



*Carma's  
Commentary*

Imagine living your life as if you were totally accepting of yourself—a life where you are free to be who you really are. Imagine living your life without judging yourself or without the fear of being judged. You accept yourself just the way you are, and are proud of what you have become. In this “new” self you would not be afraid to express yourself or take a risk. Imagine loving your body just the way it is, and your emotions just the way they are.

According to Don Miguel Ruiz in *The Fifth Agreement*, this way of life is entirely possible. All you have to do is make “five agreements” your way of life and you will live in your personal dream of heaven. These agreements point out that all the attitudes, opinions and ideas of perfection we have been taught over the years are not necessarily the *truth*. Because we are human, we tend to judge ourselves against what we see as perfection and focus on our failings. I use these agreements as guidelines.

The first agreement is: Speak with Integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love. As a manager I’ve come to learn that people put more meaning into my words than was initially intended. Keeping the talk simple and positive is the best avenue.

The second agreement is: Don’t take anything personally. Nothing others do is because of you. What others say and do is a projection of their own reality, their own life. When you are immune to the opinions and actions of others, you won’t be the victim of needless suffering. I’m guilty of letting

others comments affect me deeply. Sometimes it seems that nobody has anything positive to say. However, if you can truly convince yourself of this agreement, life takes on a different appearance.

The third agreement is: Don’t make assumptions. Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and anger. The practice of having to repeat what the other person says before interjecting our own thoughts could change the world. We would, no doubt, realize that we are more often on the same side than not.

The fourth agreement is: Always do your best. Your best is going to change from moment to moment. It will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse, and regret. I’ve realized in the past that my best performance would have been better if I’d had more information. The point is that I did the best I could with the information I had at the time—so get over it and on with my life.

The fifth agreement is: Be skeptical but learn to listen. Don’t believe yourself or anybody else. Use the power of doubt to question everything you hear. Is it really the truth? Listen to the intent behind the words and you will understand the real message. Jumping to conclusions and then taking them personally is cause for way too much drama. You deserve better than that.

You had total acceptance of yourself as a baby—why not now? After all, you wouldn’t want to damage a perfectly beautiful and loving relationship within the world of your own mind, would you?

-- Carma Wall, CEO  
[cwall@thecedars.org](mailto:cwall@thecedars.org)

**THIS 'n THAT**  
from around *The Village*

**FEBRUARY LUNCHEON**

When: Tuesday the 15<sup>th</sup>, 12:00 noon  
 Where: Wellness Center Banquet Room  
 Menu: Smoked sliced brisket, scalloped potatoes, carrots, garden salad with toppings on the side, vegetable bread, cherry pie (regular and sugar-free), and beverages.  
 Cost: \$9.50  
 Hosts: Dayton and Rebecca Rothrock  
 John and Bonnie Ward

**Callers: Call reservations to Diane at (241-0919, ext. 110) by noon on Friday, the 11th, with names and numbers.**

**Chaplains Corner**

**Madeline Albright's book, *The Mighty and the Almighty*, will provide material for thought and discussion for the Village Study Group starting Wed., Feb. 2, at 10:15, in the Meditation Chapel.** Copies of the book for loan will be available if desired.

As a result of recent discussions in the Village Study Group we now have examples of a few legal papers in which some might have interest. Copies of "Durable Power of Attorney for Health Care Decisions," "Do Not Resuscitate," and "Living Will Declaration" are available in the chaplains' office. We also have some "File of Life" packets, each containing a sticker for your front door and forms to complete regarding health information for emergency care. Assistance in completing legal papers is available at the Senior Center by appointment.

**A second Grief Support group, for ongoing support beyond the current series, has**

been scheduled for the first Monday of each month at 6:30 pm, beginning February 7, in the Meditation Chapel. The current series on Thursday afternoons (1:00 pm) ends on March 17.

**Cedars Van to 'First Nighters'**

The Cedars van will transport Villagers to McPherson College Theatre's First Nighters February production, *A Mid-Summer's Night Dream*, the second night it is presented, Friday, the 4<sup>th</sup>. Reservations for the van should be made through Diane at the W/CC desk (241-0919, x110). Places will be reserved for the first eleven persons to call. Meet at 5:45 pm at W/CC parking lot.

