

National Dark Chocolate Day
February 1st.

Fun Facts:

1. Chocolate can trigger the same brain reactions as being in love. Your brain doesn't totally know the difference. Chocolate is basically an emotional catfish.

2. Dark chocolate can slightly lower your stress hormones. So when you say "I need chocolate," your body is like, correct.

3. Chocolate has been used as medicine. In the 1700s, doctors prescribed it for everything from fatigue to heartbreak.



<div>1</div> <div>8:00am: Breakfast 9:30am: Sacrament Meeting 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner</div>	<div>2</div> <div>Groundhog Day 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Heart Match 11:30am: Lunch 1:00pm: Fruit Loop Necklaces 2:15pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>3</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Match the Kisses 11:30am: Lunch 1:00pm: <i>Afternoon Bus Ride</i> 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>4</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Don't Find Pete! 11:30am: Lunch 1:00pm: Heart Gummy Houses 2:15pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>5</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 2:00pm: Fun w/ Friends: Craft Suncatcher Hearts! 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>6</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Valentine's Wall- What You Love 11:30am: Lunch 1:30pm: Mini Manicures 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>7</div> <div>8:00am: Breakfast 10:00am: Daily Chronical & News 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner</div>
<div>8</div> <div>8:00am: Breakfast 9:30am: Sacrament Meeting 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner</div>	<div>9</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Bean Bag Hearts 11:30am: Lunch 1:00pm: Craft: Love You to Pieces! 2:15pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>10</div> <div>8:00am: Breakfast 10:00am: Tappy Toes Exercise Class 11:00am: Daily Chronical & News 11:30am: Lunch 1:00pm: <i>Afternoon Bus Ride</i> 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>11</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Giant Valentine's Bingo 11:30am: Lunch 1:00pm: Make Valentine's Cards 2:15pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>12</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 2:00pm: Fun w/ Friends: Decorating Valentine Cookies 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>13</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Valentine A to Z 11:30am: Lunch 1:30pm: Valentine's Party! 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>14</div> <div>Valentine's Day 8:00am: Breakfast 10:00am: Daily Chronical & News 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner</div>
<div>15</div> <div>8:00am: Breakfast 9:30am: Sacrament Meeting 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner</div>	<div>16</div> <div>Presidents' Day 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Valentine Trivia 11:30am: Lunch 1:00pm: Craft: Mardi Gras Masks 2:15pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>17</div> <div>Mardi Gras 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Chocolate Tasting 11:30am: Lunch 1:00pm: <i>Afternoon Bus Ride</i> 3:00pm: Snack & Hydration!</div>	<div>18</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Love Song Bingo 11:30am: Lunch 1:00pm: Craft: Decorate Hearts 2:00pm: Music- Heart & Soul 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>19</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 2:00pm: Fun w/ Friends: Birthday Visits w/ Treats 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>20</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Game: Break My Heart 11:30am: Lunch 1:30pm: Mini Manicures 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>21</div> <div>8:00am: Breakfast 10:00am: Daily Chronical & News 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner</div>
<div>22</div> <div>Happy Birthday Janet M. 8:00am: Breakfast 10:00 Stake Conference NO SACRAMENT MEETING 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner</div>	<div>23</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Valentine Pictionary 11:30am: Lunch 1:00pm: Craft: Heart Wreaths 2:15pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>24</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Valentine Jeopardy 11:30am: Lunch 1:00pm: <i>Afternoon Bus Ride</i> 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>25</div> <div>Happy Birthday Michael 8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Couples Match 11:30am: Lunch 1:00pm: Afternoon of Coloring 2:15pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>26</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Piano by Aleene 11:30am: Lunch 1:30pm: What's in a Cookie? 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>27</div> <div>8:00am: Breakfast 10:00am: Exercise with Weights 10:30am: Daily Chronical & News 11:00am: Candy Heart Toss 11:30am: Lunch 1:30pm: Mini Manicures 3:00pm: Snack & Hydration! 4:30pm: Dinner</div>	<div>28</div> <div>8:00am: Breakfast 10:00am: Daily Chronical & News 11:30am: Lunch 1:30pm: Activity with the CNA's 2:30pm: Afternoon Exercise 3:00pm: Snack & Hydration 4:30pm: Dinner</div>
						<div>Roses are Red Violets are Blue Sugar is Sweet And so are YOU!!</div>

Activities are subject to change

Valentine's Day

I Spy



“Powered by love and marshmallows.”



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The Bench by the Bus Stop

Every morning at 8:10, Emma sat on the same cold blue bench by the bus stop, sipping her coffee and pretending not to rush. Every morning at 8:12, Noah arrived, slightly out of breath, backpack crooked on one shoulder.

They never planned it. It just... happened. At first, they only shared small things. A smile when the bus was late. A sigh when it rained. One day, Noah offered Emma half of his blueberry muffin because he “accidentally bought two.” She laughed and took it, and from then on, muffins became their thing.

They talked about safe topics—favorite movies, annoying alarms, the way the city smelled after rain. Nothing heavy. Nothing scary. Just enough.

One winter morning, snow fell so thick the buses stopped running. People groaned and checked their phones, but Emma stayed seated. Noah looked at her, surprised.

“Well,” he said, rubbing his hands together, “since we’re stuck... want to get hot chocolate?”

She hesitated only a second before standing. “Yeah. I really do.”

They walked to a small café nearby, snow dusting their coats.

Inside, it was warm and loud and bright. They talked longer than ever before—about dreams, about fears, about how strange it was that two people could sit inches apart for months without really knowing each other.

When the snow finally slowed, Noah walked Emma home. At her door, neither of them moved right away.

“So,” he said, smiling softly, “same bench tomorrow?”

Emma nodded. “Same bench.”


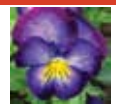
As he turned to leave, she called his name. He looked back, hopeful.



“Hey,” she said, heart pounding, “maybe... we don’t wait for the bus next time.”




Noah’s grin was answer enough.

And the blue bench? It stayed right where it was—quietly proud of what it started.

February 2026

 February Flower : Violet  Violets stand for kindness and loyalty. They’re small flowers that remind us it’s good to be gentle and caring.

 February Gemstone: Amethyst  Amethyst is a purple gemstone that people believe helps you feel calm and brave. Long ago, it was called a “peace stone.”

 February Zodiac Signs: Aquarius  (Feb 1–18) Aquarians are known for being creative, friendly, and full of big ideas.  Pisces (Feb 19–28/29) Pisces are often kind, imaginative, and great helpers.

Happy Birthday!



Janet M. - 22nd
Micheal P. - 25th

