

The name “Cassia” was inspired by an anointing oil referenced in the Bible that reflects our commitment to healing, wholeness and our desire to help those we serve to live well. According to sources familiar with ancient oils, Cassia is said to symbolize the heart of a servant.

Who Was Valentine?

Valentine’s Day is a time to celebrate love, but the story behind the holiday is a little mysterious. We know that a man named Valentine lived around 270 AD, but there may have been more than one Valentine at that time. One may have been a priest in Rome who secretly married young couples in defiance of the emperor’s orders, while another may have been a bishop in Terni who helped Christians in prison and sent the first “valentine” to a jailor’s daughter. No matter which story is true, Valentine’s bravery and kindness continue to inspire us today.

The holiday may also have connections to an ancient Roman festival called Lupercalia. This festival celebrated fertility, planting, and the founding of Rome, and it included rituals, feasts, and even temporary pairings of young men and women. Some of these couples fell in love and married, showing that romance has long been part of February celebrations. Over time, Lupercalia ended, but Valentine’s Day continued to grow as a day of love and remembrance.



Romance became more closely linked to Valentine’s Day during the Middle Ages, thanks in part to Geoffrey Chaucer, who wrote about love and courtship in February. By the 1500s, people were exchanging handmade or written greetings, called valentines, and the tradition of sending cards spread widely. In the 1800s, commercially printed cards and the British Uniform Penny Post made it easy for people to send valentines to friends and loved ones. Esther Howland later helped popularize valentines in America, creating beautiful, handmade cards that inspired generations.

Today, Valentine’s Day is celebrated around the world with cards, gifts, and gestures of love. From the oldest known valentine written in 1415 to the billions of cards and gifts shared today, the holiday continues to remind us of the joy of caring for others. Whether we are celebrating with family, friends, or remembering those who are not with us, Valentine’s Day is a time to reflect on the love and kindness that connect us all.

Winter may bring colder days and longer nights, but it also offers wonderful opportunities to slow down, connect, and care for ourselves in meaningful ways. Staying engaged—both physically and socially—can make all the difference in keeping our spirits high.

Move a Little Every Day (Your Way!) Movement is one of the best natural mood boosters—and it doesn’t have to be strenuous. Gentle chair exercises, stretching, light dancing to favorite music, or a short indoor walk can help reduce stiffness, improve balance, and increase energy. The key is consistency, not intensity. Even 10 minutes a day can make you feel more refreshed and confident. We have chair exercises on Monday, Wednesday, and Friday for you to join.

Stay Social and Connected Winter can sometimes feel isolating, which makes connection even more important. Join group activities, attend community events, or simply enjoy a cup of coffee with a neighbor. Conversations, shared laughter, and friendly faces help reduce loneliness and keep our minds sharp. Remember—community is one of our greatest strengths. We know we love getting together, please feel well and wash your hands to keep us healthy during the winter months.

Let the Sunshine in It may be cold outside, but let the sun warm our hearts. Sunlight plays a vital role in our mood and sleep patterns. Try to spend time near a sunny window, open curtains during the day, or step outside for a breath of fresh air when weather permits. If it’s cloudy, indoor lighting and bright, cheerful spaces can still help lift your mood.

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Activity Highlights

“Enjoy fun, friendship, and fulfillment with activities tailored just for you.”

Color Hour

Sunday, February 1 at 2:30PM

Color Hour invites you to relax, connect, and express yourselves creatively while enjoying a calm and welcoming atmosphere

Live 2B Healthy

Monday & Friday at 10:15AM

Live 2B Healthy offers residents a chance to stay active and energized through safe, engaging exercises designed to support strength, balance, and overall well-being.

Baking- Cookbook Fun with Heather

Tuesday, February 3 at 10AM

Baking and Cookbook Fun brings everyone together as we build a campus cookbook—bring your favorite recipes to share and enjoy trying out some of them together along the way!



The Benefits of Therapy? Wednesday, February 4 at 2:30PM

Therapy supports overall well-being by improving strength, balance, and confidence, helping residents stay independent and engaged in daily life. Steve will be here to share the benefits of therapy.