**Estate Planning Seminar**

What's the difference between a Will and a Trust, and which makes more sense for me? When do I have to start taking withdrawals from my IRA? What are the tax implications of annual gifting, and is there an amount that I cannot exceed in doing so? These are just a few of the situations about which we are often forced to think as we age. Such questions can be especially daunting as we try to maintain a certain standard of living on a reduced income. Add in the complications of how to give away decades of accumulated financial and physical assets, including homes and vehicles, and a root canal begins to look like fun! But don't despair. **Glen Snell with Ameriprise Financial will come to The Cedars at 10 AM on Monday, March 7.** He'll bring us up to speed on a number of recent legislative changes that affect estate planning later in life, and will address many of the most common situations that he sees in his practice on a daily basis. There will be ample time for questions. Refreshments will be provided. See you there!

**(Eric Litwiller, Director of Development)**

(This 'n That, continued on page 3)

### February Breakfast menus

Feb. 3-- Eggs Benedict w/assorted sides

Feb. 10 -- Omelet Day!

Feb. 17 --Biscuits and gravy

Feb. 24 -- Omelet Day!

### From our library

I recently rediscovered an old friend, Harry Bosch of the Los Angeles Police Department. Harry is the creation of Michael Connelly, a former newspaper reporter who has won numerous awards for his journalism and his novels. I had read all of the early Bosch mysteries, but Connelly had departed from Bosch for a while and so I lost track of the intrepid cop.

While browsing in a bookstore, I ran across *The Reversal*, a Bosch mystery and Connelly's newest book. This is a good mystery set mostly in a courtroom and just right for those of us who find the shenanigans of a good lawyer fascinating. Bosch is the investigating officer for this trial and he is paired with Mickey Haller whom we have met before in Connelly's books.

The story involves the retrial of a killer who has been freed with DNA results. Haller and Bosch don't want to see him back on LA streets, so they have to find evidence to keep him locked up. A good book, especially for those of you who already like ole Harry.

By the way, if you haven't read *Nine Dragons* by Connelly, you should read it before you dip into *The Reversal*. This, too, is a Bosch story and concerns his daughter in Hong Kong. Connelly actually went to Hong Kong and spent time learning the city before he tackled this fast-paced mystery that plays out in the Kowloon section of the Oriental City.

Actually, I highly recommend anyone of Connelly's books. I have never been disappointed. You will find a few of his books in the Cedars Library and I will add my copy of *The Reversal*. Happy Reading!

-- Betty Stanley

## **FEBRUARY EVENTS**

**Bob Baldwin, contact person,  
unless otherwise indicated**

### Swim and Pool Activities

If you want to use the pool and do not have a partner, let Bob know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

### Van to Wal-Mart

We take a van to Wal-Mart on Thursday afternoons leaving at 2:00 pm, returning when people are finished shopping. This gives you an option of shopping each week for groceries and other items. **If you are interested in going on the van, let Bob know (241-0919, ext. 120) by 10:00 am each Thursday** so he can know the number of people going and reserve a van.

### Pool

If you want to play pool (that is the game with balls and sticks instead of the swimming kind), contact Irvin Hodgson at 245-0658. He's always ready for a game. The pool table at The Courts is fun to play on.

### Tai Chi classes – twice weekly

With the YMCA we are offering introductory Tai Chi classes **each Thursday day (3, 10, 17, and 24 ) and each Monday (7, 14, 21, and 28) in February at 11:15 am in the W/CC**. Tai Chi promotes internal strength, physically, mentally, emotionally.

(February Activities, continued on p. 4)

(February Activities, continued from p. 3)

### Using the Wii

**Every Friday afternoon from 1:00 to 3:00 pm**, Bob will have the Wii game ready to go, in the W/CC fitness room.

### See you at Village Breakfast (Menus on p. 3)

Join your friends in the large dining room at the Health Care Center and have breakfast together. **We meet on Thursdays at 8:15 am**; the charge is \$4. The dates are **February 3, 10, 17, and 24**. Try eating at noon in the HCC or Courts. Menus for the month of February are on p. 11.

