


THE Courtyards *Lifestyle*

COURTYARDS
OF ODESSA

Like Us!  

ASSISTED LIVING & MEMORY CARE COMMUNITY
201 Parks Village Drive · Odessa, TX 79765 · (432) 348-8047

A MESSAGE FROM KASANDRA

As we embrace the second month of the year, I wanted to take a moment to send you all a message of positivity, inspiration and hope. Let us come together as a community to create a month filled with compassion, understanding and appreciation. Let us extend love and kindness not only to our loved ones, but also to our neighbors, friends and even strangers. Small acts of kindness can have a ripple effect, brightening someone's day and fostering a sense of connection. Whether it's a warm smile, a kind word or a thoughtful gesture, let us make this month a time of spreading love and joy.



Super Bowl LVIII

Scheduled to be played on February 11, 2024, at Allegiant Stadium in Paradise, Nevada, Sunday is sure to be loads of fun this year! Prepare your favorite snacks, clear your schedule and safely enjoy the big game.

FEBRUARY 2024



Our Management Team
Executive Dir. KaSandra L.
Marketing Dir. Atriza K.
Director Of Dining Tommy C.
Activity Dir. Joni R.
Wellness Dir. Kara H.
Admin Assistant Marisol C.



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

COURTYARDS OF ODESSA

FEBRUARY 2024

Sending a Message

Millions of tokens and expressions of love will be exchanged on Feb. 14.

- Consider:
- 110 million roses, the majority red, will be sold within a three-day time period.
 - 1 billion Valentine’s Day cards are exchanged each year.
 - About 50 percent of cards are sold the week of the holiday, the largest and most elaborate cards sold in the final 48 hours.
 - Teachers will receive the most Valentine’s Day cards, followed by children, mothers, wives, and then, sweethearts. Children ages 6 to 10 exchange about 650 million valentines.
 - In 1866, candy manufacturer NECCO made the first “Conversation Hearts.” Every year, 8 billion of these little candies are sold between Jan. 1 and Feb. 14.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:00 Breakfast 9:30 Morning Workout 10:30 Silver Sneakers Club 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Movie and Popcorn 5:00 Dinner	2 Groundhog Day 7:00 Breakfast 9:30 Morning Workout 9:30 Walmart Outing 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Board Games W/ Friends 5:00 Dinner	3 National Carrot Cake Day 7:00 Breakfast 9:30 Morning Workout 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 2:30 Sweet Creations 5:00 Dinner
4 World Cancer Day 7:00 Breakfast 9:30 Morning Workout 10:00 Worship With Ashley 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 5:00 Dinner	5 7:00 Breakfast 9:30 Morning Workout 10:00 Coffee Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Craft-- Canvas Painting 5:00 Dinner	6 7:00 Breakfast 9:00 Manicures 9:30 Morning Workout 10:00 Hot Chocolate Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Ice Cream Social 5:00 Dinner	7 7:00 Breakfast 9:30 Morning Workout 10:00 Book Club Meeting 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Bowling 5:00 Dinner	8 7:00 Breakfast 9:30 Morning Workout 10:30 Silver Sneakers Club 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 1:30 Happy Hour 2:30 Skip-Bo With Friends 3:00 Movie and Popcorn 5:00 Dinner	9 7:00 Breakfast 9:30 Morning Workout 9:30 United Supermarket Outing 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Board Games W/ Friends 3:00 Music Therapy- Hospice Midland 5:00 Dinner	10 7:00 Breakfast 9:30 Morning Workout 10:00 Coffee & Donuts 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 2:30 Sweet Creations 5:00 Dinner
11 Super Bowl Sunday 7:00 Breakfast 9:30 Morning Workout 10:00 Worship With Ashley 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 1:30 Super Bowl Watch Party 2:30 Skip-Bo With Friends 5:00 Dinner	12 7:00 Breakfast 9:30 Morning Workout 10:00 Coffee Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Crafting- Card Making 5:00 Dinner	13 7:00 Breakfast 9:00 Manicures 9:30 Morning Workout 10:00 Hot Chocolate Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Ice Cream Social 5:00 Dinner	14 Valentine's Day 7:00 Breakfast 9:00 Podiatrist 9:30 Morning Workout 10:00 Book Club Meeting 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 5:00 Dinner	15 7:00 Breakfast 9:30 Morning Workout 10:30 Silver Sneakers Club 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Movie and Popcorn 5:00 Dinner	16 National Caregivers Day 7:00 Breakfast 9:30 Dollar Tree Outing 9:30 Morning Workout 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Board Games W/ Friends 5:00 Dinner	17 Random Acts of Kindness Day 7:00 Breakfast 9:30 Morning Workout 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 2:30 Sweet Creations 5:00 Dinner
18 7:00 Breakfast 9:30 Morning Workout 10:00 Worship With Ashley 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 5:00 Dinner	19 Presidents Day 7:00 Breakfast 9:30 Morning Workout 10:00 Coffee Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Craft- Diamond Painting 5:00 Dinner	20 7:00 Breakfast 9:00 Manicures 9:30 Morning Workout 10:00 Hot Chocolate Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Ice Cream Social 5:00 Dinner	21 7:00 Breakfast 9:30 Morning Workout 10:00 Book Club Meeting 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 It's Puzzling 5:00 Dinner	22 7:00 Breakfast 9:30 Morning Workout 10:30 Silver Sneakers Club 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 1:30 Happy Hour 2:30 Skip-Bo With Friends 3:00 Movie and Popcorn 5:00 Dinner	23 7:00 Breakfast 9:30 Morning Workout 9:30 Target Outing 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Board Games W/ Friends 5:00 Dinner	24 7:00 Breakfast 9:30 Morning Workout 10:00 Coffee & Donuts 12:00 Lunch & Bingo With Vision Volleyball 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 2:30 Sweet Creations 5:00 Dinner
25 7:00 Breakfast 9:30 Morning Workout 10:00 Worship With Ashley 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 5:00 Dinner	26 7:00 Breakfast 9:30 Morning Workout 10:00 Coffee Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Crafting- DIY Stress ball 5:00 Dinner	27 7:00 Breakfast 9:00 Manicures 9:30 Morning Workout 10:00 Hot Chocolate Social 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Ice Cream Social 5:00 Dinner	28 7:00 Breakfast 9:30 Morning Workout 10:00 Book Club Meeting 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Balloon Volleyball 5:00 Dinner	29 7:00 Breakfast 9:30 Morning Workout 10:30 Silver Sneakers Club 12:00 Lunch 1:30 \$\$\$BINGO\$\$\$ 2:30 Skip-Bo With Friends 3:00 Movie and Popcorn 5:00 Dinner		

