LINDA’S TIDBITS

February is heart healthy month. The heart is a muscle that needs a good supply of oxygen and nutrients to work right. We should take care of our hearts by eating the right foods and exercising. The heart also reminds us of Valentine’s Day. Giving chocolate, flowers and heart shaped cards are a common custom. Valentine’s Day has a vague origin but one that is very old. It is believed to go back to ancient Rome and a priest named St. Valentine. He became a patron Saint of lovers. In history it states that the first Valentine was written by Charles, the Duke
of Orleans in prison. Let’s continue to show love and kindness to everyone. Think of your friends and family and how you can show them kindness and continue this all thru the year, I’d like to thank everyone for their support of the Senior Center and the kindness that you have shown to me. Let’s treat everyone like you would like to be treated.

HAPPY VALENTINES DAY!!

COFFEE:
MEN’S COFFEE
Monday – Friday at 10am.
WOMEN’S COFFEE
Monday’s and Friday’s at 9am.

EXERCISE:
Tuesday’s and Friday’s at 9am. Everyone welcome.

FOOT CLINIC:
Monday, Feb 8th
Tuesday, Feb 23rd
JOIN US:
Come enjoy a meal with us at the Senior Center. You can eat in or take out. Call before 8:45 the day you want the meal. Call 507-526-3850 to reserve your meal.

The Senior Center Booster Club is having a TO GO BRUNCH and Sunday, Feb. 14th, from 10 to 12:30. EVERYONE IS WELCOME.

Free will donation for the meal.

We will be CLOSED on Monday, Feb. 15th for President’s Day.

If the weather is bad listen to KBEW 98fm to see if we are having lunch.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sat</th>
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<tbody>
<tr>
<td>1</td>
<td>ROAST BEEF CREAMED POTATOES CARROTS APRICOTS</td>
<td>2</td>
<td>PARMESAN CHICKEN RICE PILAF GR.BEANS/BACON LEMON MOUSSE</td>
<td>3</td>
<td>MEATBALLS/GRAVY MASHED POT/BUTTER BROCCOLI W/ CHEESE SAUCE BAR</td>
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<td>7</td>
<td>CHILI (CHICKEN SPAETZEL) LETTUCE SALAD CORNBREAD/BUTTER PEARS</td>
<td>9</td>
<td>CHICKEN CHOW MEIN RICE CORN EGG ROLL CHERRY COBBLER</td>
<td>10</td>
<td>HAMBURGER/BUN TATER TRIANGLE BAKED BEANS POUND CAKE/LEMON TOPPING</td>
<td>11</td>
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<td>14</td>
<td>CALICO BEAN EASY BAKED POTATO BROCCOLI MANDARIN ORANGES CLOSED</td>
<td>16</td>
<td>CREAMED CHICKEN OVER BISCUIT BABY CARROTS STRAWBERRY GELATIN DESSERT</td>
<td>17</td>
<td>MEATLOAF MASHED POT/BUTTER CORN ON THE COB PEACH COBBLER</td>
<td>18</td>
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<tr>
<td>21</td>
<td>LASAGNA LETTUCE SALAD GARLIC BREAD PEACHES</td>
<td>23</td>
<td>ROAST BEEF COMMERCIAL BRUSSEL SPROUTS BANANA SPLICE PIE</td>
<td>24</td>
<td>SLICED HAM AU GRATIN POTATOES GREEN BEANS CUPCAKE</td>
<td>25</td>
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<td>28</td>
<td>Menus subject to change due to availability of food. Milk and bread served with each meal.</td>
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- Menus subject to change due to availability of food.
- Milk and bread served with each meal.
Across
2. Will you marry me?
6. Grab a bite to eat
7. Move to the beat
8. Find them in the mailbox
10. Wrap your arms around someone
11. Gifts you can wear
14. A pretty bouquet
15. Term of Endearment
16. Put a stamp on it
18. I ____ You!
19. Pucker up!
20. "Life is like a box of ____"

Down
1. Catch a show on the big screen
3. Dip them in chocolate
4. Not Quite Red
5. 14th of ______
9. _____ Roses
12. By then by the dozen
13. Hugs & Kisses
17. "Be My _____"

HAPPY VALENTINE'S DAY!
VALENTINE'S WORD SEARCH

 AFYENIOITCEFFAUAVALFYS
TOCNGRVDORAECNAMORSZNGM
JREGREVEROFRENDEZVOUSY
SENLASCTFYPPLECRAPIVYILL
WLGFRPURTPARSELFCTACREN
EATEEEMAIHZLGVAOSXQQDO
ETNMBCTEWNYELOIMORUJEAG
TIEERTZHPUQPFERFYIUTD
HOLNUDDROCIITSIURTLABUTEN
ENATAIQMQZCARDCUOHFJALOA
ASVRRPGRACIOUSHMEERMOZRN
RHXNYUNAESWLIASONMAIVXE
TIGOBCEJSVARONOHEOREBN
CPEIOTIEUTHEVKNOTOIRTNO
NFMTRIPCAVRAEDXBFBLBHKD
NIOAHJOALOEGAIRRAMAEAESC
SASUTYERPENDEARMETTAM
MDNTTVMEPENOLLABTFIGEU
OCNARESYAWLAWCOURTSHIPK
OEAFAHUPNOITARBELECWLBONO
TSHNECOUPLE_CAETALICERPAA
HVDIHESORUREDNETINODSSIK
HSIREHCPYDDETS DARLINGAY

Find the hidden words in the puzzle
Words can be hidden: ↑↓ → ← →

AFFECTION  ALTRUISTIC  ALWAYS
APPLAUSE  APPRECIATE  BALLOON
BEAU  CARD  CARE  CELEBRATION

 CHERISH  CHOCOLATE  COUPLE  COURTSHIP
CUPID  DARLING  DATE  DEAR
EMOTIONS  ENDEARMENT

ENGAGEMENT  FEBRUARY  FIANCE  FLAME
FOREVER  GIFT  GIRLFRIEND
GRACIOUS  HANDSOME  HEART

HEARTTHROB  HONOR  INFATUATION  JOY
KISS  LIAISON  LOVE
MARRIAGE  ONE AND ONLY  PARCEL

POEM  RAPTURE  RELATIONSHIP  RENDEZVOUS
RESPECT  ROMANCE  ROMEO  ROSE
SELF CARE  SMOOTH  SUITOR
SWEETHEART  TEAM  TEDDY  TENDER
TIE THE KNOT  UNITY  VALENTINE  VOWS
WARM HEARTED