

February 2026

# MHSDC Newsletter



651 Old State Route 74, Cincinnati, OH 45245

[www.MHSDayCenter.com](http://www.MHSDayCenter.com)

513.528.0014

## 5 Star Reviews!

Have you seen our reviews?  
Rated 5 stars on Google!  
100% recommended on  
Facebook!  
We truly appreciate the  
chance to serve incredible  
seniors and families like  
yours. Your feedback is  
invaluable to us, and the  
greatest compliment you can  
give is a review. Please take a  
moment to leave one.

[Margaret's Heart Senior Day Center  
Reviews - Google Search](#)

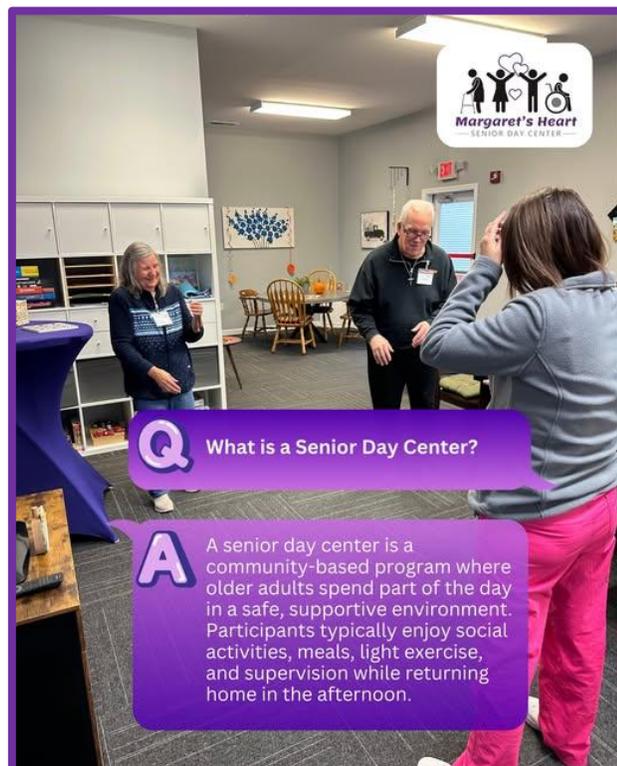
We'd love your help  
spreading the word about  
Margaret's Heart Senior Day  
Center! Share our name with  
friends, neighbors, church  
members—anyone you know,  
even your mail carrier. You  
never know who might know a  
senior looking for  
companionship, engaging  
activities, and a friendly  
environment to enjoy their  
day. Let's help connect them  
to a supportive community!  
Please share our phone  
number or social media sites  
for more information.  
**Personal referrals are the  
best!**

## Musical Moments Field Trip



We were invited to Jewish Family Services for their Musical Moments concert. Our participants spent time listening to the live music, tapping toes, singing along, and soaking up the joy that only music can bring. Moments like these spark memories, lift moods, and remind us that connection does not stop with age. Watching our group light up together is exactly why we do what we do.

Thank you to Becky and the staff of Jewish Family Services Adult Day for being so welcoming.



**Q** What is a Senior Day Center?

**A** A senior day center is a community-based program where older adults spend part of the day in a safe, supportive environment. Participants typically enjoy social activities, meals, light exercise, and supervision while returning home in the afternoon.

A lively game of cornhole, snowman craft, sing-a-longs, and daily exercise are just a few of the activities you will find at Margaret's Heart Senior Day Center.



## Winter Weather Closings & Delays

Margaret's Heart Senior Day Center will submit information for closing and delays to Channel 12. If you have any questions, you can always reach out to Kristin directly.

## February Birthdays

Tommy Smothers (comedian) - Feb. 2, 1937  
Hank Aaron (ballplayer) - Feb. 5, 1934  
Lana Turner (actress) - Feb. 8, 1921  
Susan B. Anthony (activist) - Feb. 15, 1820  
Sidney Poitier (actor) - Feb. 20, 1927  
Steve Jobs (tech guru) - Feb. 24, 1955  
Jimmy Dorsey (band leader) - Feb. 29, 1904  
Dinah Shore (singer) - Feb. 29, 1916

## Guardians of the Arctic

You don't have to live in the Arctic to celebrate International Polar Bear Day on February 27. The polar bear is one of nature's most awesome beasts and is the world's biggest hunter. Polar bears spend much of their time lying in wait outside holes cut in the ice by ringed seals, which must return to the surface for air every five to 15 minutes. A seal's survival depends on maintaining its series of breathing holes. That same survival instinct is what eventually provides the polar bear with its next meal.

