

Four Seasons Newsletter

Four Seasons • 3009 Lilac Lane • Sioux City, Iowa 51106 • (712) 253 1600



GRANDMA

The doctor that had been seeing an 80-year-old woman for most of her life finally retired. At her next checkup, the new doctor asked her to bring a list of all the medicines that had been prescribed to her. As the doctor was looking through these, his eyes grew wide as he realized Grandma had a prescription for birth control pills. “Mrs. Smith, do you realize these are BIRTH CONTROL PILLS?” “Yes”, she said, “They help me sleep at night.” “Mrs. Smith, I assure you there is absolutely NOTHING in these that could possibly help you sleep.” She reached out and patted the young Doctor’s knee, “Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16-year-old granddaughter drinks, and believe me, it definitely helps me sleep at night.”

PASSING THE BLAME (How the world works today)

If a man cuts his finger off while slicing salami at work, blame the restaurant. Smoke 3 packs a day for 40 years and die of lung cancer. Blame the tobacco company. IF your neighbor crashes into a tree while driving home drunk, he blames the bartender. If children are brats without manners, blame television. If your friend is shot by a deranged madman, blame the gun manufacturer. And if a crazed person breaks into the cockpit and tries to kill the pilot at 35,000 feet and the passengers kill him instead, the mother of the crazed deceased blames the airline. So, if I die while I’m parked in front of the computer, I want all of you to blame Bill Gates.

WISE ITALIAN GRANDFATHER

An old Italian man in Brooklyn is dying. He calls his grandson to his bedside, “Guido, I wan’ you lissina me. I wan’ you to take-a my chrome plated. 38 revolver so you will always remember me.” “But, Grandpa, I really don’t like guns. How about you leave me your Rolex watch instead?” “You lissna me, boy! Somma day you gonna be runna da business, you gonna have a beautiful wife, lotsa money, a biga home and maybe a couple of bambinos. Somma day you gonna come-a home and maybe finda you wife inna bed with another man. Whatta you gonna do then—point at your watch and say times up?”



Celebrating February

Love the Bus Month

Mend a Broken Heart Month

Spunky Old Broads Month

National Freedom Day
February 1

Groundhog Day
February 2

National Wear Red Day
February 2

Shrove Tuesday/Mardi Gras
February 13

Valentine’s Day
February 14

President’s Day
February 19

From Four Seasons Desk

Please join us on Wednesdays for Game day and social hour; we will be providing snacks and drinks for your enjoyment.

If there are any other activities you would like to see take place, please let us know so we can get a schedule set up.

We still have some empty apartments, so if you know of anyone who is talking about down-sizing, make sure you mention Four Seasons! Remember that good friends make good neighbors!

Thank you!
Josh Taylor

February Activities

THURSDAY, February 7th: Coffee and Donuts at 8:30 a.m.

THURSDAY, February 14th: Potluck at 12:00 p.m.

WEDNESDAY, February 21st: Birthday Party and BINGO

Games and Social hour Every Wednesday 1-3

Every Week: (Except on Holidays or Special Occasions)

Mondays: 10:15 Exercise Class
10:45 Bible Study

Wednesday: 10:15 Exercise Class

Fridays: 8:00 – Grocery Bus
10:15 Exercise Class

February Birthdays!



Julie Black
Shirley Anderson
Marilyn Ahlquist
Anna Hoover
Sharon Junge & Maxine Johnston

Cakes: Sherrie Chmelka and Sue Schmedinghoff
Kitchen: Volunteers

Health Hints with Kelly!

Topic: Never Too Old to Start Weight Training

How much belly fat is too much?

If your waist circumference is under 35 inches (under 40 inches for a man), give yourself a clean bill of belly health.

Having a bigger can pave the way for bigger health problems. That's because, underneath the "muffin top" layer of subcutaneous fat lies potentially deadly visceral fat, which surrounds your organs and pushes against your abdominal wall. "Visceral fat produces chemicals that create harmful inflammation in the body, increasing your risk of cancer, heart disease, and diabetes," says Scott Isaacs, MD, a clinical instructor of medicine at Emory University School of Medicine in Atlanta and the author of *Hormonal Balance*. The good news: Whittling your waist a mere 2 inches is enough to take you out of the danger zone.

The 10-pound advantage

Do not interpret this as permission to gorge on cookies, but after evaluating data from more than 9,000 adults ages 70 to 75, researchers learned that overweight individuals (people with a BMI of 25 to 29.9 also had the lowest mortality rate -13% lower than normal-weight folks). "Being overweight when you're older male, provide a nutritional reserve or buffer when you get sick," says study coauthor Leon Flicker, PhD, of the Western Australian Centre for Health and Ageing.

I love your Healthy Hearts and Strong Muscles!!!!

Happy Valentine's Day!

XOXOXOXOXO Kelly

