

FEBRUARY 2020

517-546-9910

IMPORTANT

**Be Our Guest will be CLOSED
Monday, February 17th
(Open at 8:00 am
February 10th)**

Caregiver Support Group
Tuesday, February 4th
Wednesday, February 19th
From 4:30-6:00

Caregiver Activities
Calendar attached

**All Events At Be Our Guest,
Free Respite Provided
Call: 517-546-9910 to Register**

Leave a Lasting Legacy

Did you know – leaving a **Charitable Bequest** in your will to bestow on Be Our Guest Adult Day, a program of Livingston County Catholic Charities, makes it easy to help Be Our Guest to continue to serve seniors and caregivers for years to come without dipping into your current income or savings.

Bequests can be made in Honor or Memory of your loved one.

Call Julie or Mark at 517-545-5944 to learn how you can Leave a Lasting Legacy or contact your financial adviser or lawyer.

February Birthdays

Cletus R.	2/2
Mary Lou M.	2/4
Amy	2/9
Betty	2/19
Carol L.	2/23
Bill B.	2/25
Evelyn K.	2/29





LIVINGSTON COUNTY
CATHOLIC
CHARITIES
HELPING LIVES GROW

FEBRUARY 2020

Be Our Guest Adult Day Service
www.livingstoncatholiccharities.org

517-546-9910

Music With Paul K!



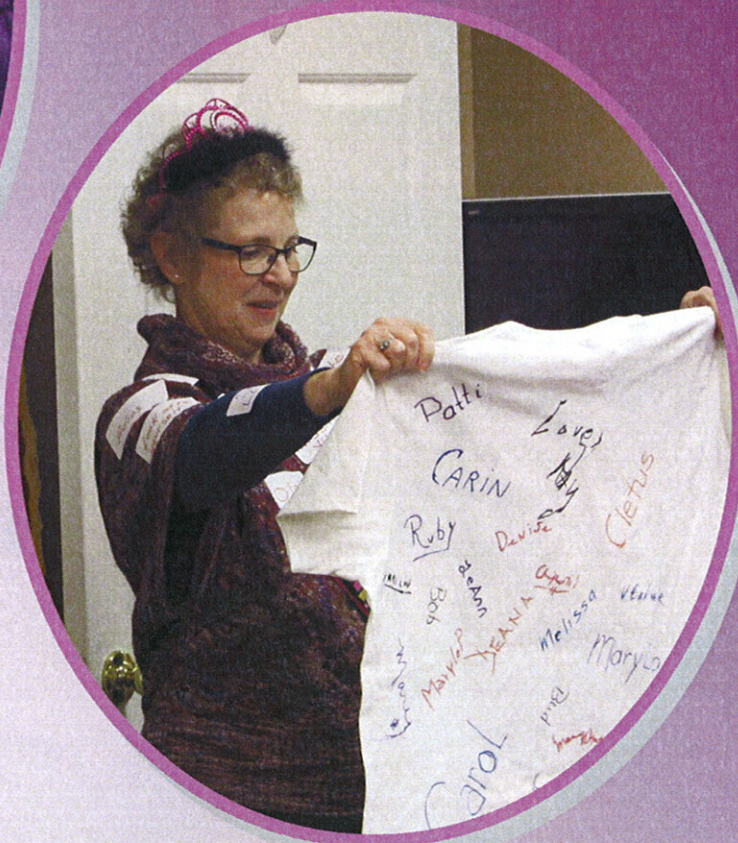
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Kathy's Retirement Party!