### Friday morning coffees

Take a coffee break and come to **The Courts on Friday mornings at 9:30am--February 4, 11, 18, and 25**. Enjoy the fellowship with our friends there.

### Ground Hog Feed at Inman

(Merlin and Jody Miller)

**We are going to take a van to the Inman St. Peters Church for their annual Ground Hog Feed, Monday, Feb. 7. We will leave the W/CC parking lot at 4:30 pm**. This is an all-you-can-eat family style meal. The cost is \$10/each. The menu is sausage, mashed potatoes & gravy, sauerkraut, apple sauce, corn, rolls, and pie. Call reservations to Jody Miller (241-1292). We will take additional cars if needed.

### 2<sup>nd</sup> Tuesday Coffees – February 8

**Men's and Women's groups – 10:00 am**

**Men:** at the **Health Care Chapel** for visiting, coffee, and an occasional speaker.

**Women:** at **Wellness Center Coffee Shop**,

Pick up your coffee cup, stop by your neighbor's door, then come meet other Village women at the coffee shop for our monthly coffee. In addition to women from the Village, we will be hosting some staff from McPherson College.

Sandra Perkins and Anne Albright will be furnishing treats.

### Red Hatters to meet

(Corky Flood)

**The Red Hat group will lunch at 11:30 am at The Pizza Hut on Wednesday, the 9<sup>th</sup>**. Please let Corky know if you need transportation (phone 241-4005).

### ♥♥ Valentine Musical & Party ♥♥

(Royal and Shirley Eickstadt)

*"Love Makes the World Go 'Round"* is the theme of the Valentine musical and party on **February 11 at 7:00 pm in the W/CC**. We'll reminisce as we sing old love songs as well as songs about God's love for us.

### Special Lunch and Memory Sharing for "Singles": "It Wasn't Funny Then, but Now I Can Laugh"

(Dave and Bonnie Fruth)

Usually Valentine's Day is a day for couples to celebrate. This year we are planning an event for all the folks in the Village who are "single." Come to **W/CC on Monday, Feb. 14 at 12:00 noon**. Bring table service and a dish to pass. If cooking isn't your bag, bring something from the store. You'll have a potluck lunch together, then share funny memories you have from "earlier" years. Maybe you have a kid or grandkid story. Maybe you can relate something funny that happened to you or something you did that still makes you chuckle. Maybe it's a story about your spouse that you can laugh about now, but laughing didn't seem appropriate at the time. This is your special time of fellowship, eating and laughing together. Feel free to bring a friend. Invite your single neighbors. If your spouse is in the nursing home and you are eating alone, please feel free to join this group.

(February Activities, continued on p. 5)

## **Cooking for One or Two?**

**(June and Ed Switzer)**

Do you sometimes feel a little overwhelmed when you prepare that favorite recipe and realize you may be eating it for the next three weeks?! Cooking in smaller amounts can present new challenges!

Marlys Best, a registered dietitian and friend of The Cedars from Buhler, Kansas, is coming to offer assistance! She will provide interesting information on ways to make cooking fun, healthy and special when cooking for just one or two. Marlys will help us renew our enthusiasm for food preparation.

**Come to the Wellness Center at 4:00 pm on Tuesday, February 22<sup>nd</sup>.** Marlys will have “samples” for us to enjoy! What a nice way to celebrate George’s birthday!

## **Documents to be shredded**

If you have documents that need to be shredded, you can bring those to the main Cedars office or Assisted Living on the fourth Wednesday of the month. This would be **Wednesday, February 23<sup>rd</sup>**. They will have a secure box for your documents.

## **Recycling**

**Wednesday, February 23<sup>rd</sup>, will be Recycling Day** at the Village. Bring your recyclables to the trailer, parked in the W/CC parking lot from **8:00 am to noon**.

This has turned out to be a wonderful program that more and more people are getting involved in to help green The Cedars campus. The more we can make our campus eco-friendly, the better off we will be environmentally.

## **Movie Night - Thursday, Feb. 24**

**(Dave and Bonnie Fruth)**

Our movie this month is on **Thursday, Feb. 24 at 7:00** in the Wellness Center and we’ll be watching **“The Ron Clark Story”**.

