

# Hastings Senior Health & Living community news

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.

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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.

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Assisted Living- Independent Living

February 2026



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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A ministry of Cassia  
CassiaLife.org

## 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.*

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**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!



**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.

**WANTED**  
Bridge Players

Contact Kay Hobday at 6301

*"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 1<sup>st</sup> 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.

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## 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

### Words & Communion w/ Ashes

Wednesday, February 18  
10:30 AM-DR

### Weekly Rosary Watch Calendar for day in the library

### 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