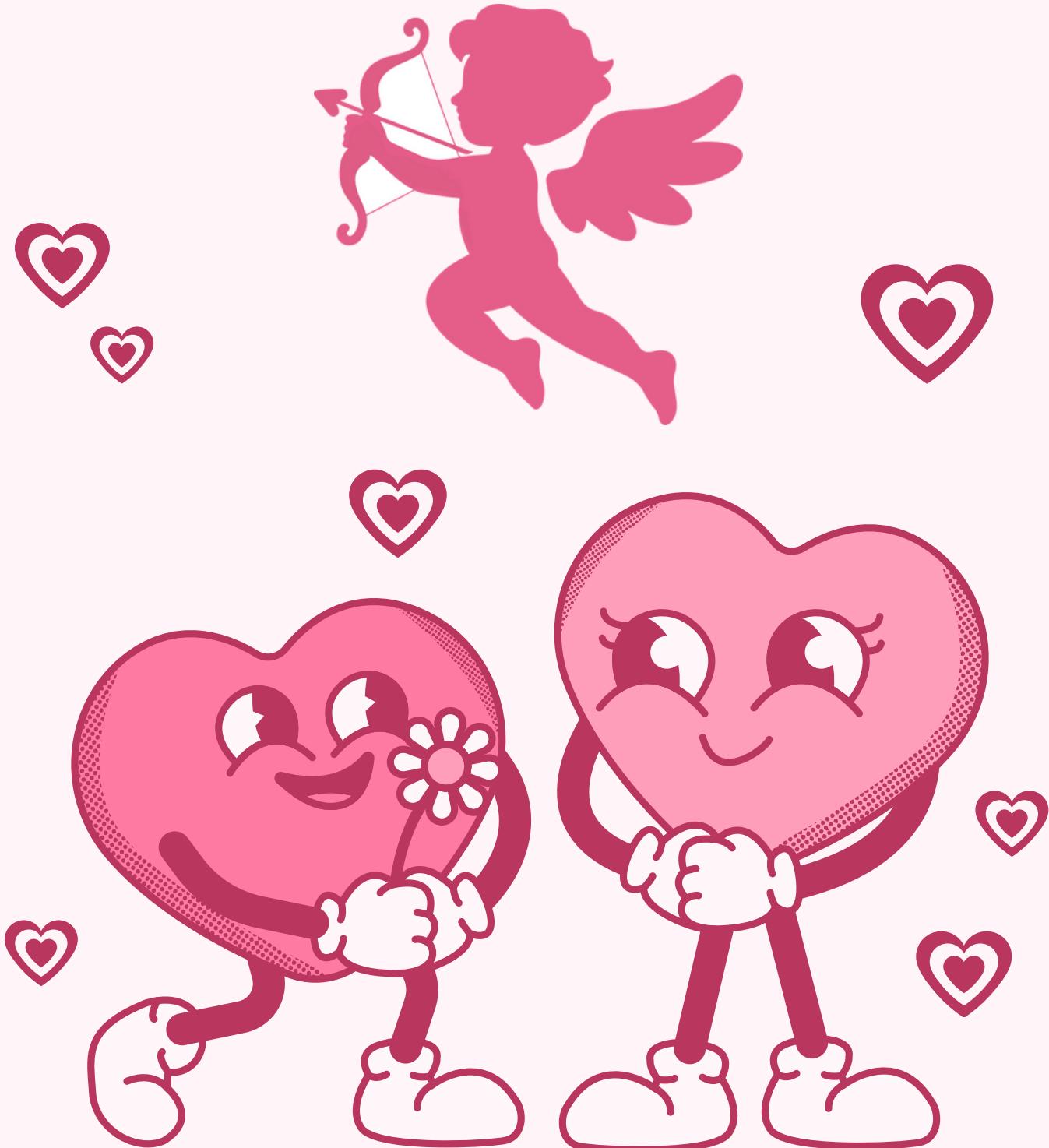


Arbor Terrace

Newsletter

February, 2026



IN THIS EDITION:

