

Valentine's Day Card Making

MONDAY FEB. 2ND @12PM

COMMUNITY ROOM

**THIS IS A COMMUNITY SERVICE PROJECT
THESE CARDS WILL BE MAILED OUT!**



**FIND
YOURS
TODAY!**



Our Community Newsletter

Discover what's going on in our community.





Aromatherapy 101

Welcome to
Your Wellness



This beginner- friendly class introduces the basics of aromatherapy and essential oils. Participants will learn what aromatherapy is, how essential oils are made and how to use them safely. The class also covers simple ways to use essential oils for relaxation, stress relief and everyday wellness

◆ Where:
Community
Room

◆ When: February
18th at 2pm

Update: NO COST & NO registration required

Participants can enter to WIN
a diffuser+essential oils kit!



Virtual Program:

MARINE RESCUE & REHABILITATION

*Presented by:
Mote Marine Laboratory & Aquarium*

Discover how dedicated experts save sea turtles, dolphins, and other precious marine life—and why every success story strengthens the health of our oceans.



February 5th at 2:00pm

“What is this thing called Love?” Phil Froiland

When Charles Lindbergh was ready to make his historic flight from New York to Paris, his mother Evangeline was on hand to bid him farewell. The reporters and photographers were on hand to record it all. When one camera-man asked Evangeline to kiss her son good-bye, she responded, “No, I wouldn’t mind if we were used to that, but we come of an undemonstrative Nordic race.”

In “Fiddler on the Roof,” Teyve finds out that his daughter doesn’t want to marry the butcher, Lazar Wolf, who has money. She wants to marry the tailor, Motel, who is so poor he doesn’t even own a sewing machine. Why does she want to marry Motel? She loves him, as poor as he is. This causes Teyve to wonder about this thing called, “love.” He asks his wife, Golde, “Do you love me?”

Golde says, “you’re a fool.”

“I know ... but do you love me?”

“For twenty-five years I’ve washed your clothes, cooked your meals, cleaned your house, given you children, milked the cow, after twenty-five years, why talk about love right now?”

“But do you love me?”

Golde, “For twenty-five years I’ve lived with him, fought him, starved with him, twenty-five years my bed is his. If that’s not love, what is?”

“Then you love me?”

“I suppose I do.”

That isn’t exactly a stirring affirmation of love but she certainly lays out all the ways that she has done her part to make the marriage work!

Love can be construed in many ways. There is no doubt that Evangeline Lindbergh loved her son Charles but she wasn’t in the habit of kissing him. Teyve and Golde had not used the word love in their relationship but they developed a family life and worked hard to keep body and soul together. However, the combination of using words, of finding special ways to show affection, along with doing the nitty-gritty together certainly improves the bond that knits folks in a relationship. There is a lot of love-talk that is meaningless because it does not rest on a foundation of mutual trust and respect. The words should follow a demonstrated willingness to be a full partner in the relationship. So, for Valentine’s Day, go ahead with the chocolates and flowers but include some assistance in cleaning the house!

{Undeterred, one newspaper had a photograph of Charles kissing his mother, a faked composite picture that substituted their heads onto the bodies of two other people!}

A vibrant red poster for a Valentine's event. At the top, it says "Join Us for a Valentine's WINE TASTING & SWEET TREAT PARTY!" in a mix of white and red fonts. Below that, it says "Celebrate LOVE!" with "LOVE!" in large, white, outlined letters. The central image shows a bottle of wine, two glasses (one red, one white), a bouquet of pink roses, and several heart-shaped chocolates and cupcakes. The background is filled with many small hearts of various shades of red and pink. At the bottom, it lists the date and time: "Thursday, February 12th | 3pm - 5pm Community Room". Below that, it shows the pricing: "\$8 for Residents" and "\$10 for Non-Residents (Outside Guests)". At the very bottom, it says "Please See Paige in the Wellness Center or Bev at the Front Desk to Sign Up!" in a white, cursive font.

