

PERISCOPE

United Presbyterian Home

February 14, 2021 – February 20, 2021



SUNDAY, February 14

10:00 **NO United Presbyterian Church Service**
6:30 **Evensong: TJ Howell**

Cancelled
Moore Dining Room

MONDAY, February 15

| | | |
|-------|-------------------------------|-----------------|
| 8:30 | Merry Muscle Makers | Wellness Center |
| 9:00 | Bodies in Motion | Wellness Center |
| 9:00 | Fitness Class | Channel 61 |
| 9:30 | Art Class | Art Room |
| 9:40 | 3-Minute Devotional | Channel 61 |
| 9:50 | Hymn Sing | Channel 61 |
| 10:00 | Hymn Sing | Health Centers |
| 1:30 | Aqua Class | Pool |
| 2:00 | President's Day Trivia | Health Centers |
| 2:15 | Bible Study | Moore Dining |
| 3:00 | Fitness Class | Channel 61 |
| 3:40 | 3 Minute Devotional | Channel 61 |
| 3:50 | Hymn Sing | Channel 61 |

TUESDAY, February 16

| | | |
|------|----------------------------|-----------------|
| 8:30 | Morning Strollers | Wellness Center |
| 9:00 | Tai Chi | Wellness Center |
| 9:30 | Yoga | Wellness Center |
| 9:45 | Jolly Jump Ups | Health Centers |
| 1:30 | Stretch & Tone | Campbell Room |
| 2:00 | Bridge | Moore Dining |
| 2:00 | Movie & Popcorn | Health Centers |

WEDNESDAY, February 17

| | | |
|-------|-------------------------------|----------------|
| 8:30 | Merry Muscle Makers | Fitness Studio |
| 9:00 | Bodies in Motion | Fitness Studio |
| 9:00 | Fitness Class | Channel 61 |
| 9:40 | 3-Minute Devotional | Channel 61 |
| 9:45 | Han & Arm Massages | Health Centers |
| 9:50 | Hymn Sing | Channel 61 |
| 10:00 | Washington State Bank | Town Center |
| 1:15 | Cribbage | Town Center |
| 1:30 | Aqua Class | Pool |
| 2:00 | Art Class | Art Room |
| 2:00 | Balloon Fun | Health Centers |
| 3:00 | Hymn Sing | Health Centers |
| 3:00 | Fitness Class | Channel 61 |
| 3:40 | 3-Minute Devotional | Channel 61 |
| 3:50 | Hymn Sing | Channel 61 |

THURSDAY, February 18

| | | |
|------|---------------------------|----------------|
| 8:30 | Morning Strollers | Garrett Center |
| 9:00 | Tai Chi | Fitness Studio |
| 9:30 | Yoga | Fitness Studio |
| 1:30 | Relax & Flow | Campbell Room |
| 2:00 | Chocolate Dipping | Health Centers |
| 2:15 | Men's Club | Colby Room |
| 3:00 | Classics Et Cetera | Campbell Room |

FRIDAY, February 19

| | | |
|------|----------------------------|----------------|
| 8:30 | Merry Muscle Makers | Fitness Studio |
| 9:00 | Bodies in Motion | Fitness Studio |
| 9:00 | Fitness Class | Channel 61 |
| 9:40 | 3-Minute Devotional | Channel 61 |
| 9:45 | Jolly Jump Ups | Health Centers |
| 9:50 | Hymn Sing | Channel 61 |
| 1:30 | Hymn Sing | Moore Dining |
| 2:00 | Bingo | Health Centers |
| 3:00 | Hymn Sing | Garrett Center |
| 3:00 | Fitness Class | Channel 61 |
| 3:40 | 3-Minute Devotional | Channel 61 |
| 3:50 | Hymn Sing | Channel 61 |

SATURDAY, February 20





HAPPY BIRTHDAY

Carla Carter
Carol Ray
Leon Hansen

February 18
February 19
February 20



FIT FACT: February 17, 2021 is National Random Acts of Kindness Day. Performing kind acts, sending an uplifting text to a friend, complementing a coworker causes your body to release oxytocin, a feel-good chemical that relaxes blood vessels. What's more, research shows that people who do altruistic things like volunteer work have lower blood pressure and less anxiety, pain and stress.