- **MESSAGE FROM THE HOUSING COMMUNITY LEADER**
- **ACTIVITY HIGHLIGHTS**
- **SUPER BOWL**
- **GOLF CLASSIC**
- **JANUARY PICS**
- **CHAPLAIN'S MESSSSAGE**
- **FREE WILL**
- **EXERCISE ROOM**
- **HEART HEALTH MONTH**
- **AT REMINDERS**
- **NEW RESIDENTS**
- **GAMES & ACTIVITIES**
- **FEBRUARY NATIONAL DAYS**



- A Message from the - Housing Community Leader

February is here, and winter is certainly making itself known across Minnesota! While the cold temperatures continue, we're grateful for the warmth of our community and the many moments of connection we share each day. With Valentine's Day just around the corner, it's a great time to spread a little extra kindness—whether that's a friendly conversation, a thoughtful gesture, or a piece of chocolate enjoyed guilt-free.



On a global note, the Milano Cortina 2026 Winter Olympics are coming up soon and will take place in Italy from February 6–22, 2026. It's always fun to follow along and watch athletes from around the world compete, and the excitement of the games gives us something bright to talk about during these long winter days.

We also want to share an important financial reminder. CRPs (Certificate of Rent Paid) will be arriving in the mail. These forms are sent to the resident directly or to the financial contact on file for each resident. If you have questions when those arrive, please don't hesitate to reach out.

And while summer may feel far away right now, it's never too early to plan ahead! We're excited to announce that we'll be hosting our Annual Golf Classic again this year. Please save the date for June 18, 2026. More details will be shared in the coming months.

I'd also like to recognize that February is American Heart Month (AHM)—a national observance focused on raising awareness about heart disease. It's a great opportunity to start conversations about heart health and to encourage simple, everyday habits that support a healthy heart. Taking a short walk, staying active indoors during the winter months, choosing heart-healthy foods, managing stress, and staying connected with others can all make a positive difference. Even small changes can add up over time.

Warm Regards,
Rachael Maxfield



Activity **HIGHLIGHTS**



NEW IN FEBRUARY

**Afternoon Activity Offerings Each Saturday
(Joined with Home on 8th Residents)
Please See Monthly Calendar For Details**

2/5-2:30pm (IL)

Happy Hour Music:
Hanson's Karaoke

2/9-1:30pm (IL)

Valentine Make & Take Bouquets

2/10-11:00am (IL)

Lunch Bunch at Beetles

2/11-9:00am (Chapel)

Galentine's Breakfast

2/16-2:30pm (IL)

Mardi Gras Party

2/18-1:30pm (Chapel)

Ash Wednesday Service

2/20-9:00am (Chapel)

Men's Breakfast

2/21-1:00pm (Chapel)

Piano Recital

2/23-2:30 (IL)

February Birthday Party

2/25-3:00pm (Chapel)

