



FOUNTAINS

of FRANKLIN

300 Celebration Circle • Franklin, TN 37067
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Grab a Window Seat

February is National Bird-Feeding Month. Fill your feeders and watch what happens!

February 2025

Tart Is Smart







National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.



Think Warm Thoughts

Reminiscing about heartwarming memories can actually make us feel warmer. Researchers found that when people focused on remembering a nostalgic event from their lives versus an ordinary memory, they were better able to tolerate the cold and perceived a room's temperature to be higher than it was.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|--|
|  |  |  | February Birthdays/Anniversary 2/2 Jessica Huesmann 2/2 Helen McCaleb 2/5 Berdie Cox 2/9 Margaret Huesmann 2/14 Gladys Belew 2/16 Diane Dublin Happy Anniversary 2/25 TK & Subadra Subramanian |  |  | 1 10:00 CR Chicken Foot 10:00 GR Manipulation 2:00 CR Quarter Bingo |
| 2 1:30 CR Church of the Advent Episcopal Church-CR Everyone Welcome | 3 9:00 CR Morning Melodies 9:30 CR Chair Dance 10:00 GR Rummikub 2:00 CR Quarter Bingo | 4 9:00 CR Morning Melodies 9:30 B Doctor Appts. 9:30 CR Have a Ball Exercise 10:15 DR Men's Coffee & Donuts 10:15 GR Sisterhood Fellowship-GR 2:00 B Country Drive-B 3:15 CR Stretch with Sarah | 5 9:00 CR Morning Melodies 9:30 CR Fit & Fun Exercise 10:30 GR Card Committee 10:30 GR Card Committee 11:00 CR Catholic Communion Service 2:00 CR Prize Bingo 3:00 LB Coffee & Conversation | 6 9:00 CR Morning Melodies 9:30 CR Have a Ball Exercise 10:15 B Dollar General 3:00 DR Social Hour-Ross Moore | 7 8:00 GR WAKM Radio Show 9:00 CR Morning Melodies 9:30 CR Fit & Fun Exercise 10:00 GR Rummikub 10:30 CR Art with Janay 12:00 CR 12:00 Football Frenzy Winners Lunch 2:00 GR Friday Movie-'Love Come Back' Doris Day & Rock Hudson | 8 10:00 CR Chicken Foot 10:00 GR Manipulation 2:00 CR Quarter Bingo |
| 9 Super Bowl Sunday 1:30 CR Church of Christ-Everyone Welcome | 10 9:00 CR Morning Melodies 9:30 CR Chair Dance 10:00 GR Rummikub 2:00 CR Quarter Bingo | 11 9:00 CR Morning Melodies 9:30 B Doctor Appts. 9:30 CR Have a Ball Exercise 10:15 DR Men's Coffee & Donuts 10:15 GR Sisterhood Fellowship-GR 2:00 B Country Drive-B 2:15 CR Eye glasses cleaning/adjustment 3:15 CR Stretch with Sarah | 12 9:00 CR Morning Melodies 9:30 CR Fit & Fun Exercise 10:30 GR Card Committee 11:00 CR Catholic Communion Service 2:00 CR Quarter Bingo 3:00 LB Coffee & Conversation | 13 9:00 CR Morning Melodies 9:30 CR Have a Ball Exercise 10:15 B Publix/Walgreens 2:00 CR Silent Movie-Brian Hanson | 14 VALENTINE'S DAY 9:00 CR Morning Melodies 9:30 CR Fit & Fun Exercise 10:00 GR Rummikub 10:45 B Out to Lunch-Cheddar's 2:00 CR Valentine's Social & Slideshow | 15 10:00 CR Chicken Foot 10:00 GR Manipulation 2:00 CR Quarter Bingo |
| 16 1:30 CR Franklin First Methodist Church-Everyone Welcome | 17 Presidents Day 9:00 CR Morning Melodies 9:30 CR Chair Dance 10:00 GR Rummikub 2:00 CR Quarter Bingo 4:00 GR Wine Tasting Club | 18 9:00 CR Morning Melodies 9:30 B Doctor Appts. 9:30 CR Have a Ball Exercise 10:15 DR Men's Coffee & Donuts 10:15 GR Sisterhood Fellowship-GR 2:00 B Country Drive-B 3:15 CR Stretch with Sarah | 19 9:00 CR Morning Melodies 9:30 CR Fit & Fun Exercise 10:30 GR Card Committee 11:00 CR Catholic Communion Service 1:00 DR Resident Council Meeting 2:00 CR Prize Bingo 3:00 LB Coffee & Conversation | 20 9:00 CR Morning Melodies 9:30 CR Have a Ball Exercise 10:15 B Shop-Graceworks 3:00 DR Social Hour-Paul Aldrich | 21 9:00 CR Morning Melodies 9:30 CR Fit & Fun Exercise 10:00 GR Rummikub 1:30 FL Book Club Meeting 3:00 CR Birthday Club Social | 22 10:00 CR Chicken Foot 10:00 GR Manipulation 2:00 CR Quarter Bingo |
| 23 1:30 CR Trinity Baptist Church-Everyone Welcome | 24 9:00 CR Morning Melodies 9:30 CR Chair Dance 10:00 GR Rummikub 2:00 CR Quarter Bingo | 25 9:00 CR Morning Melodies 9:30 B Doctor Appts. 9:30 CR Have a Ball Exercise 10:15 DR Men's Coffee & Donuts 10:15 GR Sisterhood Fellowship-GR 2:00 B Country Drive-B 3:15 CR Stretch with Sarah | 26 9:00 CR Morning Melodies 9:30 CR Fit & Fun Exercise 10:30 GR Card Committee 11:00 CR Catholic Communion Service 2:00 CR Quarter Bingo 3:00 LB Coffee & Conversation | 27 9:00 CR Morning Melodies 9:30 CR Have a Ball Exercise 10:15 B Shop- Dollar Tree 1:45 B Going Bowling | 28 9:00 CR Morning Melodies 9:30 CR Fit & Fun Exercise 10:00 GR Rummikub 12:00 DR Villa Residents' lunch 2:00 DR Social Hour-Nashville Opera-When Marian Sang |  |



Word Search
February

- Arrow
- Candy
- Card
- Cupid
- February
- Flowers
- Friends
- Groundhog
- Heart
- Hug
- Kiss
- Love
- Red
- Roses
- Sweet
- Valentine

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