Ron Clark leaves his stable life teaching at an elementary school in his suburban North Carolina hometown, the school where he is appreciated by both his fellow teachers and his students for his innovative teaching methods which result in raising test scores. Instead, he decides to look for a teaching job at a tough New York inner city school where he feels he can be more useful. He eventually finds a job at Inner Harlem Elementary School, where the students are segregated according to their potential. As Clark is white and “nice” looking, Principal Turner wants to assign him to the honors class, especially as Turner’s job security depends on good test scores. Clark, however, wants to take the most disadvantaged class. He quickly learns that it will be a battle of wills between him and his disruptive students to see who can outlast the other.

Invite your neighbors to come with you. We’ll make some popcorn.

## **Trip to Graphic Design Department at McPherson College - Friday, Feb. 25**

**(Dave and Bonnie Fruth)**

Students have more choices for careers than we did. Our trip this month will help us be more informed about one area --the world of Graphic Design.

We are constantly bombarded with advertising and graphics on TV, billboards, packaging with words and graphics, magazines and books, merchandise of all kinds, and mailings received every day. Someone has to create all those images. Our trip this month will help us learn how those designs are made and the process of creating visual images that surround us.

**On Friday, Feb. 25 we’re taking a trip to McPherson College’s Graphic Design Department.** We’ll be meeting with the Associate Professor and program director.

(February Activities, continued from p. 5)

tor, Dee Erway-Sherwood. She will give us a tour of the department and the lab where students do their work. Dee will explain the software programs the students use. She'll talk about the requirements for finishing a major in Graphic Design. We'll learn about jobs that students may be working in after graduation. We'll get to view some of the work students are currently doing and see some of their finished products.

**We'll meet at W/CC at 10:10 and car-pool.** Following the tour, we'll head for **lunch at Applebees** where you can order on your own. **Please call Dave and Bonnie Fruth (245-0674) by Wed., Feb. 23** so we can let Dee and the restaurant know how many folks to expect and so we can line up drivers. We hope you can go with us on this short in-town trip.

### **Book Club Open to Everyone**

The Village book club will meet on **Monday, Feb., 28 at 3:00 pm** in the **Board Room at the Wellness Center.** If you're not sure where that is, come to the reception desk inside the front door and ask for assistance. Come tell about the book(s) you've been reading. That will whet the appetite of others to read the same one perhaps. It's fun to hear about the different types of books people enjoy. There's no pressure to share if you want to come and listen to get ideas of something you might want to read. Everyone is welcome.

If you haven't looked in the Cedars Library, come to W/CC and see what's offered there. We have a great selection.



Happy memories never wear out.  
Relive them as often as you want.

## Minutes of The Village Council January 17, 2011 Wellness Center Board Room

Present: *Council Members* Betty Stanley, Lois Neher, Norman Knocke, Roger Black, Royal Eickstadt and Jody Miller.

*Administration:* Bob Baldwin

The meeting was called to order by President Betty Stanley. Jody Miller read the minutes of the Council meeting held on December 20th, which were approved as read.

Bob gave the Treasurer's report: there is now \$696.70 in the Village Council Fund. \$269.50 of the fund was used to move the trees that were in undesirable locations to locations more suitable to their size.

Bob also reported that there are now three openings in the Village but he does have parties interested in these openings. He also reported on the pictorial directory. He has done some checking on this and has a local photographer who would be interested in doing this for us, Bob will follow up on this and will also check with McPherson College regarding a student who might be interested in operating the technical equipment for us.

Royal reported on the Activity Committee and there are a number of activities scheduled for February which will be set out in the Village Voice.

The idea of a Welcome Committee was discussed but no decision was made at this time. Jody suggested that jigsaw puzzles be added to the Village Library; approved by the Council.

There was no other new business at this time and the meeting was adjourned by President Stanley. **The next Council meeting will be at 1:30 on February 21 in the Wellness Center Board Room.**

-- Jody Miller, Secretary

February is "Presidents' Month", so . . . .

**A line or two about our nation's First Ladies since 1900**

*Ida McKinley, 1847-1907*

William McKinley's wife was the only first lady to work as bank teller and manager, and successfully urged her husband to retain the Philippines after the Spanish-American War.

