

THE Pecan Ridge Lifestyle



PECAN RIDGE
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY

10025 Anderson Mill Road • Austin, TX 78750 • (512) 487-5243 • www.pecanridgememorycare.com

FEBRUARY 2024

Resident of the Month



Lucille Freman is the most amazing woman that Pecan Ridge has had the pleasure of meeting! She is so enthused to try new things! Her humor and sarcasm bring excitement and spunk to this community! There will never be a dull moment when Ms. Lucy is

around! Lucy takes pride in her motherhood and even expressed that her biggest accomplishment was having her children! Thank you so much for being an inspiration to the residents in this community. Congratulations, Lucy!



Love Is All Around

"When you put love out in the world, it travels, and it can touch people and reach people in ways that we never even expected." —Laverne Cox



Jerry loves his bird house!

Valentine's Day Treat

Conversation hearts, also known as candy hearts or Sweethearts, date back to the late 1800s when Oliver Chase and his brother Daniel created the sugary treats. They used vegetable dye to print words on what were originally scallop-shaped confections. Phrases were much longer then, with sayings such as "Married in white, you have chosen right" and "How long shall I have to wait? Please be considerate." In 1902, the famous heart shape appeared and simpler prints came out, like the familiar "Be Mine" or "Kiss Me."



FEBRUARY
2024

Sweet Scrub

This do-it-yourself sugar scrub makes a sweet Valentine’s Day gift for a friend—or yourself!

Materials:

- 1/2 cup coconut oil
- Microwave-safe glass bowl
- 1 1/2 cups white sugar
- Red food coloring
- Essential oil of your choice (optional)
- Spoon
- Glass jar with lid

Directions:

To soften the coconut oil, place in bowl and microwave for 15 seconds. Remove bowl from microwave. Add sugar and 5 drops of food coloring. If desired, add 5 to 10 drops of essential oil for fragrance. Stir mixture with spoon, then transfer to glass jar. The sugar scrub can be stored for several months. Use it as a body scrub during bath time, or keep it at the sink to help exfoliate and moisturize dry hands and elbows.

Love Stories

Many readers go head over heels for romance novels. The genre attracts about \$1 billion in national book sales each year.

“Connecting our hearts through love yields a nectar so sweet we are forever full.”
—Amy Leigh Mercree