Poker

Monday & Thursday at 6pm

Our poker group is always looking for more players- if you are interested in playing come on down to the library.

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Winter Safety Tip-

The Penguin Shuffle



When walking on ice, remember to do the penguin shuffle—take small, slow steps, keep your feet flat, and hold your arms slightly out for balance to help prevent slips and falls.

Brighter Days continued from the Front Page...

Keep Your Mind Curious and Creative

Winter is a wonderful time to explore hobbies or rediscover old favorites. Reading, puzzles, crafts, journaling, or attending educational talks help keep the mind active and engaged. Creative activities are especially powerful; they give us something to look forward to and a sense of accomplishment. We have an Art Class on Monday afternoons, and we do crafts on Saturday afternoons; come join the fun!

Laugh Often and Find Joy in Small Moments

Never underestimate the power of laughter! This I know you do well, it is not from my jokes, it is the joy you share with each other, a lighthearted group activity, laughing reduces stress and boosts emotional well-being. Joy doesn't have to be big—sometimes it's found in a smile, a memory, or a shared chuckle.

Winter doesn't have to slow us down—it can be a season of warmth, wellness, and wonderful connections. By staying active, engaged, and supportive of one another, we can truly **beat the winter blues** and continue to thrive as a community.

WANTED
Bridge Players

Contact Kay Hobday at 6301

Book Club



The Giver of Stars
by JoJo Moyes

February 19 at 1PM

Books Available with Heather

“That’s a wrap on the fun, friendship and fulfillment”

Blood Pressure Checks

Monday, February 23 at 3PM

Keep track of your wellness with our free Blood Pressure check—quick, easy, and a simple way to stay healthy.

Men's Beer & BS

Tuesday, February 24 at 2:30PM

Join us for Men's Beer & BS, a relaxed gathering where guys can enjoy good conversation, a cold drink—beer or soda—and plenty of laughs.

“Even more fun, friendship and fulfillment”

Gifts from Daycare Kids
Friday, February 13 at 11AM

Our Cupid Crew from the local daycare will be spreading Valentine’s cheer by delivering a special gift— be sure to prop your door open to join in the fun!

Women’s Breakfast
Saturday, February 14 at 9:30AM

Join the women of Hastings Senior Health & Living for a special breakfast just for ladies! We’d love to see you there this Saturday—come enjoy good food and great company.

St. Patrick’s Day Card Making
Sunday, February 15 & February 22 at 2:30PM

Get creative for St. Patrick’s Day by making festive cards! Kits are available—one card per person—so join us to craft cheerful greetings filled with luck, color, and fun to share with friends and family.

Homespun Harmony
Tuesday, February 17 at 3:15PM

Homespun Harmony is back! Join us as they fill the room with beautiful music and joyful voices for a special sing-along performance.

\$5 Bingo
Thursday at 2:30PM

Join us for \$5 Bingo—even though our main caller is in Hawaii for the month of February, the fun, excitement, and prizes are right here with us!

Culver’s Lunch Outing
Friday, February 20 at 11AM

We’re heading to Culver’s for lunch—come enjoy a delicious meal and a fun outing with friends!

Sticky Bun Social
Saturday, February 21 at 9:30AM

Celebrate sweet moments at our National Sticky Bun Social! Come enjoy warm, gooey sticky buns and good company with fellow residents.

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Bus Around Town



Wednesday February 4
Wednesday February 18
Wednesday, March 18
No Bus Around Town the 1st week in March
Schedule your trip with Heather today.

“More fun, friendship and fulfillment”

Kissing Booth Craft w/ Heather
Friday, February 6 at 2:30PM

Join Heather for a Kissing Booth craft, where you can get creative making a sweet, playful project to share smiles and a little Valentine cheer. Sample project is on display outside the nursing office.

Men’s Breakfast
Saturday, February 7 at 9AM

The men of Hastings Senior Health & Living are invited to come to a gathering for breakfast of just men. We hope you will join us. See you Saturday!