**Sign-up/Payments Due:
February 6th**

How Many Words Can You Find?

Using the letters in the game box, how many words can you create with 3 or more letters?

I	U	O	M
T	S	I	T
L	C	E	C
N	I	R	D

1	13
2	14
3	15
4	16
5	17
6	18
7	19
8	20
9	21
10	22
11	23
12	24

February Outings

- **2/3: Target** @10:30am (Meet In Lobby @10:15am)
- **2/10: Chaska Thai Restaurants** @11am (Meet In Lobby @10:45am)
- **2/17: Goodwill & Kohls** @10:30am (Meet In Lobby @10:15am)
- **2/24: Lakewinds Food Co-op** @10:30am (Meet In Lobby @10:15am)

*Kindly be advised that the following procedures apply to cancellations of outings:

- (1) All outings must be cancelled before 9:00 AM on the day **before** the event.
- (2) Cancellation of two or more outings means that the participant is on probation for two months.
- (3) During probation, the participant will not be allowed to participate on any future outings.

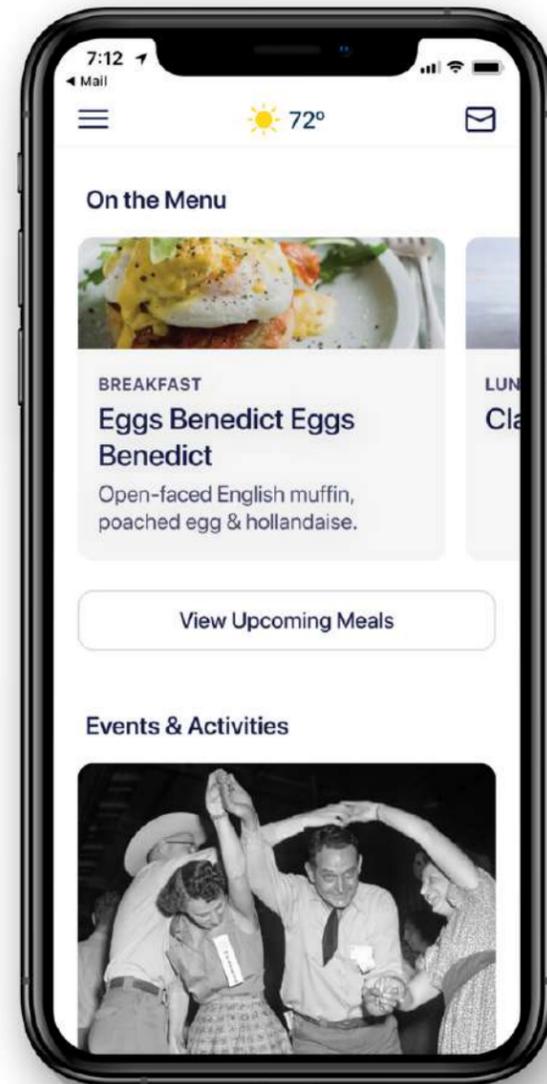
Thank you for your cooperation.*

FEBRUARY MOVIES:

- **Wed. Feb. 4** 1983 **Trading Places** **R** 1 hr. 58 mins 7.5/10
- **Sat. Feb. 7** 2014 **Unbroken** **Pg-13** 2 hr. 17 min 7.2/10
- **Wed. Feb. 11** 1987 **Dirty Dancing** **PG-13** 1 hr. 40 min 7.4/10
- **Sat. Feb. 14** 1964 **A Fistful of Dollars** **R** 1 hr. 39 min. 7.9/10
- **Wed. Feb. 18** 1934 **It Happened One Night** **NR** 1 hr. 45 min. 8.1/10
- **Sat. Feb. 21** 1952 **Singin in The Rain** **G** 1 hr. 43 min 8.3/10
- **Wed. Feb. 25** 2012 **Still Mine** **PG-13** 1 hr. 43 min 7.4/10
- **Sat. Feb. 28** 2010 **The Next Three Days** **PG-13** 2 hr. 2 min. 7.3/10