Texas Hold 'Em

SUPER BOWL WATCH PARTY

Seattle Seahawks



**Location:
Home on 8th Pub**

**SUNDAY,
FEBRUARY 8TH
STARTS AT
5:30 PM**

New England Patriots



0000
0000

19 TH ANNUAL

GOLF CLASSIC

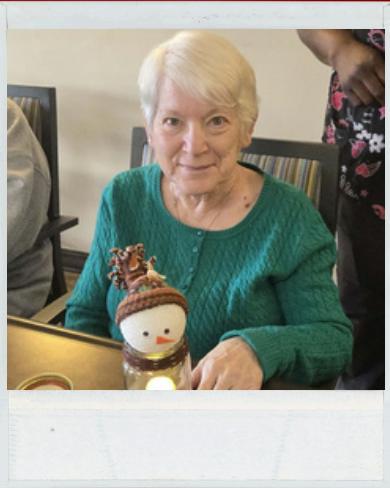
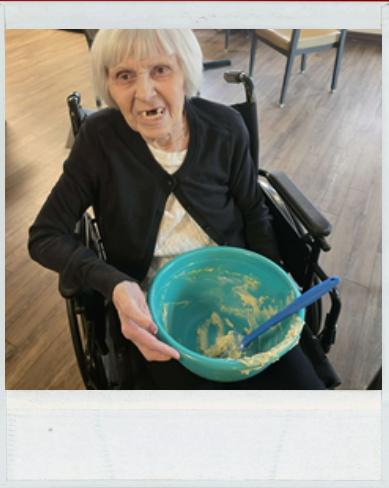
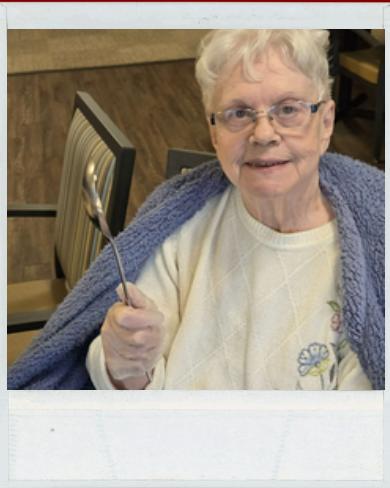
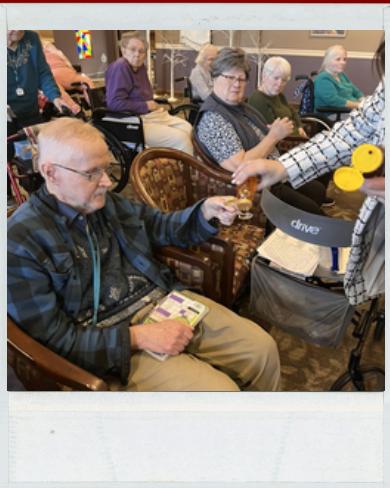
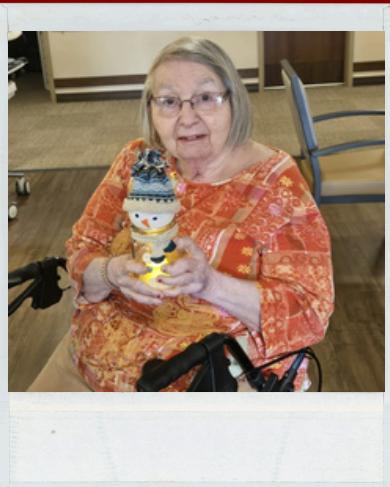
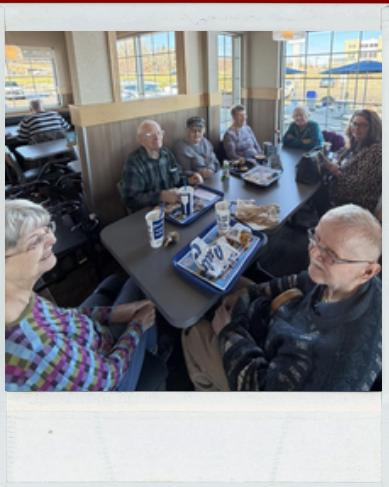


SAVE THE DATE!

**JUNE 18TH,
2026**

**TELL FRIENDS
AND FAMILY!!!**

January



A SHORT MONTH WITH PLENTY TO OFFER

Dear Residents,

February often arrives quietly. It's a shorter month, the heart of winter for many of us, and a good time to settle into routines that feel comfortable and familiar.

This is a month known for Valentine's Day, but February doesn't have to be about hearts and roses. It can also be about connection in simple ways—a good conversation, shared laughter over a meal, enjoying munchies after chapel, or the comfort of recognizing familiar faces each day. These everyday moments matter, and they don't need a special occasion.

February is also a time of steady transition. The days are slowly growing longer, even if we don't notice it right away. A few extra minutes of daylight can lift the mood, hinting that spring will eventually return. It's a reminder that change often happens quietly, one small step at a time.