Memorable Melody: 'You've Got a Friend'

This beloved folk ballad was written and recorded by Carole King in 1971, but her close friend and collaborator James Taylor was the one who took it to the top of the charts that same year. Though King didn't write the tune specifically for Taylor, she was inspired by a line in his hit song "Fire and Rain"—"I've seen lonely times when I could not find a friend"—and penned a heartfelt response, reassuring the listener that "All you have to do is call, and I'll be there." Both artists earned Grammys for "You've Got a Friend"—song of the year for King and best male pop vocal for Taylor—and it's a signature song for each that they've often performed together.

Self-Care Corner: Valentine's Day Your Way

No date for Valentine's Day? Put your energy toward self-care instead. Treat yourself to the pick-me-up of your choice, whether that's fresh flowers or your favorite takeout. Spend the evening doing something you enjoy. Cheesy movie marathon? Video game session? Your date, your rules! Finally, end the holiday on a high note by writing a list of things you love about yourself.

Heart-Smart Snacks

Give your heart some love this month by choosing healthy snacks. Dark chocolate, nuts and popcorn may seem indulgent, but they contain antioxidants and other nutrients that are good for your ticker.

Brain Bender: Presidential Pop Quiz

Use the following clues to unscramble the name of an American president.

1. He was the first president to be born a citizen of the United States: VAUERT IAN RNBMN
 2. This president served two non-consecutive terms in the late 1800s: ERAEEG OCVLVRLDN
 3. Before becoming president, this man briefly served as the director of the CIA: RSHWGE GO UBHE
 4. The first Siamese cat in America was gifted to this president and his wife: REFDRAYEHO R TBHUS
 5. This former U.S. president was awarded the Nobel Peace Prize in 2002: RAYRM TCIMJE
 6. After his presidency, this man was appointed chief justice on the Supreme Court: MATLROL IATADF WIHW
 7. To date, he's the only U.S. president to have earned a Ph.D.: OSLOWWR OWDONI
 8. He was the first president who was born outside the continental U.S.: BBKMAA CAOAR
 9. This president's middle initial doesn't stand for anything: RAHRN T UMRYS
 10. The country's Interstate Highway System was established under this president: ERIWDE E TIHSGWNHDO
- (Answers: 1. Martin Van Buren; 2. Grover Cleveland; 3. George H.W. Bush; 4. Rutherford B. Hayes; 5. Jimmy Carter; 6. William Howard Taft; 7. Woodrow Wilson; 8. Barack Obama; 9. Harry S. Truman; 10. Dwight D. Eisenhower)

Say It With Flowers

Flowers are a popular gift, and there's more to picking out an arrangement than you might think. Almost every flower has a hidden meaning attached to its petals. In the 1800s, flowers were often used to send messages, and many people kept floral guidebooks in their homes. What perfumed words could you send with your bouquets?

Roses. These timeless beauties can have many meanings depending on their color. Classic red symbolizes romantic love; sunny yellow shows friendship or jealousy; pink hues can signify gratitude or sympathy; and white stands for innocence or secrecy.

Gerbera daisies. Large and friendly, these blossoms represent cheerfulness due to their bright colors. Innocence and beauty are also associated with this floral gift.

Tulips. Elegant and classic, this springtime favorite represents comfort and happiness. Like roses, tulips can have different meanings connected to various colors: purple for royalty, red for love, white for forgiveness and yellow for cheer.

Sunflowers. Legend says that Spanish explorers thought they had found gold when they first saw fields of sunflowers, and the blooms are still valued today as symbols of warmth, adoration and longevity.

Peonies. During Victorian times, this flower was sometimes given to show anger! But in modern day, peonies are connected to a happy life and marriage.