Download the new mobile app for Chaska Heights

- ◆ View upcoming activities and events
- ◆ See what's on the menu each day
- ◆ Access common resources
- ◆ View and share community photos
- ◆ Receive emergency alerts & updates
- ◆ Check the local weather in Chaska, MN



Access Quiltt for iOS, Android, and desktop

<https://get.quiltt.com/org/KCMBT>



Enter code KCMBT after opening the Quiltt app for the first time.

Pick ups and Drop offs- There are designated areas in the garage for 15-minute parking. Your driver can either borrow an opener from the front desk or use their fob to access the garage.

Bill of Rights- The state of MN has updated the Resident Bill of Rights for 2026. Assisted Living residents have already received and signed it. Independent Living residents will receive a copy in their statements. We ask that you review, sign, and return the document to us as soon as possible. Reach out if you have any questions. Thank you!

Service Time Reminder- While we cannot provide a **specific set time** for your housekeeping service, your service will be provided. Housekeeping days will remain the same, and you will receive your normal service. We are in the process of hiring a full-time housekeeper.

Ami Fuller, Executive Director

Spiritual Life Offerings:

A new year can be a time of joy and celebration, as we look back on all that has been and look forward to what lies ahead. At the same time, we may find ourselves carrying heaviness as we reflect on feelings of loss, loneliness, or worry about the future. This is part of being human – experiencing complicated and sometimes contradictory feelings. A wise person somewhere once said that when we share our joys we multiply them, and when we share our sorrows, we divide them. Living in community together affords us many opportunities to share our stories and memories, as well as to make new memories and build new stories together. In this new year, whatever has been and whatever will be, may you find companions among you who will receive your story. May you also be blessed as you receive the stories of others. May we find acceptance, affirmation, and belonging in community.

***2/2 Grief Connection W/Chaplain Carol @2PM**

***2/4 Rosary & Communion W/Deacon John @11AM**

***2/4 Bible Study W/Chaplain Carol @3PM**

***2/9 Show & Share W/Chaplain Carol @2PM**

***2/11 Rosary & Communion W/ Deacon Bill & Mona @11AM**

***2/11 Bible Study W/Chaplain Carol @3PM**

***2/16 Communion Worship service @11AM**

***2/18 Rosary & Communion W/ Father Tony @11AM**

***2/18 Bible Study W/Chaplain Carol @3PM**

***2/23 Coffee & Conversations W/Chaplain Carol @2PM**

***2/25 Rosary & Communion W/ Deacon Bill & Mona @11AM**

***2/25 Bible Study W/Chaplain Carol @3PM**



Events:

WELCOME
home



TRYathlon

- 2/3 (Whizzer Day)
- 2/5 (Crank Day)
- 2/6 RBS
- 2/10 (Whizzer Day)
- 2/12 (Crank Day)
- 2/13 RBS
- 2/17 (Whizzer Day)
- 2/19 (Crank Day)
- 2/20 RBS
- 2/24 (Whizzer Day)
- 2/26 (Crank Day)
- 2/27 RBS

All Spark Performance League Begin at 1:00 PM

RBS = Really Big Show

Mary Schmidt

HAPPY BIRTHDAY

- 2/7 Sandra Broesder
- 2/8 Diane Gerjets
- 2/18 Margaret Craig
- 2/19 Elayne Bohn
- 2/21 Sheila Spartz
- 2/25 Joyce Roberts
- 2/26 Carol Dungan

IN LOVING MEMORY...



Rosaire Thompson

GET YOUR SUPER BOWL SQUARES!

