



6800 Parkside Cr, De Forest, WI 53532

Sales (608) 846-4640 www.theparksidevillage.com

To all who have turned in fitness tracking sheets these past months we will be doing something special in March. Keep up the good work...movement is essential to a healthy lifestyle and heart functions.

In Celebration of Valentine's Day:

You're Social Committee has a **special delivery** for each of you on **Friday, Feb 12** starting around 1 pm for both Ranch and Garden units. You do not need to be home but your friends have made up a sweet little token of friendship and would like to drop it off for you.

If you are not home we will leave it by your front door.

Again, you are not alone and we hope you are all doing fine. We can't wait until we can all get together again.



Are you missing Kim and chair YOGA??

Well, she misses all of you too! She has put together a short get up and stretch video you can access. Enjoy!

<https://youtu.be/WBp10Vrk3bw>

Parkside Power-Ball...or should we say Power-unit number?!! Confused??

Let us explain...

So in efforts to keep us all connected and have a little fun even though we can't gather right now. Your Social Committee thought it would be fun to have weekly prize drawings each week. Kind of like our own little Power ball except you don't have to put any \$ in we will draw one Ranch and One Garden unit number each Friday and the winners will each receive a \$10.00 Gift Card to a local restaurant or store. Once you win your unit number stays out so the odds get better for everyone each week. Sound like fun? Good that's what we were going for! So starting Friday, Feb 5th we will have the drawings and announce the winners via e-mail and or phone call. Good-Luck!!



Wednesday Feb 17th is Ash Wednesday and also **Random Acts of Kindness Day**. If we all try I'm sure we can think of something kind to do for somebody we know or don't know.

“No act of kindness, no matter how small, is ever wasted.” Aesop