*Edith Roosevelt, 1861-1948*

Theodore Roosevelt and his second wife were childhood sweethearts who married after the death of first wife, Alice. Edith joined her husband in the White House upon the assassination of President McKinley.

*Helen "Nellie" Taft, 1861-1943*

William Howard Taft's wife was the 1st first lady to own and drive a car, to ride in her husband's inaugural parade, to support women's suffrage, to publish her memoirs, to smoke cigarettes, and to successfully lobby for safety standards in federal workplaces.

*Ellen Wilson, 1860, 1914*

Woodrow Wilson's first wife was the only professional artist to become first lady. After her death in the White House, her husband married Edith Wilson, a direct descendant of American Indian princess Pocahontas.

*Florence Harding, 1860-1924*

Warren G. Harding's wife was 1st first lady to vote, fly in an airplane, operate a movie camera, own a radio, and invite movie stars to the White House.

*Lou Hoover, 1874-1944*

Herbert Hoover's wife was the first woman to graduate from Stanford Univ. with a geology degree. She also spoke Chinese fluently.

*Eleanor Roosevelt, 1884-1962*

Franklin D. Roosevelt's wife was the 1st first lady to hold regular press conferences, write a daily newspaper column and monthly magazine column and host a weekly radio show.

*Bess Truman, 1885-1982*

Harry S. Truman's wife worked as her husband's salaried Senate aide and never gave an interview as first lady.

*Mamie Eisenhower, 1896-1979*

Dwight Eisenhower's wife appeared in TV commercials when her husband ran for president and enjoyed watching soap operas in the White House.

*Jacqueline Kennedy, 1929-1994*

John Kennedy's wife was the 1st first lady to hire a press secretary and a White House curator.

*Claudia "Lady Bird" Johnson, 1912-2007*

Nicknamed Lady Bird as a child, Lyndon B. Johnson's wife conducted her own campaign for LBJ's election and lobbied for environmental protection.

*Pat Nixon, 1912-1993*

Richard Nixon's wife created White House tours for the blind and deaf, and was the 1st first lady to wear pants in public.

*Betty Ford, 1918-*

Gerald Ford's wife once worked as a professional dancer with the Martha Graham Company. She founded an alcohol and drug treatment center in California that bears her name.

*Rosalynn Carter, 1927-*

Jimmy Carter's wife was the first to have a VCR in the White House and to keep her own office in the East Wing.

*Nancy Reagan, 1921*

Ronald Reagan's wife worked as a professional actress, appearing in movies and in a music video with an anti-drug abuse message.

*Barbara Bush, 1925-*

George H.W. Bush's wife is the 2<sup>nd</sup> first lady to be both the wife and mother of a president, and the only one to write a memoir from her dog's perspective.

*Hillary Clinton, 1947-*

Bill Clinton's wife hosted the first White House webcast, and is the only first lady elected to public office (the U.S. Senate) and to seek the presidency.

*Laura Bush, 1946-*

George W. Bush's wife is the only first lady to give birth to twins, to work as a librarian and substitute for a president in his weekly radio address.

*Michelle Obama, 1964-*

Barack Obama's wife, like her husband, has both a graduate and a juris doctor degree from Harvard. Some of her emphases as first lady have been promoting education, volunteerism, helping military families and working to curb childhood obesity.

## **February 2011**

### **Village Meetings**

Carma and I will be having group meetings on Wednesday, February 16<sup>th</sup>, in the Wellness Center banquet rooms. The first meeting will be at 10:30 am and the second meeting will be at 2:30 pm. Please attend one of these meetings if you can. We usually have a good exchange of ideas and thoughts.

### **Mail Delivery on Icy Days**

With the recent icy weather, I want to remind the Village residents of the option to have your mail picked up and brought to your door. Please call in to the Maintenance phone (241-0946) and leave your name and address with Diane before 1:00 pm. Maintenance will pick up the list at that time and start making the rounds to deliver mail to your door. If you don't happen to be home when they deliver it, they will put it in your door. Please don't take a chance of slipping or falling. Use this service.