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Freedom Day 9:30 Morning Stretch 🔄 10:00 Devotions 📖 11:00 Daily Chronicle 📖 1:30 Aroma Therapy ♥ 2:30 Wheel Of Fortune! 🎰 3:30 Poem Club! ♥	Groundhog Day 9:30 Zumba 🔄 10:15 Chronicles 📖 11:00 Nail And Spa Day ♥ 1:30 Dance Club 🔄 2:30 Arts And Crafts 🧩 3:30 Karaoke Happy Hour 🎵	Half Winter Day 9:30 Morning Yoga 🔄 10:00 Coffee Social ☕ 10:30 Indoor Mini Golfing ♥ 11:00 Daily Chronicle 📖 1:30 Arts And Crafts 🧩 2:30 Pecan Ridge Music Club 🎵 3:30 Bingo ♥
World Cancer Day 4 9:30 Sunday Worship Music 🎵 10:00 Church Service 📖 11:00 Daily Chronicle 📖 1:30 Board Game Workshops 🎲 2:30 Pool Noodle Balloon Toss 3:30 Comedy Hour ♥	Make-Believe Day 5 9:30 Walking Club! 🔄 10:00 Bowling 🔄 11:00 Daily Chronicle 📖 1:30 Bingo ♥ 2:30 Lifelong Learning ♥ 3:00 Movie And Popcorn ♥ 3:30 Manicure Monday (All Day)	Chopsticks Day 6 9:30 Morning Yoga 🔄 9:30 Pet Therapy Pet Pals 🐾 10:30 Pastor Bob Sermon 11:00 Daily Chronicle 📖 1:30 Afternoon Trivia 📖 2:30 Ice Cream Social ♥ 3:30 Sing Along/ Finish That lyric 🎵	Wiser Now Wednesday 7 9:15 Tai Chi W/Ayumi 🔄 10:00 Liz And Children 🎵 11:00 Daily Chronicle 📖 1:30 Lifelong Learning 📖 2:30 Story Time ♥ 3:30 Acting Club 🧐	Boy Scouts Day 8 9:30 Morning Stretch 🔄 10:00 Devotions 📖 11:00 Daily Chronicle 📖 1:30 Aroma Therapy ♥ 2:30 Indoor Soccer 🔄 3:30 Poem Club! ♥	Chocolate Kiss Day 9 9:30 Zumba 🔄 10:15 Chronicles 📖 11:00 Nail And Spa Day ♥ 1:30 Dance Club 🔄 2:30 Arts And Crafts 🧩 3:30 Karaoke Happy Hour 🎵	Heart-2-Heart Day 10 9:30 Morning Yoga 🔄 10:00 Coffee Social ☕ 10:30 Indoor Mini Golfing ♥ 11:00 Daily Chronicle 📖 1:30 Arts And Crafts 🧩 2:30 Pecan Ridge Music Club 🎵 3:30 Bingo ♥
Super Bowl Sunday 11 9:30 Sunday Worship Music 🎵 10:00 Church Service 📖 11:00 Daily Chronicle 📖 1:30 Board Game Workshops 🎲 2:30 Pool Noodle Balloon Toss 3:30 Truth Or Dare ♥	Shrove Monday 12 9:30 Walking Club! 🔄 10:00 Bowling 🔄 11:00 Daily Chronicle 📖 1:30 Bingo ♥ 2:30 Lifelong Learning ♥ 3:00 Movie And Popcorn ♥ 3:30 Manicure Monday (All Day)	Mardi Gras 13 9:30 Morning Yoga 🔄 10:30 Pastor Bob Sermon 11:00 Daily Chronicle 📖 1:30 Masquerade ♥ 2:30 Ice Cream Social ♥ 3:30 Sing Along/ Finish That lyric 🎵	Valentine's Day 14 9:30 Chair Dance Exercise! 🔄 10:00 Liz And Children 🎵 11:00 Daily Chronicle 📖 1:30 Lifelong Learning 📖 2:30 Senior Prom! ♥ 3:30 Acting Club 🧐	National Hippo Day 15 9:30 Morning Stretch 🔄 10:00 Devotions 📖 11:00 Daily Chronicle 📖 1:30 Aroma Therapy ♥ 2:30 Volleyball 🔄 3:30 Poem Club! ♥	Girl Scout Cookie Day 16 9:30 Zumba 🔄 10:15 Chronicles 📖 11:00 Nail And Spa Day ♥ 1:30 Dance Club 🔄 2:30 Arts And Crafts 🧩 3:30 Karaoke Happy Hour 🎵	Snack Food Saturday 17 9:30 Morning Yoga 🔄 10:00 Coffee Social ☕ 10:30 Indoor Mini Golfing ♥ 11:00 Daily Chronicle 📖 1:30 Arts And Crafts 🧩 2:30 Pecan Ridge Music Club 🎵 3:30 Bingo ♥
NASCAR Day 18 9:30 Sunday Worship Music 🎵 10:00 Church Service 📖 11:00 Daily Chronicle 📖 1:30 Board Game Workshops 🎲 2:30 Pool Noodle Balloon Toss 3:30 21 Questions ♥	Presidents Day 19 9:30 Walking Club! 🔄 10:00 Bowling 🔄 11:00 Daily Chronicle 📖 1:30 Bingo ♥ 2:30 Lifelong Learning ♥ 3:00 Movie And Popcorn ♥ 3:30 Manicure Monday (All Day)	Love Your Pet Day 20 9:30 Morning Yoga 🔄 9:30 Pet Therapy Pet Pals 🐾 10:30 Pastor Bob Sermon 11:00 Daily Chronicle 📖 1:30 Afternoon Trivia 📖 2:30 Ice Cream Social ♥ 3:30 Sing Along/ Finish That lyric 🎵	Sticky Bun Day 21 9:30 Chair Dance Exercise! 🔄 10:00 Liz And Children 🎵 11:00 Daily Chronicle 📖 1:30 Lifelong Learning 📖 2:30 Black History Month Celebration! ♥ 3:30 Acting Club 🧐	Margarita Day 22 9:30 Morning Stretch 🔄 10:00 Devotions 📖 11:00 Daily Chronicle 📖 1:30 Aroma Therapy ♥ 2:30 Men’s Wood Workshop ♥ 3:30 Poem Club! ♥	Flipping for Flapjacks Friday 23 9:30 Zumba 🔄 10:15 Chronicles 📖 11:00 Nail And Spa Day ♥ 1:30 Dance Club 🔄 2:30 Arts And Crafts 🧩 3:30 Karaoke Happy Hour 🎵	Mexican Flag Day 24 9:30 Morning Yoga 🔄 10:00 Coffee Social ☕ 10:30 Indoor Mini Golfing ♥ 11:00 Daily Chronicle 📖 1:30 Arts And Crafts 🧩 2:30 Pecan Ridge Music Club 🎵 3:30 Bingo ♥
Submarine Day 25 9:30 Sunday Worship Music 🎵 10:00 Church Service 📖 11:00 Daily Chronicle 📖 1:30 Board Game Workshops 🎲 2:30 Pool Noodle Balloon Toss 3:30 Comedy Hour ♥	National Cupcake Day 26 9:30 Walking Club! 🔄 10:00 Bowling 🔄 11:00 Daily Chronicle 📖 1:30 Bingo ♥ 2:30 Lifelong Learning ♥ 3:00 Movie And Popcorn ♥ 3:30 Manicure Monday (All Day)	Rodeo Day 27 9:30 Morning Yoga 🔄 10:30 Pastor Bob Sermon 11:00 Daily Chronicle 📖 1:30 Afternoon Trivia 📖 2:30 Ice Cream Social ♥ 3:30 Sing Along/ Finish That lyric 🎵	Fasching 28 9:30 Chair Dance Exercise! 🔄 10:00 Liz And Children 🎵 11:00 Daily Chronicle 📖 1:30 Lifelong Learning 📖 2:30 Story Time ♥ 3:30 Acting Club 🧐	Leap Day 29 9:30 Morning Stretch 🔄 10:00 Devotions 📖 11:00 Daily Chronicle 📖 1:30 Aroma Therapy ♥ 2:30 Ring Toss 🔄 3:30 Poem Club! ♥	 	



