



# RoseWood VILLAGE

ASSISTED LIVING AND MEMORY CARE

500 Greenbrier Drive  
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## February 2026

### Going for the Gold in Milan

In 2026, the Winter Olympics will be hosted in Milan, Italy and will occur from February 6th-22nd. As a result, our monthly theme is **Going for the Gold in Milan!**

Throughout the month, residents will learn about the city of Milan, famous Italian artists, Olympic athletes, and the history of the Olympic games. On February 2nd, residents will explore the games and venues of the Olympics during **Fun Facts about the Winter Olympics in Milan.**

Later that day, residents will experience a virtual tour of Milan. Residents will love making and **eating Fruity Olympic Rings** on February 5th. Then, on February 15th, residents will make an Olympic craft. Throughout the month, residents will view and discuss movies about the Olympics including Miracle, Chariots of Fire, and The Boys in the Boat. *Go for the Gold, Team USA!*

### Watching the Winter Olympics

Americans can watch the 2026 Winter Olympics from Feb. 6-22 on NBC and Peacock, NBC's subscription streaming service. The games are happening in Northern Italy, which is six hours ahead of Eastern Standard Time.

### Celebrating Valentine's

As Valentine's Day approaches, many people look forward to exchanging cards, eating chocolates, and giving or receiving flowers. Yet, how did this holiday begin? According to Encyclopedia Britannica, Valentine's Day may have originated as the Roman festival of Lupercalia, held in mid-February. This festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. Why do we call it *Valentine's Day*? Many people argue it is named after St. Valentine, however, there were at least two Christians named Valentine who were martyred. One of whom is a priest and physician named Valentine, who was martyred about 270 CE during the persecution of Christians by Emperor Claudius II Gothicus. Other narratives identify the holiday's namesake as Valentine, the bishop of Terni, Italy. Regardless of his actual identity, the Catholic church recognizes St. Valentine as the patron saint of lovers. At RoseWood Village, we will be celebrating love and friendship throughout the month of February by making Valentine cards for friends, creating

Valentine stencil art, and hosting a Valentine party with music by Grateful Journey on **February 12th**. Residents will also enjoy receiving Valentines from local high school students at **High School Valentine Visit**. Happy Valentine's Day!

### Laugh Lines: Isn't It Romantic?

Why is Valentine's Day a good day for a party? Because you can party hearty! Join in the holiday fun with these riddles about love in the animal kingdom.

Q: What do you call two birds in love?

A: Tweethearts.

Q: What do owls say to declare their love?

A: "Owl be yours."

Q: What did the bat say to her boyfriend?

A: "You're fun to hang around with."

Q: What do pigs give each other on Feb. 14?

A: Valen-swines.

Q: What did the octopus say to his date?

A: "I want to hold your hand, hand, hand, hand, hand, hand, hand."





## Wit & Wisdom

“A flower cannot blossom without sunshine, and man cannot live without love.”  
—Max Muller

“Love is sharing your popcorn.”  
—Charles Schulz

“We love life, not because we are used to living but because we are used to loving.”  
—Friedrich Nietzsche

“If love is the answer, could you rephrase the question?”  
—Lily Tomlin

“Love isn’t something you find. Love is something that finds you.”  
—Loretta Young

“To love and be loved is to feel the sun from both sides.”  
—David Viscott

“People think love is an emotion. Love is good sense.”  
—Ken Kesey

## Life in the Cottage



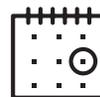
January invited us to slow down and savor the cozy moments. We created a snowy wonderland mural, sipped tea and cocoa, and enjoyed the comforting smells and taste of baked cinnamon apples. Together, we celebrated the New Year by reminiscing about past traditions, favorite memories, and hopes carried forward. As we step into February, we’re looking ahead to the excitement of the Winter Olympics and the warmth of Valentine’s Day. We’ll be whipping up tasty parfaits, creating a cheerful heart garland, and trying out new games together—mixing a little friendly competition with lots of laughter and connection. May the games begin!

## Celebrating Black History Month

Each February, the United States observes Black History Month to honor the achievements of African Americans throughout history. Learn more about the man called the father of Black history, a coal miner turned Harvard-educated historian.