As the Arctic warms and ice recedes, polar and brown bear habitats have begun to overlap, and hybrid polar-brown bear offspring have appeared. Dubbed *nanulaks* by Canadian wildlife officials, the hybrid bears are whitish brown with long claws and a humped back. Offspring of a male polar bear and a female grizzly are called *pizzlies*; reverse the parentage and it's a *grolar bear*.

However, as long as there is ice to roam and there are seals to hunt, a polar bear's home will always be the Arctic.



# February 2026 Seniors' CHOICE menu

| Monday<br>2  | Tuesday<br>3  | Wednesday<br>4   | Thursday<br>5   | Friday<br>6  |
|--|---|--|---|--|
| <p><b>Sloppy Joe - 9060</b><br/>(ch b) chicken bbq ch7002</p> <p>Peas<br/>Chuckwagon Corn<br/>Bun<br/>Peas<br/>Diet: same</p>  | <p><b>Poocom Chicken Bowl - 9006</b><br/>(ch b) meatloaf w/ gravy ch7016</p> <p>Mashed Potatoes w/ Cheese &amp; Corn<br/>Green Beans<br/>Baked Cinnamon Apples<br/>Biscuit &amp; Margarine<br/>Diet: same</p>  <p><i>Groundhog Day</i></p> | <p><b>Lemon Pepper Fish - 9033</b><br/>w/ Tartar Sauce<br/>(ch b) chicken tenders ch7009</p> <p>Brown Rice<br/>Scandinavian Veggie (2 servings)<br/>Fruit Cocktail<br/>Wheat Bread / Margarine<br/>Diet: same</p>  | <p><b>Salisbury Steak w/ Mushroom Gravy - 9029</b><br/>(ch b) chicken w/gravy ch7008</p> <p>Mixed Vegetables<br/>Pineapple Tidbits<br/>Wheat Bread (2 slices)<br/>Margarine<br/>Diet: same</p>  | <p><b>Orange Chicken - 9105</b><br/>(ch b) baked fish - ch7048</p> <p>Brown Rice<br/>Green Beans<br/>Carrots<br/>Mandarin Oranges<br/>Wheat Bread / Margarine<br/>Diet: same</p>   |
| <p><b>Hamburger - 9071</b><br/>(ch b) hot deli ham ch7005<br/>w/ Swiss American Cheese slice</p> <p>Potato Wedges<br/>Broccoli<br/>Bun<br/>Pineapple Tidbits<br/>Mustard / Ketchup<br/>Diet: same</p>  | <p><b>Roast Turkey w/Gravy - 9005</b><br/>(ch b) country fried steak w/gravy ch7054</p> <p>Mashed Potatoes<br/>Vegetable Medley<br/>Apricots<br/>Wheat Bread (2 slices)<br/>Margarine<br/>Diet: same</p>  | <p><b>Beef Vegetable Teriyaki - 9037</b><br/>(ch b) orange chicken ch7071</p> <p>Brown Rice<br/>Oriental Stir Fry Vegetables<br/>Broccoli<br/>Baked Cinnamon Apples<br/>Dinner Roll / Margarine<br/>Diet: same</p>   | <p><b>Chicken &amp; Potato Casserole - 9315</b><br/>(ch b) roast beef &amp; gravy ch7025</p> <p>California Blend Vegetables (2 servings)<br/>Grape Juice 100%<br/>Wheat Bread (2 slices)<br/>Margarine<br/>Diet: same</p>   | <p><b>Cinci-Style Chili - 9112</b><br/>w/ Spaghetti<br/>(ch b) roast beef w/gravy ch7025</p> <p>Kidney Beans<br/>Broccoli<br/>Peaches<br/>Cheddar Cheese (ch A only)<br/>Oyster Crackers (ch A only)<br/>2 Wheat Bread / Margarine (ch b only)<br/>Diet: same</p>  |