Mozelle and Margie loving life!

Happy Groundhog Day!

Every Feb. 2, we look to one of nature's critters to answer an important question: How long until spring arrives?

The tradition behind the holiday we know as Groundhog Day is actually several hundred years old. In Europe, people would gather for a festival marking the halfway point of winter. If it was a cloudy day, they predicted that spring would arrive soon. But if the sun was out, they believed many more weeks of cold weather were still to come.

Eventually, folks in Germany added their own spin to the legend, saying that burrowing animals like badgers and hedgehogs could predict the weather. If these critters emerged from underground during the midwinter festival and saw their shadow, then they would be spooked back into their homes, signaling that it was a long wait to spring.

When German immigrants settled in North America, they brought this seasonal celebration with them, changing the tradition to include a groundhog, which was more common in their new country.

Whether the groundhog sees his shadow or not, Groundhog Day is a fun holiday to celebrate! Here are some fun facts about groundhogs to share with your family and friends.

- Groundhogs are also called woodchucks and whistle-pigs.
- They're members of the squirrel family, which also includes chipmunks and prairie dogs.
- They live throughout the U.S. and Canada.
- Their burrows can be up to 50 feet long, and about 5 feet deep.
- Groundhogs hibernate from October to March, but of course they sneak a peek outside on Groundhog Day!



Meet our Awesome Staff!

Domingo Medina
Executive Director
LVN Faridhai Villanueva
Director of Assisted Living
Annel Quesada
Sales Director
Bennie Dewberry Jr., CEC
Dining Director
Faridhai Villanueva
Human Resources Assistant
Kevin Farr
Maintenance Director
Aneva McDaniel
Activity Director

Employee of the Month



Simon is one of the most dedicated, hardworking individuals! His

work ethics inspire this community and shows his love for humanity! Simon has been doing this work for 27 years! He has a passion for people and exemplifies true integrity! In his spare time, he enjoys doing woodworking and spending time with his family! We want to honor you this month. Congratulations, Simon!



A Punny Month

Q: Does February like March?

A: No, but April May!