## Cedars Café Menu- February

Mon	Tue	Wed	Thu	Fri
January 31	1	2	3	4
	Orange Fluff Chicken Fried Chicken Mashed Potatoes w/ gravy spinach Corn Baked Cod Pecan pie bars	Caesar Salad Lasagna  Italian green Beans Cranberry Chicken Stewed Tomatoes Bread stick Rainbow Cake	Fruit Cocktail Pulled Brisket  Fried Shrimp Dill buttered Red Potatoes green beans Chef's Choice Vegetable 7 layer dessert	3 bean salad Chicken and Noodles  Chopped Pepper steak Mashed Potatoes Grilled Vegetables Wax beans Cherry pie
7	8	9	10	11
Pea Salad Fried Chicken  Lasagna  Mashed Potatoes w/ Gravy  Zucchini Corn Bread pudding	Carrot Raisin Salad Pub battered Cod  Chili  Baked Sweet potato  Vegetable Medley  Banana Cake	Cole Slaw Pasta and Meatballs Sweet and sour Chicken  Garlic bread Italian Blend vegetables Rice Cookie	Cottage Cheese Jell-O Salad  King Ranch Chicken  Pineapple Glazed ham  Green beans  Baked amaretto apples	Applesauce Jell-O Chicken Fried Steak Stuffed Shells w/ Marinara Mashed potatoes w/ Gravy  Grilled vegetables Brussels sprouts Chocolate Pudding
14	15	16	17	18
3 Bean Salad  Egg Rolls Stuffed Ravioli  Steamed rice Vegetable Blend yellow Squash Brownie	Lemon Lime Jell-O Salad  Cilantro Chicken Liver and onions Mashed Potatoes w/ gravy Sautéed Cabbage Broccoli Cookie	Coleslaw  Pepper Steak Pork & Kraut  Buttered penne pasta Broccoli Corn Dinner Roll Cookies & Cream pie	Deviled Eggs  Roasted Brisket Chicken Fritters  Mashed Potatoes Green beans Brussels Sprouts Yeast Roll Fruits of the Forest pie	BLT salad Pasta w/ Italian Meat Sauce Pulled Pork  Wax Beans vegetable medley Bread Stick Root Beer Cake
Presidents Day 21	22	23	24	25
Garden Salad  Swedish Meatballs Beef And Bean Burrito Egg Noodles Stewed tomatoes Vegetable medley Dinner Roll Cherry Chocolate Cake	Cottage Cheese And Peaches  Huntington Chicken Chefs Choice entrée peas Yellow Squash Cookie	Tomato and Mozzarella Salad  Pork loin with gravy Stuffed ravioli Baked Sweet potato Capri Blend vegetable Broccoli & Cauliflower Wheat Bread Dutch Apple Pie	Cucumber Salad lasagna Rolls w/ Meat sauce  Chicken Tetrizzini Creamed Corn Zucchini Lime layer Dessert	Heavenly Mold  Meatloaf Red Beans and Rice Baked Potato Scandinavian Veggies Turnips Mango Cheesecake
28	March 1	March 2	March 3	March 4
Coleslaw Fried Catfish  Meatball Sub Au Gratin Potatoes Broccoli & Cauliflower Harvard Beets Dinner Roll Strawberry Rhubarb pie	Orange Fluff Chicken Fried Chicken Mashed Potatoes w/ gravy spinach Corn Baked Cod Pecan pie bars -	Caesar Salad Lasagna  Italian green Beans Cranberry Chicken Stewed Tomatoes Bread stick Rainbow Cake -	Fruit Cocktail Pulled Brisket  Fried Shrimp Dill buttered Red Potatoes green beans Chef's Choice Vegetable 7 layer dessert -	3 bean salad Chicken and Noodles  Chopped Pepper steak Mashed Potatoes Grilled Vegetables Wax beans Cherry pie -

## FEBRUARY

## CALENDAR

<u>DATE</u>	<u>EVENT</u>
<u>February 1-4</u>	
Tue. 1	6-9:00pm China painting class, S-DUR
Wed.2	<i>Groundhog Day</i>
	9:00am Exercise group, fitness ctr
	10-11:30; 2-4 pm Sew&tie quilts. S-DUR
	10:15am Study Group, Med. Chp; p. 2
Thu. 3	8:15am Village breakfast, HCC; menu-p.3
	9:00am China painting, S-DUR
	11:15am Tai Chi, W/CC
	2:00pm Cedars van to Wal-Mart
Fri. 4	9:00am Exercise group, fitness ctr
	9:30am Coffee at The Courts
	10:30am Just for Laughs, Coffee Shop
	1-3:00pm Wii Games, Exercise Rm., W/CC
	5:45pm Van to First Nighters; details, p.2