This month includes Presidents' Day, which gives us a chance to reflect on leadership, perseverance, and the idea that ordinary people can make a lasting impact through steady effort. History isn't only shaped by famous names—it's also shaped by everyday lives, lived with purpose and resilience. Presidents' Day also reminds us to pray for all of our leaders, not just the ones we like.

As winter continues, it's a good time to focus on what helps us feel well: staying active in ways that feel right, keeping the mind engaged, and enjoying good company when it's available. Reading, games, music, Sunday chapel services, and shared activities all help pass the season in meaningful ways.

February may be brief, but it holds its own kind of value. It's a month for calm, reflection, and quietly looking ahead—one day at a time.

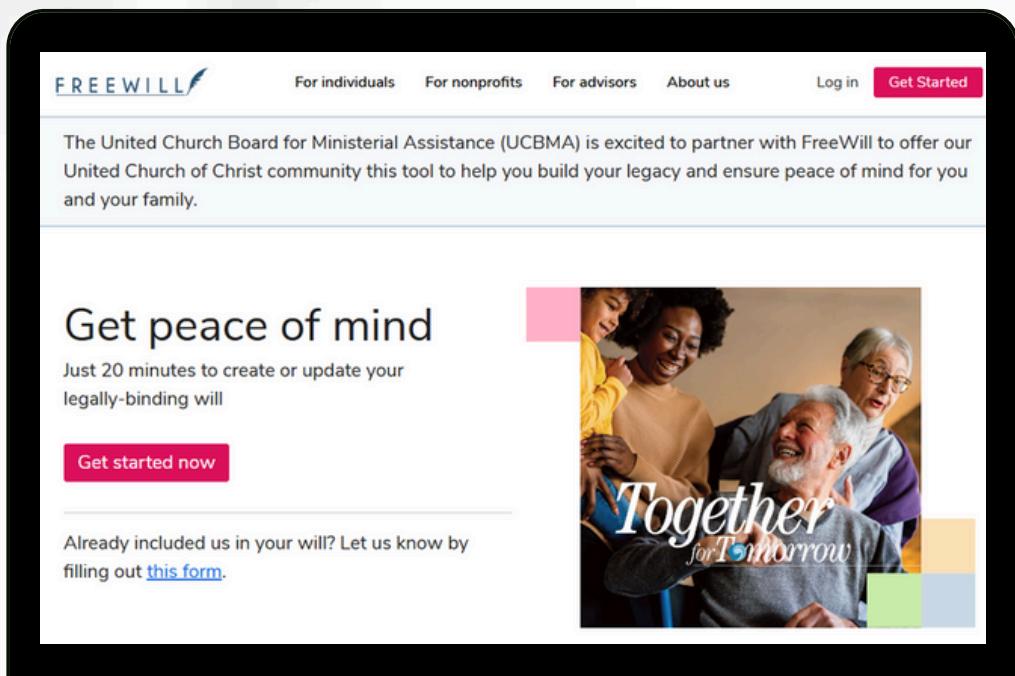
*Blessings,
Chaplain Olson*



PLANNING AHEAD? CONSIDER USING FREEWILL

We've partnered with Pension Boards—United Church of Christ, Inc. to offer free access to the FreeWill program.

- **Create essential estate planning documents at no cost.**
- **Protect your loved ones by clearly outlining your wishes.**
- **Make a legacy gift that reflects your values and faith.**
- **The process is secure, simple, and easy to complete.**
- **Designed to help you take care of what matters most in your life—now and for the future.**



The United Church Board for Ministerial Assistance (UCBMA) is excited to partner with FreeWill to offer our United Church of Christ community this tool to help you build your legacy and ensure peace of mind for you and your family.