Thank you for over
15 Years of Service



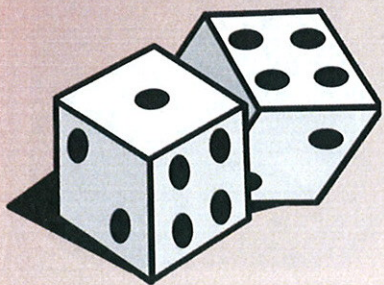
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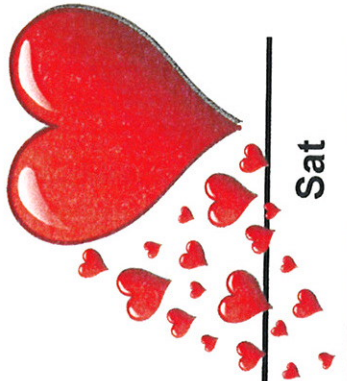
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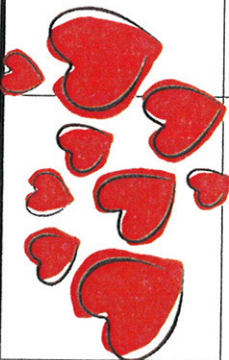


Fun an Games at Be Our Guest!



February 2020



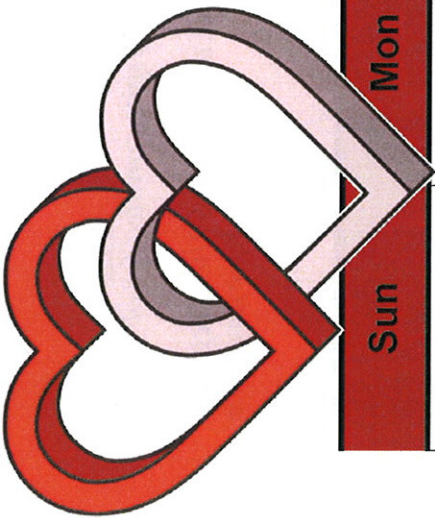
Sun	Mon	Tue	Wed	Thu	Fri	Sat
 2 Cletus Birthday 	3 Cognitive Physical Activity ADL, Craft, Stimulation <i>Dance Movement</i>	4 <i>Mary Lou's M. Birthday</i> Cognitive Physical Activity ADL, Craft, Stimulation	5 Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity	6 Cognitive Physical Activity ADL, Craft, Stimulation <i>Special Music</i>	7 Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity	1
9 <i>Amy's Birthday</i>	10 Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity	11 Cognitive Physical Activity ADL, Craft, Stimulation <i>Special Music</i>	12 Cognitive Physical Activity ADL, Craft, Stimulation <i>Dance Movement</i>	13 Cognitive Physical Activity <i>Art Therapy</i> , Stimulation Physical Activity	14 Cognitive Physical Activity ADL, Craft, Stimulation <i>Special Music</i>	15
16 CLOSED	17 CLOSED	18 Cognitive <i>Music Therapy</i> ADL, Craft, Stimulation Physical Activity	19 <i>Betty's Birthday</i> 	20 Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity	21 Cognitive Physical Activity ADL, Craft, Stimulation <i>Special Music</i>	22
23 Carol's Birthday 	24 Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity	25 <i>Bill's Birthday</i> Cognitive Physical Activity ADL, Craft, Stimulation <i>Dance Movement</i>	26 Cognitive Soups Zoo ADL, Craft, Stimulation Physical Activity	27 Cognitive Physical Activity <i>Art Therapy</i> Stimulation <i>Special Music</i>	28 Cognitive Physical Activity ADL, Craft, Stimulation <i>Special Music</i>	29 Evelyn's Birthday 