In 1875, Carter G. Woodson was born to two survivors of slavery in Virginia. As a teen, Woodson worked in the local coal mines to help support his family. When he was 20, he started high school, and two years later, he graduated and started teaching high school himself, later earning multiple college degrees, including a doctorate from Harvard.

Woodson wanted the contributions of the heroic Black men and women



## Activities



Hannah, Cottage Program Coordinator, and Cottage resident receiving a stuffed toy for Christmas.

who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created an event to promote Black history during the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country’s bicentennial.





### Fat Tuesday

Mardi Gras, or the last day of Shrovetide, is the final celebration of feasting before the fast of Lent. It originated in Rome as a pagan carnival and spring fertility rite. The first American Mardi Gras was celebrated in 1699, 60 miles south of present-day New Orleans. Today, some of the most well-known parades occur in New Orleans, Brazil, France and Belgium.

### Celebrating Mardi Gras at RoseWood

In 2026, Mardi Gras is on February 17th. In observance of this holiday, residents will enjoy a virtual tour of New Orleans at Mardi Gras. During the tour, residents' senses will be enlivened by views of Mardi Gras floats and the sounds of NOLA jazz. Residents will also learn about the history of Mardi Gras celebrations in the U.S. In addition, on **February 17th**, residents will celebrate Mardi Gras at **A Toast to Mardi Gras**. This event will include mocktail hurricanes, a King's cake, and games. We encourage residents to **wear purple, green, or gold** (Mardi Gras colors) to the party. *Laissez les bons temps rouler!*



### Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

*Germany.* Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

*South Korea.* Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

*Mexico.* The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

*South Africa.* The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

*Peru.* Orchids are the flower of choice for valentines here, since they are native to this South American nation.

*Philippines.* Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.

*Wales.* The Welsh honor their patron saint of love on Jan. 25, St. Dwynwen's Day, and couples often exchange decorative wooden "love spoons," utensils that are ornately carved with symbols of affection.



### BIRTHDAYS



## Happy Birthday

- Marjorie B - Feb 2nd
- Rosmarie S - Feb 8th
- Ruth D - Feb 17th
- Sue V - Feb 26th
- Charles H - Feb 27th



### Resident Spotlight



**Happy 101st Birthday, Charles!** Charles's life will be celebrated at the birthday party on February 26th.



## February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3	4	5	6 USA 	7
8	9	10	11	12 <b>Valentine Party</b> <i>Enjoy a concert by Grateful Journey and sweet treats at 3 pm in the Dining Room!</i>	13 <b>Scenic Drive</b> Please Sign Up at the Front Desk to Attend.	14 
15	16 <b>Presidents Day</b>	17 <b>Mardi Gras</b> Come to a Toast to Mardi Gras at 3 pm on Coastal Cove.	18	19 <b>Concert</b> Enjoy music by Adam Melia at 3 pm in the Dining Room.	20	21
22	23	24 <b>Concert</b> Listen to We Bring the Music at 2 pm in the Dining Room.	25 <b>Concert</b> Enjoy vocalist and guitarist, Jaime Lloyd, at 3 pm in the Dining Room.	26 	27 <b>Trip to Target</b> Please Sign Up at the Front Desk to Attend.	28

# ♥♥ FEBRUARY ♥♥

## Kicking Off 2026 With Josh Urban

On Friday, January 2nd, residents sang, clapped, and danced with DJ Josh Urban as they celebrated the beginning of 2026! They enjoyed sparkling cider or champagne, fruit and cheese, cupcakes, and trivia. Wearing sparkling beads, hats, and eyewear was one of the highlights of the afternoon. Other January highlights included a concert by harpist Vicky Lee, a **Celebrating the Dream Social** to honor Dr. Martin Luther King, Jr, an **Afternoon with the Stars** party, two scenic drives, and the January birthday party. There will be even *more* celebrations and outings to come in February, including a **Valentine Party** with music by Grateful Journey, a **trip to Target**, a **Super Bowl Social**, a **Toast to Mardi Gras**, and a **101st birthday party!** The fun never ends at RoseWood Village! *For more information about life enrichment at RoseWood Village, please contact Michelle Maraffi, Lifestyle Director, at [mmaraffi@springarborliving.com](mailto:mmaraffi@springarborliving.com).*



Assisted living resident at New Year's party