

THE Garnet of Casa Grande Lifestyle

ASSISTED LIVING COMMUNITY
510 E 8th Street • Casa Grande, AZ 85122 • (520) 876-4200

Garnet Super Star



Elodia Melendrez

Elodia is one of our newest Housekeepers, as she just began working at The Garnet in November 2023. She just excelled when learning all the many tasks associated with the Housekeeping tasks, as well as building positive relationships with the many residents here. She has worked very hard since being here and does a Great Job! Elodia said that she has actually always enjoyed cleaning, and that she has even done cleaning for her family members, because she likes it so

much. She described cleaning as almost therapeutic for her. It is her way of taking time alone to just focus on the task at hand and to think about the things while she is quietly working.

What also makes Elodia's days here enjoyable is spending time with the residents. She really enjoys how kind they are and how they share so much of their lives with her. They will tell her stories and just be happy that she is there with them. "You get close to them- you just can't help it," said Elodia. The Residents are what is the most important. It is important that they are happy and well taken care of. We just want them to be comfortable and satisfied.

On her time off, Elodia loves to spend time with her 2 daughters (24 & 13) and her Son (23). They will go to the movies or just spend time together. Elodia is a single mother, and her children are very important to her.

We are so glad to have Elodia as part of our Garnet family. Thank you for all you do!



FEBRUARY 2024

Silver Star Resident



Colleen Swenson

Colleen is one of our newer residents here at The Garnet, as she has only been here since December 2023. Prior to being here at The Garnet, Colleen was a resident at an Independent Living Community in Chandler, Arizona. She decided to move here because it was closer to her Daughter and Son-in-Law, Carol and Steve, who lived

here in Casa Grande. The commute to Chandler could be quite tedious for them, so it was decided that Colleen would move here by them. Upon entering The Garnet for the first time, the building and the people here just felt like "home." Colleen has been very happy here and has made several new friendships. She loves her apartment, especially the walk-in closet, as it has plenty of room for all her little extras. She also loves her Living room windows and how they let just enough of the evening light in to brighten up her Living room. The other thing that she really enjoys is the Dining room. It is quiet, comfortable, relaxing, and inviting.

Prior to moving to Arizona, Colleen lived in Eugene, Oregon. Now that she is in Arizona, she loves the warmth. She said she doesn't even mind the heat in the summer, because you are in the air conditioning anyway.

Thank you, Colleen, for being our Silver Star Resident!













































































































































**FEBRUARY
2024**

**Staying
Happy With
Yourself**

Staying Happy With Yourself sounds so simple. But being happy with yourself can make the difference in your health, your surroundings, and with your day to day activities. Being happy with yourself is your way of accepting you. Being O.K. with who you are and not being too critical of yourself. We tend to be more critical of ourselves than we are with anyone else. We over-analyze what we do, what we say, or how we act. This can affect how we interact with others on a day to day basis. It can also impact our health because we can worry so much about not being good enough, that we become depressed or become hesitant to join in with the other groups. When this happens, just take a deep breath and march right in to the group and sit down. Remember you are a good person, and the only one holding you back is you. Go laugh, have fun, and don't worry about anything else. Just be happy and enjoy life.