Get peace of mind
Just 20 minutes to create or update your legally-binding will

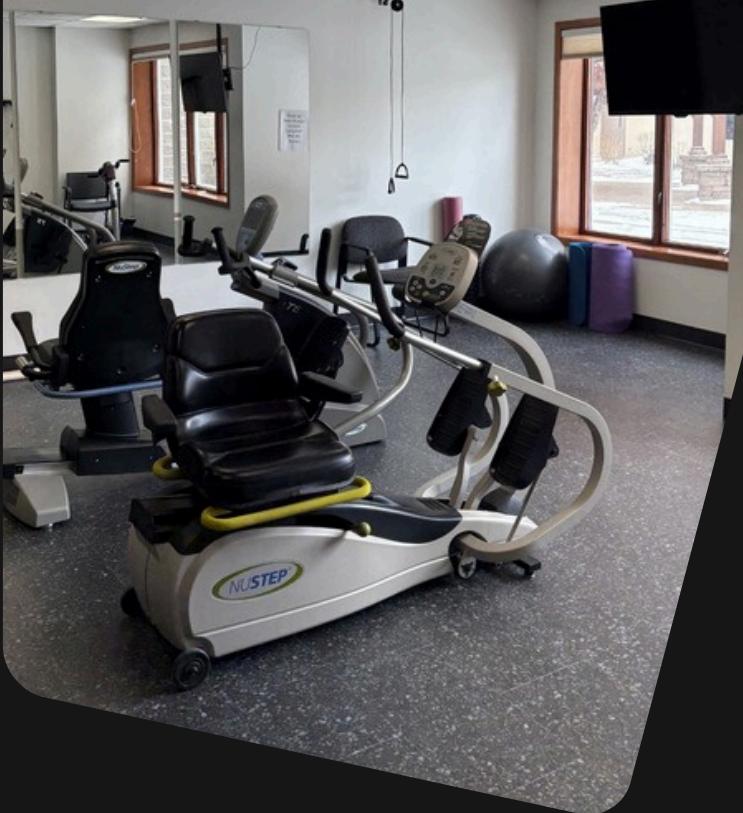
[Get started now](#)

Already included us in your will? Let us know by filling out [this form](#).

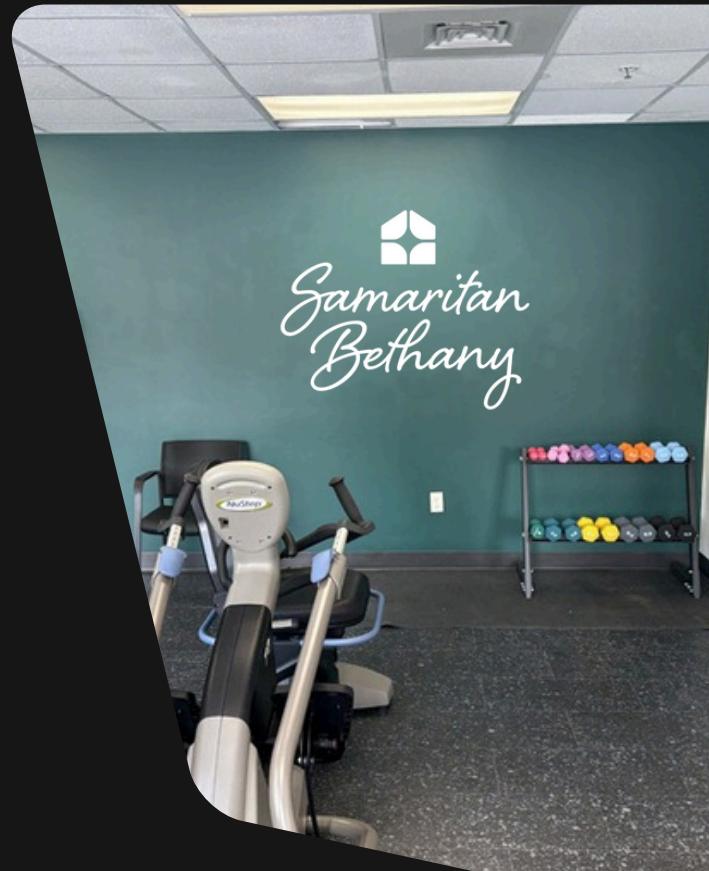
Together for Tomorrow

Q [HTTPS://PARTNER.FREEWILL.COM/PBUC](https://partner.freewill.com/pbucc)

CHECK OUT THE UPDATED EXERCISE ROOM!