| <p><b>Steak Hoagie w/ Gravy - 9302</b><br/>(ch b) grilled chicken breast ch7026</p> <p>Potato Wedges<br/>Baked Beans<br/>Hoagie Bun<br/>Fresh Apple<br/>Diet: same</p>  <p><i>President's Day</i></p> | <p><b>Meatloaf w/ Gravy - 9072</b><br/>(ch b) roast turkey w/ gravy ch7002</p> <p>Mashed Potatoes<br/>Carrots<br/>Peas<br/>Wheat Bread (2 slices)<br/>Margarine<br/>Diet: same</p>  | <p><b>Bean &amp; Cheese Burrito - 9113</b><br/>(ch b) chicken tenders ch7009</p> <p>Corn<br/>Zucchini<br/>Salsa<br/>Pineapple Tidbits<br/>Wheat Bread / Margarine (ch b only)<br/>Diet: same</p>  <p><i>Ash Wednesday</i></p> | <p><b>Chicken Fajita Bowl - 9004</b><br/>(ch b) Taco Bowl ch7070</p> <p>Brown Rice<br/>Pinto Beans<br/>Chuckwagon Corn<br/>Hot Apple Crumble<br/>Corn Chips<br/>Sour Cream<br/>Diet: same</p>   | <p><b>Breaded Fish Sandwich w/ Tartar Sauce-9010</b><br/>(ch b) steak hoagie w/ gravy ch7018</p> <p>Potato Wedges<br/>Prince Edward Vegetables<br/>Hoagie Bun<br/>Fruit Punch 100%<br/>Sponge Cake<br/>Diet: same</p>  <p><i>Happy February Birthday!</i></p> |
| <p><b>BBQ Beef - 9051</b><br/>(ch b) grilled chicken breast ch7026</p> <p>Peas &amp; Onions<br/>Potato Wedges<br/>Bun<br/>Fruit Cocktail<br/>Diet: same</p> <p><i>President's Day</i></p>  | <p><b>Roast Pork Loim w/ Gravy - 9115</b><br/>(ch b) chicken w/gravy ch7008</p> <p>Brown Rice<br/>Vegetable Medley (2 servings)<br/>Applesauce<br/>Wheat Bread / Margarine<br/>Diet: same</p>    | <p><b>Chicken Alfredo over Spaghetti - 9065</b><br/>(ch b) mediterranean glazed salmon ch7068</p> <p>Broccoli<br/>Carrots<br/>Baked Cinnamon Apples<br/>Wheat Bread / Margarine (ch b only)<br/>Diet: same</p>   | <p><b>Hawaiian Pineapple Ham - 9094</b><br/>(ch b) pineapple topped chicken ch7013</p> <p>Roasted Sweet Potatoes<br/>Peas<br/>Tropical Fruit Salad<br/>Wheat Bread (2 slices)<br/>Margarine<br/>Diet: same</p>  <p><i>Happy Groundhog Day!</i></p> | <p><b>Cheese Manicotti - 9133</b><br/>w/ Pesto Cream Sauce<br/>(ch b) spaghetti &amp; meatballs ch7015</p> <p>Spinach<br/>California Blend Vegetables<br/>Peaches<br/>Wheat Bread / Margarine (ch a only)<br/>Diet: same</p>   |
| <b>President's Day</b>   |   |  |   |  |
| <p>Complete Meal Meets 1/3 DRI for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2025</p>  |   |  |   |  |
| <b>February is American Heart Month</b>  |   |  |   |  |
| <b>BLACK HISTORY MONTH</b>   |   |  |   |  |

