



Lexington Estate

at Buchanan County Health Center

CELEBRATING FEBRUARY

5TH- LIVE MUSIC

9TH- DJ CLAY WILLIE

12TH- RON LUBBERS LIVE

13TH- BONNIE AND SINGERS

14TH- VALENTINES DAY

16TH- JONATHAN MAY MAGIC SHOW

17TH- DAVE WIRTZ LIVE


19TH- PIANO WITH DAVE P.

20TH- CASINO & SOUTHTOWN BAR & GRILL

23RD- DJ CLAY WILLIE

26TH- BUTTERMILK

29TH- AUGUST GREEN STORYTELLING



**View our activities calendar to see what we're
up to this month!**

February Staff Spotlight

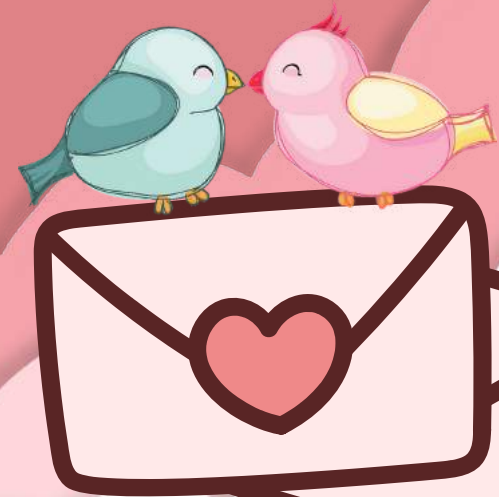
- I'VE WORKED IN HEALTH CARE, BEFORE COMING TO LEXINGTON, FOR A COUPLE YEARS
- I'M GOING TO SCHOOL FOR NURSING
- I HAVE ONE SON WHO IS CURRENTLY 9 MONTHS OLD AND IS MY WHOLE WORLD!!!!
- I LOVE SHOPPING AND COFFEE
- I BOUGHT MY FIRST HOUSE IN INDEE IN 2022!
- MY FAVORITE FOOD IS SUSHI, I LOVE TRYING NEW FOODS!



EMILY WILLIAMS
CNA

REMINDERS

OUTINGS ARE MARKED ON THE CALENDAR OFTEN IN A DIFFERENT COLOR. PLEASE NOTE OUTSIDE ACTIVITIES ARE WEATHER PENDING.



JANUARY HIGHLIGHTS





Dress smart for cold weather!

Please take an inventory of your closets for upcoming winter weather gear. Even if you don't plan to go out, there may be times when a dr. appointment or other outing is necessary.

A warm winter coat is a must!

It's a good idea for seniors to get out for some fresh air when possible, layered loose-fitting clothing and water-proof gloves or mittens are best. Wearing a hat & scarf protects against heat loss, as close to half of body heat is lost through the head.

We plan to go out in the winter months but will limit how far we travel, as well as cancel if temperatures are below zero or weather forecasts indicate winter storms.

Delightful Cherry Pie Bars

Ingredients:

- Cooking spray
- 1 cup butter, room temperature
- 2 cups sugar
- 4 eggs
- 1 1/2 teaspoons vanilla extract, divided
- 3/4 teaspoon almond extract, divided
- 3 cups flour
- 1 teaspoon salt
- 1 (21-ounce) can cherry pie filling
- 1 cup powdered sugar
- 2 tablespoons milk



Directions

1. Preheat oven to 350°F. Spray a 9 X 13-inch baking dish with cooking spray.
2. Cream butter and sugar together in a medium bowl. Beat in eggs, 1 teaspoon vanilla extract, and 1/4 teaspoon almond extract.
3. Combine flour and salt in a large bowl. Stir in creamed mixture until well incorporated.
4. Scoop 3 cups of the mixture into the bottom of the prepared baking dish, spreading evenly.
5. Cover the bottom layer evenly with pie filling. Drop tablespoonfuls of remaining batter on top of the pie filling.
6. Bake 30–35 minutes. Allow to cool on a cooling rack.
7. Combine powdered sugar, 1/2 teaspoon vanilla extract, 1/2 teaspoon almond extract, and milk in a small bowl. Drizzle glaze over the bars.
8. Cut and serve.