Livingston County & Western Oakland Meals on Wheels - February 2020 Menu

PLEASE CALL 24 HOURS IN
ADVANCE TO CANCEL MEALS
810-632-2155

MENU SUBJECT TO CHANGE
WITHOUT NOTICE
HALF PINT OF MILK
SERVED WITH EVERY MEAL
COST SHARE \$3.00

Monday 2/3/2020	Tuesday 2/4/2020	Wednesday 2/5/2020	Thursday 2/6/2020	Friday 2/7/2020
Beef Tacos (2) Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Pineapple	Stuffed Cabbage Mashed Potatoes Peas Whole Wheat Bread Banana 0	Chicken & Broccoli-Casserole Tossed Salad Apple Sauce Whole Grain Bread Dessert 0	Stuffed Steak Mashed Potatoes Green Beans Apple Dinner Roll Dessert	Chicken Fettucini Alfredo Caesar Salad Broccoli Peaches Garlic Bread 0
Monday 2/10/2020	Tuesday 2/11/2020	Wednesday 2/12/2020	Thursday 2/13/2020	Friday 2/14/2020
Italian Meatball Sub Sub Bun Wedge Potatoes Italian Beans Pears 0	Salisbury Steak Mashed Potatoes Blended Vegetables Peaches Dinner Roll 0	Chicken and Dumplings Tossed Salad Peas & Carrots Banana Whole Grain Bread Dessert	Macaroni & Cheese Stewed Tomatoes Green Beans Pineapple Bread Stick Dessert	Beef Lasagna Mixed Vegetables Tossed Salad Orange Garlic Bread 0
Monday 2/17/2020	Tuesday 2/18/2020	Wednesday 2/19/2020	Thursday 2/20/2020	Friday 2/21/2020
Beef Stroganoff Noodles Corn Pears Whole Wheat Bread 0	Chicken Chili Broccoli Banana Oyster Crackers 0 0	Chicken Parmesan Noodles Tossed Salad Italian Vegetables Apple Dessert	Hamburger w/cheese Hamburger Bun Potato Salad Carrots Mixed Fruit Dessert	Golden Crispy Chicken Mashed Sweet Potatoes Spinach Apple Dinner Roll 0
Monday 2/24/2020	Tuesday 2/25/2020	Wednesday 2/26/2020	Thursday 2/27/2020	Friday 2/28/2020
Cheese Baked Mostaccioli Broccoli Fruit Cocktail Whole Grain Bread 0 0	Copper Country Pie Mixed Vegetables Tossed Salad Banana Dinner Roll 0	Baked Cod Macaroni & Cheese Brussel Sprouts Orange Dessert 0	Stuffed Peppers Mashed Potatoes Green Beans Whole Wheat Bread Peaches Dessert	Vegetables Lasagna Tossed Salad Italian Vegetables Peaches Whole Grain Bread 0
Monday 3/2/2020	Tuesday 3/3/2020	Wednesday 3/4/2020	Thursday 3/5/2020	Friday 3/6/2020
Swedish Meatballs Over Rice Corn Cole Slaw Pears Whole Grain Bread 0	Pulled BBQ Chicken Sandwich Wedge Potatoes Brussel Sprouts Apple Hamburger Bun 0	Beef Goulash Blended Vegetables Apple Sauce Dinner Roll Dessert 0	Grilled Turkey Burger Hamburger Bun Baked Beans Cucumber Salad Peaches Dessert	Macaroni & Cheese Stewed Tomatoes Green Beans Orange Bread Stick 0



February 2020

FREE
Respite provided for all events
Call 517-546-9910 to register
Your loved one

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Caregiver Support Group 4:30-6:00 Drop in	5	6 Chair Massages 4:00-6:00 Registration Required	7	8
9	10 Moving Through Stress: Body-based Techniques for Caregivers 5:00-6:00 Registration Required	11	12	13 Relaxation Techniques 5:00-6:00 Registration Required	14	15
16	17	18	19 Caregiver Support Group 4:30-6:00 Drop in	20 Chair Massages 4:00-6:00 Registration Required	21	22
23	24	25	26	27 Fact or Fiction The truth about comfort care 5:00-6:00 Registration Required	28	29

All Activities are at
2020 Grand River Ave.
Howell, MI 48843 Suite 103



March 2020

FREE
Respite provided for all events

Call 517-546-9910 to register
Your loved one

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <u>Caregiver Support Group</u> 4:30-6:00	4	5 <u>Chair massage Or Reflexology</u> 4:00-6:00 Registration Required	6	7
8	9	10	11	12 <u>Relaxation Techniques</u> 5:00-6:00 Registration required	13	14
15	16	17	18 (No Support Group) <u>The SAFE Caregiver Program: Managing the finances and the stress</u> 5:30-7:30 Registration Required	19 <u>Chair massage Or Reflexology</u> 4:00-6:00 Registration Required	20	21
22	23 <u>Therapeutic Art</u> 5:00-6:00 Registration Required	24	25	26	27	28
29	30	31				

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