

THE ESTATES EDITOR

FEBRUARY 2018



Let's go Crafting!

A Time To Inspire is an instructor led craft workshop based right here in Andover. This is a private event just for us! We will be making mixed media wall hangings. There are approximately 22 different projects to choose from ranging in price from \$25.00—\$65.00. The projects take between 2-3 hours to complete.

For more information and to see examples please visit their website at atimetoinspire.com/workshop.

RSVP with Tonya no later than Wednesday, February 18th. At that time we will register online and pick your project. Payment is due at the time of registration with credit/debit card only. If you wish to register yourself please see flyer insert.

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Welcome New Neighbors!

Barb S. and Wayne T. Apt 224

\$500 Referral Bonus to any current tenant who refers a friend!



**The Estates at
Arbor Oaks**

...because the journey matters

Happy Birthday to You!

Joyce S. 2/9

Paul S. 2/9

Sharen P. 2/15

Please join us for a birthday celebration for all the February Birthdays,
Tuesday, February 27 at 1:00 pm in the Bistro.

Beach Party

Get out those flip flops and shorts! We will warm up in the Bistro with a beach party and lunch. The YMCA will join us for this tropical afternoon. Please sign up no later than Friday, February 23rd. This is a FREE event for residents, \$5.00 for guests.

On The Menu

Coleslaw

Hawaiian Pulled Pork Sandwiches

Chips

Fruit Kabobs



Estate Planning Educational Event

Elder Law Services, PLLC focuses on assisting families with planning for life's transitions by helping with end of life documents as well as lifetime decision-making documents and paying for long term care. Elder Law Services strives to provide comfort and peace of mind to their clients and their care givers by giving advice and counsel during some of life's most difficult times. Elder Law Services works in the community, where the client and family are most comfortable rather than forcing them to come into an office.

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David Fitch, Elder Law Attorney, will be here to teach us the basics of Estate Planning including; Wills, Trusts, Health Care Directive and Power of Attorney.

This event is open to the public and all are welcome.

Tuesday, February 20th. 10:00am in the Community Room/Bistro.

Wear Red Day

Why Go Red? Cardiovascular disease in the U.S. kill approximately one woman every 80 seconds. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes. Go Red For Women advocates for more research and swifter action for women's heart health. That's why this year we are asking that you wear red on **National Wear Red Day®** and **Donate** to Go Red For Woman. By doing so you help support educational programs to increase women's awareness and critical research to discover scientific knowledge about cardiovascular health.

Go Red For Women is a movement that starts with you. Lead by example and make the time to "*Know Your Numbers.*" It's knowledge that could save your life. Five numbers, that all women should know to take control of their heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases. It's time for all women to learn the most critical numbers in their life — their hearts depend on it.

On Friday, February 2, there will be a donation jar set out at Happy Hour if you wish to donate. If you wish to donate online please visit,

donatenow.heart.org/goredforwomen/



Reminders...

- Please sign up for any activities that are marked with *** on the activity calendars. For any shopping trips or outings we need a minimum of 3 riders.
- Please call Jodi at the YMCA to register for anything marked with a +++ on the activity calendar. 763-230-6552
- There is a rent drop box located next to the mail boxes, please drop any rent checks in there after office hours.
- If you have not already done so, please register online for the Luxer parcel locker system. Directions can be found on the ledge in the mail area.

Trivia and Fun Facts

February Facts:

Birthstone: Amethyst

Flower: Violet

Zodiac Signs: Aquarius and Pisces

Trivia:

1. Which President was the first to hold a televised newscast?
2. What is the only American state to begin with the letter "P"?
3. What color jersey is worn by the winners of each stage of the Tour De France?
4. Which animal is responsible for killing more people than plane crashes?
5. What do you call the dot above the letter "j" and "i"?



Answers:
1. Dwight Eisenhower, 1955
2. Pennsylvania
3. Yellow
4. Donkey
5. A Tittle