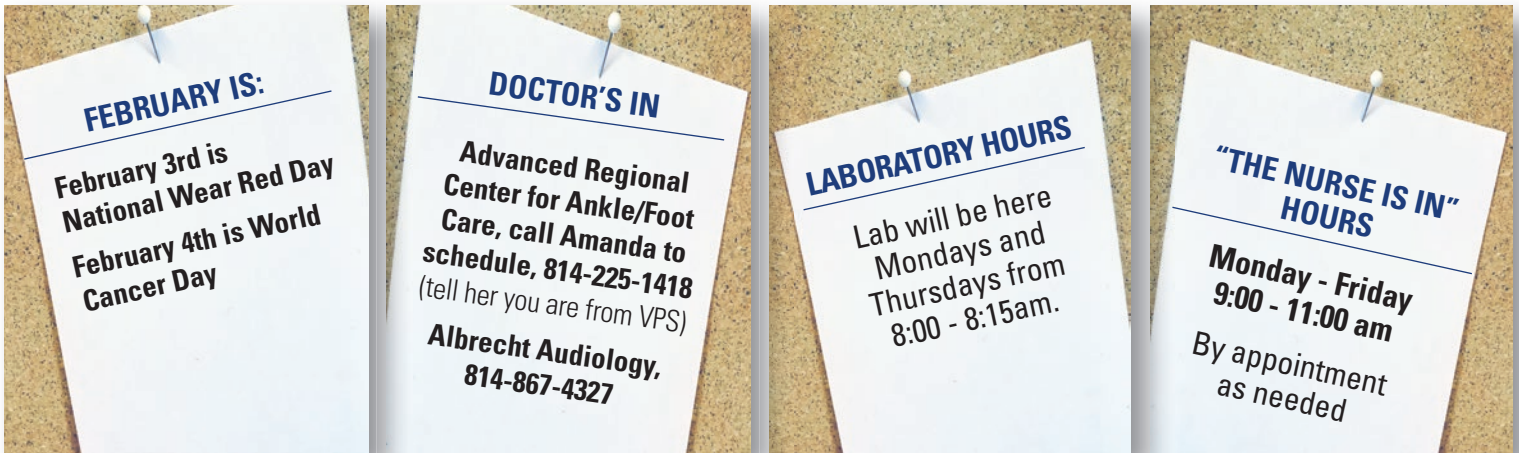
Left: Harry and Ruth K.

WINTER POT LUCK DINNER IS RETURNING!

Sunday, February 19th
at 5:30pm
in the Dining Room

Start looking through your recipes for a tasty dish to bring to The Village’s Pot Luck Dinner. Everyone is invited... with or without food. So bring your favorite dish (bread, salad, vegetable, entrée or dessert) that will serve 6 to 8 and a serving utensil and an appetite.

**More details will follow
on Connected Living.**



The Podiatrist will be at The Village on February 20th from 12:30-4:00pm (in the Art Studio).

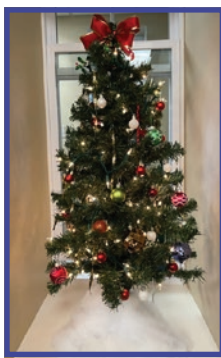
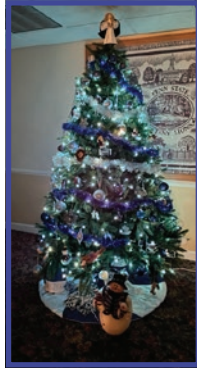
ROSE BOWL TAILGATE

Villagers cheering on the Nittany Lions to a victory in the Rose Bowl.



A SPECIAL THANKS

To Hazel F. and Pat D. for all their hard work and effort in lovingly decorating The Village common spaces.



NO WINTER BLUES

The residents at the Atrium and Personal Care have been busy during the winter months! From birthday parties, to a wonderful Elvis concert, to hunting reindeer around the building, the Atrium and Personal Care always has something fun for everyone to be a part of!