Squares will be available for purchase at **5pm in the Community Room** before the Superbowl party

SUPER BOWL SQUARES										
TEAM	0	1	2	3	4	5	6	7	9	TEAM
0										
1										
2										
3										
4										
5										
9										

\$1 PER SQUARE!

Sharing Table

Bring gently used items you no longer need and browse the table for treasures left by other residents. Items can be dropped off and picked up anytime between 9 AM and 4 PM. Please note: no large furniture, walkers, wheelchairs, or hazardous materials. Let's share, reuse, and help each other declutter! Leftover items will be donated to Goodwill at the end of the day.

February 28th

**Beginning at 9am &
Ending at 4pm**

Crosstown Dining Room



**February Specialty
Cocktail:**

STRAWBERRY COLADA



Delicious combination of our twist on the classic Pina Colada. Incorporating strawberry puree, with bacardi, malibu, pineapple juice and coconut cream.

Cheers!

FEBRUARY

Birthday Celebration

Friday February 6th From 3pm-4pm



- 2/2 Valentine's Card Making @12pm Community Room
- 2/2 Coffee W/The Chef @1pm Crosstown Dining Room
- 2/2 Jeopardy Luncheon @3pm **(*Invite Only, Must have invite to attend)** Community Room
- 2/2 TableTop Curling @6pm Community Room
- 2/4 Visit W/Ann Tabat @2pm Crosstown Dining Room
- 2/5 LifeLong Learning @2pm Community Room
- 2/6 Veteran's Luncheon @12pm **(*Veterans Only*)** Crosstown Dining Room
- 2/6 Birthday Bash @3pm Community Room
- 2/8 Superbowl Party @5:50pm Crosstown Dining Room/Community Room
- 2/11 Artful Appetites W/Avery @2pm Community Room
- 2/12 Valentine's Party @3pm **(*Paid Event, Only people who signed up and paid*)**
- 2/13 Manicures & Hand Massages @9am Wellness Center
- 2/15 Valentine's Performance @6pm Community Room
- 2/16 Resident Council @1pm Community Room
- 2/18 Aromatherapy 101 W/Avery @2pm Community Room
- 2/19 Afternoon Tea @2pm Community Room
- 2/23 Southwest Transit informational session @2pm Community Room
- 2/26 Coffee W/Officer Martin @10:30am Crosstown Dining Room
- 2/27 Manicures & Hand Massages @9am Wellness Center
- 2/27 **Save the Date! Chaska Heights Winter Formal is coming—get ready for a night of music, dancing, and winter magic. More details coming soon!**
- 2/28 Entertainment @1pm Community Room