February 7-11

Mon.7	9:00am Exercise group, fitness ctr
	10:15am Ready Writers, Med. Chp
	11:15am Tai Chi, W/CC
	4:30pm Van leaves for Inman for for Groundhog supper, p. 4
Tue.8	10:00am Hearing Aids, W/CC
	10:00am Men's Coffee, HCC
	10:00am Women's Coffee, Coffee Shop
	6-9:00pm China painting class, S-DUR
Wed.9	9:00am Exercise group, fitness ctr
	10-11:30am; 2-4pm Sew&tie quilts, S-DU
	10:15am Study Group, Med. Chp; p.2
	11:30am Red Hat Luncheon, Pizza Hut
Thu.10	8:15am Village Breakfast, HCC; menu-p.3
	9:00am China painting, S-DUR
	11:15am Tai Chi, W/CC
	2:00pm Cedars van to Wal-Mart
Fri. 11	9:00am Exercise group, fitness ctr
	9:30am Coffee at The Courts
	10:30am Just for Laughs, Coffee Shop
	1-3:00pm Wii Games, Exercise Rm., W/CC
	7:00pm Valentine Musical, W/CC; p. 4

February 14-18

Mon.14	<i>Valentine's Day</i>
	9:00am Exercise group, fitness ctr
	10:15am Ready Writers, Med. Chp
	11:15am Tai Chi
	noon "Singles" Potluck, W/CC; p.4
Tue.15	noon Village Luncheon
	6-9:00pm China Painting Class, S-DUR

<u>DATE</u>	<u>EVENT</u>
<u>February 14-18 (continued from column 1)</u>	
Wed.16	9:00am Exercise group, fitness ctr
	10-11:30am;2-4pm Sew&tie quilts, S-DUR
	10:15am Study Group; Med. Chp, p. 2
	10:30am Village Group mtg., W/CC OR
	2:30pm " " (details, p. 8)
Thu. 17	8:15am Village Breakfast, HCC; menu-p.3
	9:00am China painting, S-DUR
	11:15am Tai Chi, W/CC
	2:00pm Cedars van to Wal-Mart
Fri.18	9:00am Exercise group, fitness ctr
	9:30am Coffee at The Courts
	10:30am Just for Laughs, Coffee Shop
	1-3:00pm Wii Games, Exercise Rm., W/CC

February 21-25

Mon.21	<i>Presidents' Day</i>
	9:00am Exercise group, fitness ctr
	10:15am Ready Writers, Med. Chp
	11:15am Tai Chi, W/CC
	1:30pm Village Council, W/CC Bd. Rm.
Tue.22	4:00 pm "Cooking for one or two,; p.5
	9:00am China painting class, S-DUR
Wed.23	Document shred., Courts & office, all day
	8am-noon Recycling, W/CC parking lot
	9:00am Exercise group, fitness ctr
	10-11:30am;2-4pm Sew&tie quilts, S-DUR
	10:15am Study Group, Med. Chp; p. 2
Thu.24	8:15am Village Breakfast, HCC, menu-3
	9:00am China Painting, S-DUR
	11:15am Tai Chi, W/CC
	2:00pm Cedars van to Wal-Mart
	7:00pm Movie Night, W/CC; p. 5
Fri.25	9:00am Exercise group, fitness ctr
	9:30am Coffee at The Courts
	10:10am Meet for McPherson College Graphic Arts Tour at W/CC parking lot; details on pp. 5-6.
	10:30am Just for Laughs, Coffee Shop
	11:15am Advocates/Friends, Med. Chp
	1-3:00pm Wii Games, Exercise Rm, W/CC

February 28

Mon.28	9:00am Exercise group, fitness ctr
	10:15am Ready Writers, Med. Chp
	11:15am Tai Chi, W/CC
	3:00pm Book Club, W/CC Bd. Rm