# February 2026

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| Music Time <b>2</b><br>Travel to Italy<br>Today's History<br>Stretch & Flex<br>Lunch<br>Parachute Fun<br>Groundhog Day<br><br><i>Groundhog Day</i>                       | News of the Day <b>3</b><br>Make Birdfeeders<br>Black History Month<br>Stretch & Flex<br>Lunch<br>Norman Rockwell<br>Art Fun<br><br><i>Carrot Cake Day</i>  | Morning Chat <b>4</b><br>Puzzles/Games<br>Stretch & Flex<br>Lunch<br>Spa Sessions<br>Sing-a-long<br><br><i>Homemade Soup Day</i>    | Today's History <b>5</b><br>What is Nutella?<br>Make Valentines<br>Stretch & Flex<br>Lunch<br>Bean Bag Toss<br>Hearts Across America<br><br><i>Nutella Day</i>            | Morning Games <b>6</b><br>How It's Made<br>News of the Day<br>Stretch & Flex<br>Lunch<br>Bingo<br>Snack & Sing-a-long<br><br><i>Wear Red for Women's Health</i>      |
| Music Time <b>9</b><br>History of Pizza<br>Today's History<br>Stretch & Flex<br>Lunch<br>Spa Sessions<br>Who Am I?<br><br><i>Pizza Day</i>                               | News of the Day <b>10</b><br>Jeopardy<br>Famous Couples<br>Stretch & Flex<br>Lunch<br>Olympic Games<br>Sing-a-long<br><br><i>Umbrella Day</i>   | Morning Chat <b>11</b><br>Puzzles/Games<br>Stretch & Flex<br>Lunch<br>Craft Time<br>Karaoke<br><br><i>Peppermint Patty Day</i>      | Today's History <b>12</b><br>Abraham Lincoln<br>Coloring/Word Search<br>Stretch & Flex<br>Lunch<br>Bean Bag Toss<br>Lincoln Logs<br><br><i>Abraham Lincoln's Birthday</i> | Morning Games <b>13</b><br>Travel to Brazil<br>News of the Day<br>Stretch & Flex<br>Lunch<br>Putt Putt Golf<br>Love Songs<br><br><i>Brazilian Carnival</i>           |
| Music Time <b>16</b><br>White House Virtual Tour<br>Today's History<br>Stretch & Flex<br>Lunch<br>Parachute Fun<br>President Trivia<br><br><i>President's Day</i>        | News of the Day <b>17</b><br>Lunar New Year<br>Year of the Horse<br>Stretch & Flex<br>Lunch<br>Travel to New Orleans<br>Mardi Gras History<br><br><i>Mardi Gras</i>   | Morning Chat <b>18</b><br>Puzzles/Games<br>Stretch & Flex<br>Lunch<br>Spa Sessions<br>Sing-a-long<br><br><i>Ash Wednesday</i>       | Today's History <b>19</b><br>Brain Games<br>Coloring/Word Search<br>Stretch & Flex<br>Lunch<br>Bean Bag Toss<br>Smokey Robinson<br><br><i>Chocolate Mint Day</i>          | Morning Games <b>20</b><br>How It's Made<br>News of the Day<br>Stretch & Flex<br>Lunch<br>Parachute Fun<br>Bingo<br><br><i>Cherry Pie Day</i>                        |
| Music Time <b>23</b><br>Make Dog Biscuits<br>Today's History<br>Stretch & Flex<br>Lunch<br>Spa Sessions<br>Field Trip - Deliver Dog Treats<br><br><i>Dog Biscuit Day</i> | News of the Day <b>24</b><br>John Lewis – Magician Performs<br>Stretch & Flex<br>Lunch<br>Craft with Gen (Assisting Hands) & Cheryl (The Ashton at Anderson)<br>Sing-a-long<br><br><i>Tortilla Chip Day</i> | Morning Chat <b>25</b><br>Puzzles/Games<br>Stretch & Flex<br>Lunch<br>Craft time<br>Karaoke<br><br><i>Chocolate Covered Nut Day</i> | Today's History <b>26</b><br>Coloring/Wordsearches<br>The Grimm Brothers<br>Stretch & Flex<br>Lunch<br>Bean Bag Toss<br>Fairy Tales<br><br><i>Tell a Fairy Tale Day</i>   | Morning Games <b>27</b><br>Learn about Polar Bears<br>News of the Day<br>Stretch & Flex<br>Lunch<br>Putt Putt Golf<br>Off to the Races<br><br><i>Flapjack Friday</i> |

Activities are subject to change based on the number of participants