VISITORS IN KERR HALL & MAIN BUILDING: Due to a consistent drop in the Washington County COVID positivity rate, we are welcoming visitors back into Kerr, Stewart, Sherman & Hebron Halls. Visitors are asked to sign in and acknowledge the screening questions upon entering the buildings and to please wear their masks. Only 2 visitors per room, please.

UPH COVID-19 HOTLINE: We have set up a toll-free hotline for residents, staff and family member use to get the latest updates on campus. **The information will be updated only as new information becomes available.** The hotline number is 1-877-622-5473. Please feel free to pass this on to your family.

HEART CHALLENGE: Take a 7 day Heart Challenge. You pick a week in February that works best for you to complete a 7 day Heart Challenge. Contact the Wellness Center at 319-591-2888 to sign up.

COOKIE DECORATING: Join us for cookie decorating Friday, February 12, 2021 at 2:00 p.m. in the Moore Family Dining Room. Cookies, frosting and sprinkles will be supplied. Bring the smiles and laughter. 😊 Masks and social distancing required.

VALENTINE DINNER: The menu for the February 14, 2021 dinner in the Moore Family Dining Room will be mussel chowder, toss salad, fresh berry bowl, strawberry gelatin/strawberries, shrimp, smoked pork chop, mashed potatoes, potato medley, herb roasted Normandy blend vegetables, sugar snap peas/roasted tomatoes, cannoli and eclair. The meal will be priced per item.

WELLNESS CHALLENGE: Slip on your shoes and join the Wellness Challenge that runs February 17 – March 31, 2021. The goal is to get a minimum of 150 minutes of cardiovascular exercise per week. Please stop by the Wellness Center to pick up your registration form.

CHRISTIAN BOOK STUDY: Spiritual Life Director Andrew Zuehlke will be leading a book study of C.S. Lewis' classic, *The Screwtape Letters*. Anyone interested in participating should notify the office or Andrew directly by February 22, 2021. The weekly study will begin on Friday, March 12, 2021 from 10:00 to 11:00 a.m. in the Moore Family Dining Room.

FAREWAY SHOPPING: Fareway grocery advertisements will no longer go out as an insert in newspapers. Grocery ads will be online or the Fareway manager will deliver them when he brings groceries. Beginning March 9, 2021 Fareway will begin online shopping orders by logging in to Fareway.com. If you are unable to participate in the online shopping, you may still call for groceries.

FISH FRY: Each Friday night through March a delivery fish fry will be hosted by the Washington Knights of Columbus Club. Orders may be placed in the UPH Main Office by noon on Thursdays for a 4:30-4:45 p.m. delivery to the UPH Parlor door or the east Kerr Hall entrance. Cost is \$10.00 and must be paid at the time of order. Menu includes fried catfish or tilapia, baked potato, green beans, coleslaw and macaroni and cheese.

CRAWFORDSVILLE PANCAKE SUPPER: A pancake, sausage and egg supper will be held Saturday, February 20, 2021 from 4:00 until 7:00 p.m. at the firehouse for drive-up carry out only. There will be a freewill donation.

LOST: During one of the very windy days in recent weeks my garden flag was blown off its holder. It has a snowman and says, "Freezin' Season". As your snow melts, I hope residents near Ash Lane will look for it in your yards and return it to me.
...Kitch Shatzer

T-SHIRTS: We have extra UPH shirts from previous apparel orders, if you are interested in purchasing any please contact Diana Rich. T-shirts are in size small, medium, large & 4XL. Ladies ¼ zips in size medium and large. And some other miscellaneous items.

DES MOINES SYMPHONY: Anyone interested in joining a virtual event tonight to listen to the Des Moines Symphony's program, *Live from the Temple Past and Present* TONIGHT, Thursday, February 11, 2021, can do so by visiting this website dmsymphony.org/livestreams and entering this case sensitive password: **PRESENT211**

THANK YOU: Thank you to our Maintenance Department guys for all the extra hours they have spent to keep our streets and sidewalks cleaned this winter. Also, thanks for the shuttle service for the COVID vaccine shots. You are appreciated!!
... Anonymous Sender