Makes 32 servings



FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
Local Radio Channel 95.3 Crafting with Girl Scouts 2pm	9:30-10am Senior Fitness 10am-11am Coffee Talk 3pm Airways Live	9:30-10am Cross Words 10:00 Cookies 10:30 Readers Circle 11:30 Take Out 1:30 Trivia Time	9:30 Catholic Mass 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	9:00 Manicures 10:30-11am Devotional 1:30 Have a Heart Game	9:30 Senior Fitness 10:00 Virtual Church 10:30 Catholic Communion 1:30pm PJs and Pancakes Party Groundhog Day	Independent Activities Independent Activities
4	5	6	7	8	9	10
Local Radio Channel 95.3	9:30-10am Senior Fitness 10am-11am Coffee Talk 1:30 Ron Lubbers Live	9:30-10am Chair Yoga 10:00 Cookies 10:30 Readers Circle 1:30 Making Valentines 4:45-5:15 Piano with Bonnie & Singers	9:30 Catholic Mass 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	9:00 Manicures 10:30-11am Devotional 1:30 Play More Mind Games Day	9:30 Senior Fitness 10:00 Sensory Group 10:30 Catholic Communion 1:30 DJ Clay White	Independent Activities Independent Activities
11	12	13	14	15	16	17
Local Radio Channel 95.3 Super Bowl on TV 5:30pm	9:30-10am Senior Fitness 10am-11am Coffee Talk 1:30 Ron Lubbers Live	9:30-10am Chair Yoga 10:00 Cookies 10:30 Readers Circle 1:30 Making Valentines 4:45-5:15 Piano with Bonnie & Singers	9:30 Senior Fitness 11:30 What's in the News 1:30 Bingo & Valentines Day Party! 3:00 Birthday Cake	9:00 Manicures 10:30-11am Devotional 11:00 Lutheran Communion 1:30 Play More Mind Games Day	9:30 Senior Fitness 10:00 Virtual Church 10:30 Catholic Communion 3:30 Jonathan May Magic Show!	11:30 Music with Dave Chinese New Year
18	19	20	21	22	23	24
Local Radio Channel 95.3	9:30-10am Senior Fitness 10am-11am Coffee Talk 2:00 Piano with Dave P.	9:30-10 Treat Making 10:30 Readers Circle 11:30 Load the bus 12:00 Southtown Bar & Grill 1:00 Casino	9:30 Senior Fitness 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	9:00 Manicures 10:30-11am Devotional 1:30 Chain Store Day	9:30 Senior Fitness 10:00 Sensory Group 10:30 Catholic Communion 1:30 DJ Clay White	Independent Activities Independent Activities
25	26	27	28	29	30	31
Local Radio Channel 95.3	9:30-10 Senior Fitness 10am-11am Coffee Talk 11:30 Load the bus 12:00 Lunch at Buttermilk	9:30-10 am Chair Yoga 10:30 Resident Council 1:30 Amy's Craft	9:30 Senior Fitness 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour	9:00 Manicures 10:30-11am Devotional 1:30 Storytelling with August Green 2:15pm Retirement for Beeky! 12 years!	9:30 Senior Fitness 10:00 Virtual Church 10:30 Catholic Communion 1:30pm PJs and Pancakes Party	Activities are always subject to change.

Please contact Katelyn with any questions or concerns. Cell # 319-429-1048

THE FLU AND COLD SEASON

Buchanan County Health Center would like to stress that if you're not feeling well or have been exposed to the flu, COVID, etc., Please **DO NOT** come to visit your family member until you are healthy.

When visiting, please use the hand sanitizer (all resident rooms are equipped with sanitizers at the door) upon arrival and before you leave.

This protects you and our residents.

Proper hand washing is the best defense against infections.



“Reader’s Circle”