- Improve balance to help prevent falls
- Increase flexibility and ease stiffness
- Stay active in a safe space
- Build confidence and support your physical abilities
- Boost energy, mood, and overall well-being



American Heart Month

Helpful Tips!

- Eat a balanced diet rich in fruits, vegetables, and whole foods.
- Stay active with at least 30 minutes of exercise daily.
- Avoid smoking and limit alcohol consumption.
- Regular check-ups: Monitor your blood pressure, cholesterol, and blood sugar levels.



ARBOR TERRACE REMINDERS

1. Please make sure to sign in and sign out when leaving the building.
2. Use your pendant for health concerns or falls, it is important to always wear your pendant!
3. For Independent residents - don't leave your personal medications (including over the counter) out for FREE, if you're trying to get rid of them. To dispose of medications please bring to the nurse.
4. The bus is for medical transportation only not personal errands. We take a special shopping trip every Friday.
5. If you order groceries for delivery please be available when they arrive. Especially if ordering cold or frozen items.
6. Everyone is welcome to ALL activities, even if it is held in a different neighborhood like memory care or assisted living.
7. If you are looking to change your enrolled services please discuss with Nursing, Christa the Health Info Coordinator, or Rachael.

NEW RESIDENTS

LUCY P. APT 305

DALE S. APT 129



Valentine Word Search

P B N T N W A G Z Z Y X H R E P L B O W D R H B
O C P H Y Z F K H W U N O M F Z Q Q T G M E U H
O U A F V B B N G M G U J M Y X S M Q T M E O K
V P K W J E E V O L B J J Y H K A K Z W Y O B K
C I U M Y M B B W Q N Z V X J N S M O R N W H I
R D M A W I R F J F F O B J X I R Z L U G V J S
F U S S J N D G N O S E V O L P L K O A X T S S
B R E N R E W O L F L N O I T C E F F A E J Y D
S G I F T L H Q U A I A B N H M D D J Z E S O R
X E D R C E X I G B M Z R K C S E S B D W L H I
C U R N S O F A R W H M V H W S R F L I R T S P
X W O R R A E F C D S H T N E E T R U O F U U C
N M M F C P D Q M Y N T H A P V H W E V Q O R M
C L A A X C D N Q A H O V N T O J L K H U G C M
Y H N I W T R A E H T E E W S D P V T B Z U C E
R T C R A A P S H A I Q K L S N R U Z W R I E J
A M E Y U T G V T Z Y O R Q V H I G E Q F S N H
R B X T P S E R E N A D E T A L O C O H C W I H
U U D A Y C V Q B K G H S H O D V Z B S R A T F
B T K L D R U S L Q P K J I I P Y D N A C A N L
E Q G E T U J H D N E I R F L R I G J F I M E U
F V L T B O Y F R I E N D Y I K Z J O U V U L I
S Q S I F T E D D Y B E A R L R V E Z I Z K A M
F M L T H E A R T M L R F H A G D Y H Q U A V T



fourteenth
sweet heart
fairy tale
affection
girlfriend
teddy bear
chocolate
Feburary
boyfriend
valentine
love song
romance
serenade
be mine
flower
doves
flirt
crush
arrow
candy
heart
cupid
pink
love
gift
kiss
rose
red
hug
bow