**"Connecting our hearts through love yields a nectar so sweet we are forever full."
—Amy Leigh Mercree**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:30  Morning Workout 10:00  Dominos 1:00  Skip Bo Cards 2:30  Corn Hole 4:00  Entertainment-Piano Player	Groundhog Day 8:30  Morning Workout 10:00  Pretty Nails 1:00  Presentation: Movie Bingo 2:30  Uno Cards 5:30  Movie Time	10:00  Mexican Train 1:00  Rummy Cards 2:00  Skip Bo Cards 3:00  Game of the Day
10:00  Wii Games 12:30  Movie Time 2:30  Church at The Garnet 5:00  Creative Coloring & Puzzles	8:30  Morning Workout 10:00  Quarter Bingo 1:00  Skip Bo Cards 2:30  Uno Cards 5:00  Mind Games	8:30  Morning Workout 10:00  Mexican Train 1:00  Corn Hole 2:30  Happy Hour-Entertainment	8:30 Walmart 🛒 10:00  Free Bingo 1:00  Uno Cards 2:30  Concentration 5:30  Movie Time	8:30  Morning Workout 10:00  Mexican Train 1:00  Presentation: Concentration 2:30  Family Feud	8:30  Morning Workout 10:00  Pretty Nails 1:00  Super Bowl Football Toss 2:30  Super Bowl Edition-Hangman 5:30  Movie Time	10:00  Uno Cards 1:00  Dominos 2:00  Wii Games 3:00  Game of the Day
Super Bowl Sunday 10:00  Mexican Train 12:30  Movie Time 2:30  Church at The Garnet 5:00  Creative Coloring & Puzzles 5:00  Pre-Game- Super Bowl LVIII ★ 6:30  2024 Super Bowl LVIII- Kickoff Time ★	Lincoln's Birthday 8:30  Morning Workout 10:00  Quarter Bingo 1:00  Chair Volleyball 2:30  Concentration 5:00  Family Feud	8:30  Morning Workout 10:00  Sports Day 1:00  Craft Day 2:30  Happy Hour	Happy Valentine's Day 8:30 Walmart 🛒 10:00  Free Bingo 1:00  Presentation: Valentine's Special 2:30  Hangman 5:30  Movie Time	8:30  Morning Workout 10:00  Billiards, Checkers, Ping Pong 1:00  Uno Cards 2:30  Concentration	8:30  Morning Workout 10:00  Pretty Nails 1:00  Uno Cards 2:30  Dominos 5:30  Movie Time	10:00  Family Feud 1:00  Billiards, Checkers, Ping Pong 2:00  Wii Games 3:00  Game of the Day
10:00  Rummy Cards 12:30  Movie Time 2:30  Church at The Garnet 5:00  Creative Coloring & Puzzles	Presidents Day 8:30  Morning Workout 10:00  Quarter Bingo 1:00  Resident Birthday Party 2:30  Family Feud 5:00  Mind Games	8:30  Morning Workout 10:00  Uno Cards 12:00  Creative Coloring & Puzzles 2:30  Happy Hour-Entertainment	8:30 Walmart 🛒 10:00  Free Bingo 1:00  Family Feud 2:30  Concentration 5:30  Movie Time	8:30  Morning Workout 10:00  Family Feud 1:00  Sports Day 2:30  Skip Bo Cards	8:30  Morning Workout 10:00  Pretty Nails 1:00  Craft Day 2:30  Mexican Train 5:30  Movie Time	10:00  Skip Bo Cards 1:00  Mexican Train 2:00  Family Feud 3:00  Game of the Day
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What Is the History of the Super Bowl?



Super Bowl LVIII

The game was created as part of a 1966 merger agreement between the National Football League- NFL and the competing American Football League- AFL. The agreement was to have their best teams in each league to compete for a Championship annually. It was originally called the "AFL-NFL World Championship Game." However, in 1969 the moniker "Super Bowl" was adopted and the 1969 game was officially called, "Super Bowl III." In 1970, they officially introduced the "Super Bowl Halftime

Show" which featured Carol Channing. Carol Channing was the first ever to perform in the Super Bowl as entertainment. This game was gauged to have captured 57 Million viewers. The number of viewers each year began to steadily increase until the first viewer record for most viewers was set in 1982. This was the San Francisco 49ers vs. Cincinnati Bengals with 59.1 million viewers. The 49ers went on to win the Super Bowl that year with a 26-21 game score. While the number of viewers continued to rise annually, the next viewing record would not be set until 2015 for the Seattle Seahawks vs. New England Patriots game, which was recorded with 114.4 million views. The Seahawks went on to win this Super Bowl with a 28-24 game score. Today, more people watch the Super Bowl across the United States than any other broadcast in the history of television. This year's Super Bowl game is predicted to be viewed by over 115.4 million viewers and counting. Usher will be performing this year's Super Bowl Halftime Show. So, let the Game Begin!

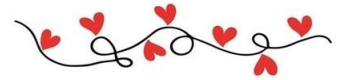


Happy Birthday!

2/7 Kay Jacobs
2/20 Janice Parmer
2/27 Judy Chaffin



#133 Oralia Luna



Happy Hour



NATIONAL MARGARITA DAY
February 20, 2024