Tuesday Mornings Activity

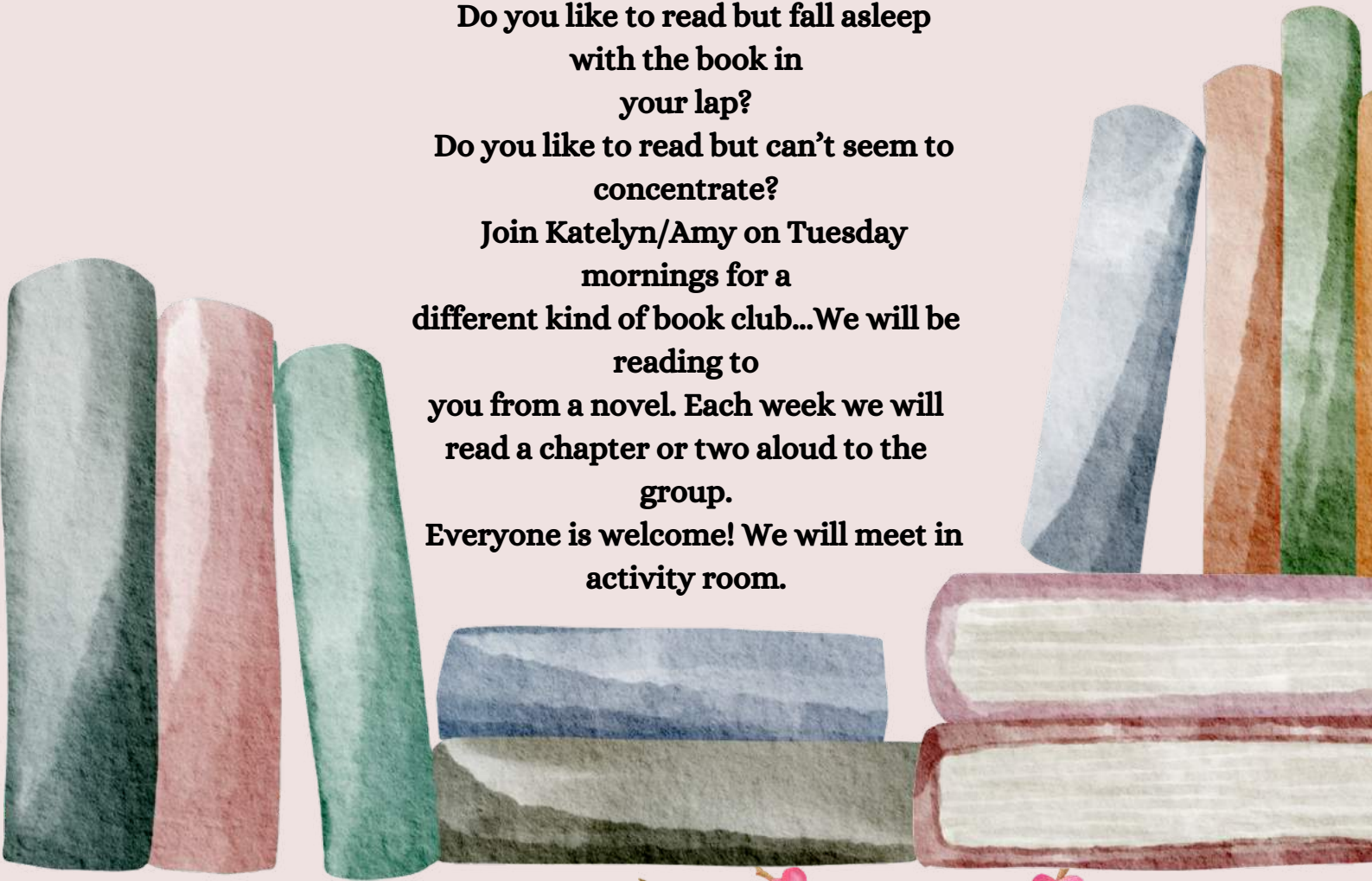
10:30 am

**Do you like to read but fall asleep
with the book in
your lap?**

**Do you like to read but can’t seem to
concentrate?**

**Join Katelyn/Amy on Tuesday
mornings for a
different kind of book club...We will be
reading to
you from a novel. Each week we will
read a chapter or two aloud to the
group.**

**Everyone is welcome! We will meet in
activity room.**



*Happy
Valentine's
Day*



Calling all Cupids!

Send Valentine's Day wishes to the residents of Lexington Estate!

We'll play postman to our 39 residents
and deliver your valentines!
No need to personally address.

Please deliver to Lexington Estate
between February 9th - February 14th.



Lexington Estate
at Buchanan County Health Center

We have a puzzle table out in the activity room! Please feel free to put pieces in and help complete the puzzle!



February Is Here
February starts with Ground Hog's Day
Will winter go or is it here to stay?
Will the days be bright, or will they be grey?
No turkey, no Christmas carols singing,
No New Year's bells now ringing.
We will have two birthdays, Lincoln and George Washington
We honor them for all the things they have done.
And we have Valentine's Day to brighten up the times.
With gifts of candy and flowers and cards with loving rhymes.
There are still some folks who love sliding down snowy hills,
But most stay at their jobs to pay those big fuel bills.
Maybe, things will be better when this month is done,
And we can look ahead for more time in the sun.

-Leonard

Happy
BIRTHDAY
EILEEN

Feb. 23rd



Happy Retirement!
We will miss you
so much Becky!

MAY YOU BE PROUD OF THE WORK
YOU DID. THE PERSON YOU ARE.
AND THE DIFFERENCE YOU HAVE
MADE.