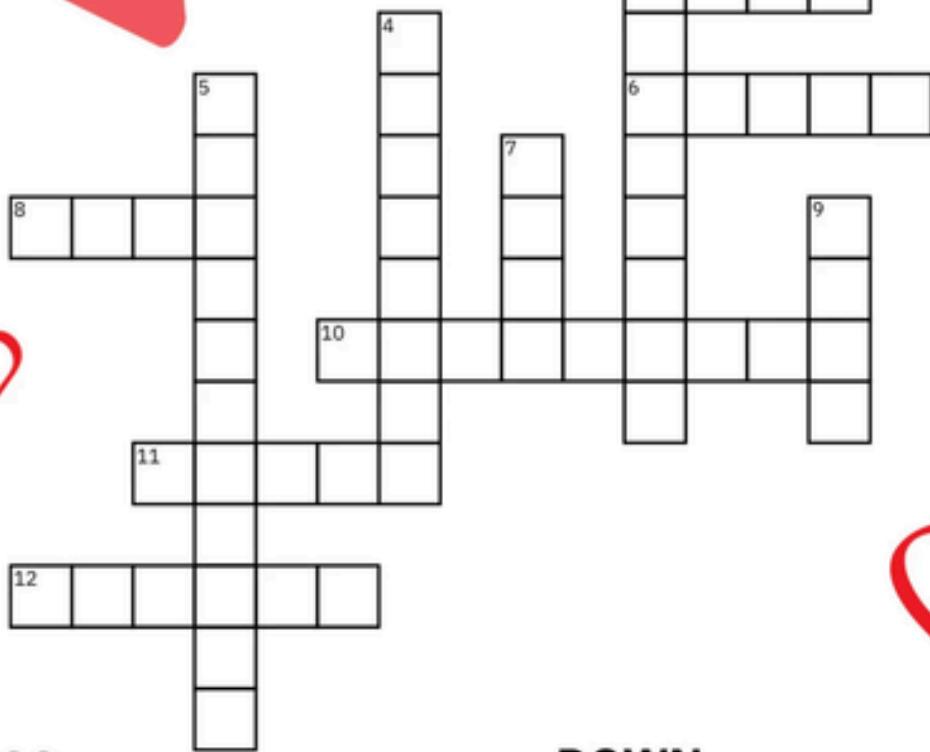


Valentine Word Scramble

The following mixed-up words have something to do with Valentine's Day. Unscramble the letters to identify them all.

1. Evlo _____
2. Scelocatho _____
3. Swelfor _____
4. Essor _____
5. Eatd Thing _____
6. Theastrewe _____
7. Dynac _____
8. Reggiten Dracs _____
9. Figt _____
10. Meancro _____
11. Tinas Linnevate _____
12. Scarvenitootn _____
13. Nightcalled _____
14. Skiess _____
15. Ninred Tou _____
16. Stinnteam _____
17. Sugh _____
18. Tonicaffe _____
19. Ducip _____
20. Shippanes _____

Valentine's Day Crossword



ACROSS

- 3. _____ and kisses; xoxo
- 6. A cherub with a bow and love arrows
- 8. You're the _____ of my life
- 10. Will you be my _____?
- 11. A cute and cuddly bear given as a gift
- 12. The shape that represents love
- 4. The month in which Valentine's Day occurs

DOWN

- 5. Multicolored candy often seen with phrases like "Be Mine" and "Miss You"
- 1. When Valentines Day themed, these usually have cute, funny, or romantic phrases on them
- 7. A beautiful flower given to show affection, often red
- 2. A box of this delicious treat is a popular gift to give a valentine
- 9. To express your emotions you might write your valentine one



February 2026

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30	31	1 Dark Chocolate Day 
2 <i>HAPPY GROUNDHOG DAY</i> 	3	4	5 Optimist Day 	6 National Wear Red Day 	7	8
9	10	11 Make a Friend Day 	12	13	14  Valentine's Day	15
16 <i>HAPPY Presidents Day</i> 	17 <i>RANDOM ACTS of Kindness DAY</i> 	18	19 Chocolate Mint Day 	20 National Caregiver Day 	21	22
23 	24	25	26 National Toast Day 	27 Polar Bear Day 	28	1

Do more of what you love

