




February 2025

- 1st John Pike #126
- 4th Robert Rez #215
- 4th Louise Wilkerson #307
- 5th Renate Hogan #525
- 6th Lena Morgunova #408
- 7th Sonnary Chan #512
- 7th JoAnn Burr #117
- 15th Diane Hall #420
- 20th Debbie Lee #502
- 25th Carla Counts #112
- 26th Gary Olson #430



Sandra Sears #214

Join us in the dining room Tuesday, February 11th at 2 PM for the resident association meeting. This will be followed by cake, celebration of birthdays, and guitar & vocal music by Michael McCabe. I hope you can join us!

Beautiful Quotes About Love 
To love at all is to be vulnerable
C.S. Lewis

All that you are is all that I'll ever need
Ed Sheeran

All you need is love. But a little chocolate now and then doesn't hurt.
Charles M. Schulz

Loved you yesterday, love you still.
Always have, always will.
Elaine Davis

I would rather live one lifetime with you than face all the ages of this world alone.
J. R. R. Tolkien

If I had a flower for every time I thought of you, I could walk through my garden forever.
Alfred Tennyson

I don't go by the rulebook, I lead from the heart, not the head.
Diana, Princess of Wales

When you love someone, you love the whole person he or she is, and not as you would like them to be.
Leo Tolstoy

The best thing to hold onto in life is each other.
Audrey Hepburn



The Tidbits is a monthly publication of the Knights of Pythias Retirement Center, whose goal is to promote friendship, charity & benevolence among all mankind.



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Created by Lori Staff
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Activity Opportunities For February

- ♥ Join us in the dining room for a Superbowl party on Sunday, February 9th, beginning at 1:30 PM. Bring your own beverage and a finger food to share. If you have a crock pot and would like to make a pot of chili, franks and beans, or other food suitable for Superbowl, please see Joe Rigney in Apartment 522.
- ♥ Silver Sneakers and Chair Yoga will be moving back up the ramp to the older part of the building. Teacher Mary Lawrence will come early, hold open the doors, and assist anyone who needs help getting up the ramp. We have renamed our arts and craft room activity room. It is where the classes will be held, and where we will have a permanent set up for the classes. The atmosphere up there is more conducive to an exercise class. We hope you can join us Mondays and Thursdays. Silver Sneakers (strength training) is from 1:30-2:15. Chair Yoga (stretching) is from 2:15—3:00.
- ♥ Valentine's Day (February 14th) enjoy an ice cream social in the dining room at 2:00 PM. Ice cream and all of your favorite toppings will be served.
- ♥ American Sign Language class is offered Thursday evenings February 13th, 20th, and 27th at 5:00 PM in the dining room, led by resident Carol Munzinger.
- ♥ A Bible Talk is now offered in the chapel on Thursdays at 3 PM, lead by resident Kay Hinson.
- ♥ Pie will be served on President's Day in the dining room on February 17th at 3:30 (after exercise class!) Enjoy cherry or apple pie (a la mode if you like).
- ♥ First Tuesdays is Western Movie time, third Tuesdays is Shirley Temple movie time. Both at 3:30 in the dining room.

Like to Travel? Join our bus trips!

They are free! You only bring spending \$

We offer a shopping trip at the beginning and end of each month. You may choose to go to Winco, Walmart, Dollar Tree, or Fred Meyer.