Super Bowl Sunday
Sunday, February 8 at 6PM

Celebrate the Super Bowl with good company, tasty snacks, and plenty of team spirit as we enjoy the big game together. Bring Your Own Beverages!

Popcorn
Monday, February 9 at 2:30PM

Popcorn time is the perfect chance to gather, snack, and enjoy a warm, crunchy treat while sharing conversation and smiles together.

\$5 Soup & Chili
Supper

Monday, February 16
5pm

Sign up
by Friday, February 13



Resident Council
Tuesday, February 10 at 2:30PM

Resident Council gives residents a voice, providing a welcoming space to share ideas, offer suggestions, and stay involved in community life. Every Resident is a part of the resident council.

Public Library
Wednesday, February 11- 1:15 to 2 PM

The Public Library visit brings books, resources, and the joy of reading right to our campus for you to explore and enjoy.

Hearts & Friendship Bingo
Thursday, February 12 at 2:30PM

Heart and Friendship Bingo is a cheerful game where you can enjoy friendly competition, laughter, and the joy of connecting with neighbors.

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February Birthdays

Mary Nelson	February 2
Carrol Tammen	February 6
Jan Peterson	February 8
Carl Woxland	February 18
Jaci Danielson	February 19
Chloe Hochmuth	February 19
Judy Manderscheid	February 19
Austin L	February 23
Ann Arnold	February 26

Welcome To Our Community

Birthday Celebration

Wednesday, February 11

2:30PM



Sticky Buns

Sticky buns have been a beloved sweet treat for centuries, with origins that trace back to Europe. They are believed to have descended from a German pastry called “Schnecken” (meaning “snails” for their spiral shape), which was a sweet roll made with sugar, butter, and spices. Early German immigrants brought these recipes to America in the 18th and 19th centuries, where they became a popular baked good in bakeries and homes.

In the United States, sticky buns evolved into the gooey, caramel-coated rolls we know today. Typically baked in a pan lined with brown sugar, butter, and sometimes nuts, the buns become soft and sticky as the sugar caramelizes. Variations developed over time, including additions like cinnamon, raisins, or pecans, creating the rich, sweet flavor that makes them so irresistible.

Sticky buns became particularly popular as a breakfast or dessert treat in American homes and restaurants during the 20th century. Their sweet, comforting taste and easy-to-share nature made them a favorite for holidays, gatherings, and special occasions—perfect for sharing with friends and loved ones.

Today, sticky buns remain a nostalgic and delicious treat, celebrated in bakeries, cafés, and community events like National Sticky Bun Day, reminding us of the simple joy that comes from a warm, sweet pastry shared with others. Join us on Saturday, February 21 at 9:30am for a Sticky bun Social.

Love & Faith: A Valentine’s Reflection

Valentine’s Day is a special time to celebrate love in all its forms—love of family, friends, neighbors, and the care we share within our community. Our faith reminds us that God’s love is always with us, offering comfort and guidance, and encouraging us to share love with those around us, even when they cannot be near.

This day also invites us to remember loved ones who are not here with us. Whether family members, friends, or spouses who have passed or live far away, their love continues to touch our hearts.

Reflecting on these memories can bring both warmth and comfort, reminding us

that love transcends distance and time.

Even in their absence, we can honor that love through small acts of kindness, a quiet prayer, or sharing stories about them with others. These gestures help keep their memory alive and allow their love to continue to bless our lives today.

As we celebrate Valentine’s Day, may your heart feel peace and joy, knowing that God’s love surrounds you always. May we hold both those near and those far in our thoughts and prayers, and may the love we give and receive remind us of the lasting presence of God’s care in our lives.

Religious Offerings

Our Saviours Lutheran Online Church Service
Sundays at 10:30 AM-DR

Weekly Rosary
Watch Calendar for day
in the library

Words & Communion w/ Ashes
Wednesday, February 18
10:30 AM-DR

Ash Wednesday Service
Our Saviours Lutheran Church
Wednesday, February 18

2:30 PM-DR

Prayer Group
Thursdays at 11 AM
in the library

Catholic Mass
Father Dave
Thursday, February 5
Thursday, February 26
Mass 10 AM—DR