February 2026 - AL / IL Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Left, Right, Cen... 1 2:00 Scattergories [C... 3:00 Coffee Social & Tre...	10:00 Daily Wellness C... 2 12:00 Valentine's Card... 1:00 Coffee W/ The Chef ... 2:00 Grief Connections W... 6:00 Chicken Foot Domino... 6:00 Tabletop Curling [...	10:00 Daily Wellness C... 3 10:30 Outing~Target 1:00 TRYathlon [CR] 2:00 Dominoes Mexican Tr... 6:00 Prize Bingo W/ Dave...	10:00 Daily Wellness C... 4 11:00 Rosary & Communi... 1:00 Game 500 2:00 Visit W/Ann Tabat [... 3:00 Bible Study W/ Chap... 5:30 Evening Movie~ Trad...	10:00 Daily Wellness C... 5 1:00 Stitch & Chat W ... 1:00 TRYathlon Crank Day... 2:00 Lifelong Learning~M... 6:00 Quarter Bingo [CR]	10:00 Daily Wellness C... 6 12:00 Veterans Luncheo... 1:00 Really Big Show [CR... 3:00 Birthday Bash~ No E... 5:30 Prize Bingo [CDR]	1:00 Cribbage [STO] 7 2:00 Matinee Movie~ U...
1:00 Left, Right, Cen... 8 2:00 Scattergories [C... 3:00 Coffee Social & Tre... 5:30 Super Bowl Party! [...	10:00 Daily Wellness C... 9 1:00 CH Writers Club ... 2:00 Show & Share W/ Cha... 3:00 Jeopardy [CR] 6:00 Chicken Foot Domino...	10:00 Daily Wellness C... 10 11:00 Outing~ Chaska T... 1:00 TRYathlon [CR] 2:00 Dominoes Mexican Tr... 6:00 Prize Bingo W/ Dave...	10:00 Daily Wellness C... 11 11:00 Rosary & Communi... 1:00 Game 500 2:00 Artful Appetites W/... 3:00 Bible Study W/ Chap... 5:30 Evening Movie~ Dirt...	10:00 Daily Wellness C... 12 11:00 Book Club [COM] 1:00 Stitch & Chat W Dia... 1:00 TRYathlon Crank Day... 6:00 Quarter Bingo [CR]	9:00 Manicures & Hand... 13 1:00 Really Big Show ... 3:00 Ice cream bar 5:30 Prize Bingo [CDR]	Valentine's Day 14 10:00 Daily Wellness C... 11:00 Wii Connect W/ Miski... 12:00 Miski's Tech Suppor... 1:00 Cribbage [STO] 2:00 Matinee Movie~ A Fi...
1:00 Left, Right, Cen... 15 2:00 Scattergories [C... 3:00 Coffee Social & Tre... 6:00 Valentines performa...	Washington's Birthd... 16 10:00 Daily Wellness C... 11:00 Communion Worship S... 1:00 Resident Council [C... 3:00 Jeopardy [CR] 6:00 Chicken Foot Domino...	10:00 Daily Wellness C... 17 10:30 Shopping Outing~... 1:00 TRYathlon [CR] 2:00 Dominoes Mexican Tr... 6:00 Prize Bingo W/ Dave...	Ash Wednesday 18 10:00 Daily Wellness C... 11:00 Rosary & Communion ... 1:00 Game 500 2:00 Aromatherapy 101 wi... 3:00 Bible Study W/ Chap... 5:30 Evening Movie~ It H...	10:00 Daily Wellness C... 19 1:00 Stitch & Chat W ... 1:00 TRYathlon Crank Day... 2:00 Afternoon Tea [CDR] 6:00 Quarter Bingo [CR]	10:00 Daily Wellness C... 20 1:00 Really Big Show ... 3:00 Happy Hour [CDR] 5:30 Prize Bingo [CDR]	1:00 Cribbage [STO] 21 2:00 Matinee Movie~ S...
1:00 Left, Right, Cen... 22 2:00 Scattergories [C... 3:00 Coffee Social & Tre...	10:00 Daily Wellness C... 23 1:00 CH Writers Club ... 2:00 Coffee & Conversati... 2:00 Southwest Transit E... 3:00 Jeopardy [CR] 6:00 Chicken Foot Domino...	10:00 Daily Wellness C... 24 10:30 Shopping~ Lakewi... 1:00 TRYathlon [CR] 2:00 Dominoes Mexican Tr... 6:00 Prize Bingo W/ Dave...	10:00 Daily Wellness C... 25 11:00 Rosary & Communi... 1:00 Game 500 3:00 Bible Study W/ Chap... 5:30 Evening Movie~ Stil...	10:00 Daily Wellness C... 26 10:30 Coffee W/ Office... 1:00 Stitch & Chat W Dia... 1:00 TRYathlon Crank Day... 6:00 Quarter Bingo [CR]	9:00 Manicures & Hand... 27 1:00 Really Big Show ... 5:30 Prize Bingo [CDR] 6:00 CH Winter Formal	10:00 Daily Wellness C... 28 11:00 Wii Connect W/ Mi... 12:00 Miski's Tech Suppor... 1:00 Cribbage [STO] 1:00 Entertainment~ Scot... 2:30 Matinee Movie~ The ...