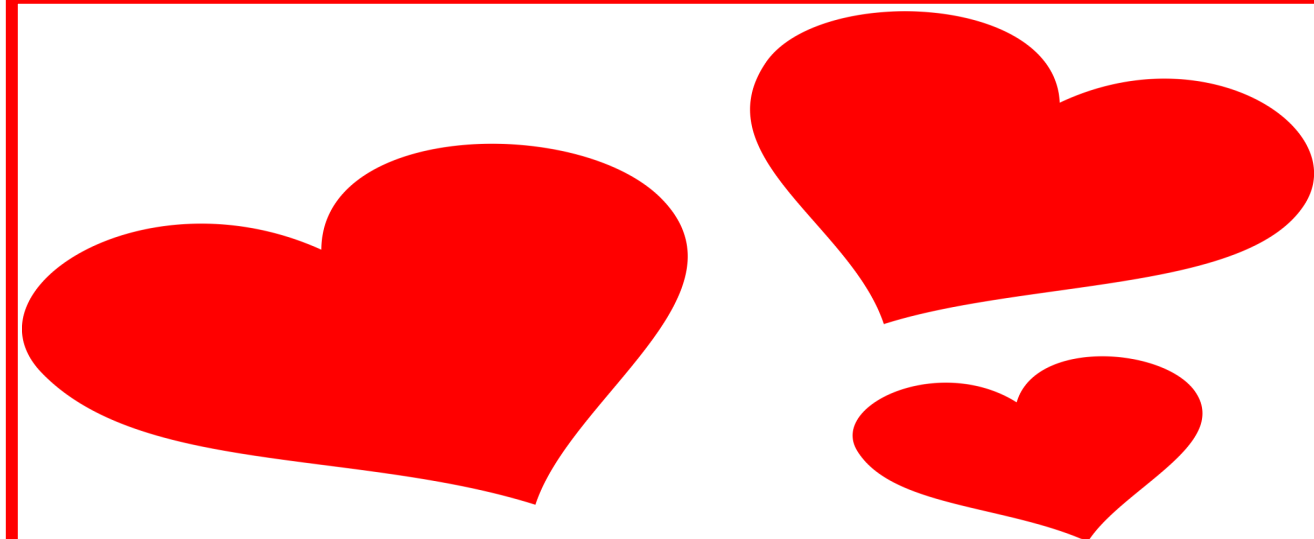
We meet in the lobby at 8:45 AM, and depart from the circle at 9:00 AM. We return before noon so you can have your lunch. If you eat in the dining room, Lori can ask Barb to hold a lunch for you.

We assist in helping you bring your groceries to your apartment if necessary.

Once a month, we visit a restaurant. It is fun to share a meal with friends, and we explore many local restaurants. Last month, we tried Indian cuisine. This month, we are visiting a Chinese restaurant. We visit diners, ethnic cuisine, even donut/burger restaurants. Every month we try something different. We are always open to resident suggestions. We do not visit expensive restaurants, we stick to casual dining in the Vancouver area. We have lots of fun and are sure to laugh a lot. So I hope you decide to give this experience a try. We leave at 11:00 AM (usually the second Wednesday each month) for our restaurant trips and are gone for a few hours because we take our time.

We offer a bonus outing once a month. This month we are visiting a plaza that has Natural Grocers, Hallmark, Blackrock Coffee, and Chipotle. When the weather is nice, we are known to visit outdoor sites like Fort Vancouver. We visit malls, thrift shops, and specialty grocery stores (like Trader Joe's) that are not part of our regular shopping trip. We are always open to resident feedback on where to go. The Trader Joe's and Retails are two of our most popular spots to visit. The bonus outing is usually the last Tuesday of the month, check your calendar.

If you want to join us but are unable to access our van, please don't let that stop you! You are welcome to schedule your ride with C-Van and meet us at your destination. Just let Lori know ahead of time so we can save you a seat when you get there!



Easy Valentine's Cookies

(Recipe courtesy of General Mills)

Do you want to do something special for Valentine's Day but you are not a baker? Try this simple recipe:

Ingredients

1 Package (16 oz) refrigerated Pillsbury Ready to Bake! Chunk & Chip Cookie Dough (24 count)
1/2 Cup chocolate chips
3 Tablespoons Valentine nonpareils decorating decors

1. Heat oven to 350 degrees.
2. Separate one package Pillsbury Ready to Bake! Refrigerated chocolate chunk & chip cookies into twenty four cookies; arrange two inches apart on ungreased cookie sheet.
3. Bake nine to eleven minutes or until light golden brown. Remove from cookie sheet to cooling rack; cool five minutes.
4. Meanwhile, in microwavable bowl, microwave 1/2 cup chocolate chips on High, stirring every 30 seconds, until chips can be stirred smooth.
5. Drizzle melted chocolate over baked cookies. Immediately sprinkle with three tablespoons Valentine nonpareils decorating decors.

If you have a favorite chocolate chip cookie recipe, feel free to substitute the recipe and follow the decorating instructions.