

## Word Search

### VALENTINE'S DAY

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | O | V | E | R | S | V | T | C | A | L | K | O | A |
| F | K | S | W | E | E | T | H | E | A | R | T | D | G |
| V | E | I | J | Y | K | R | E | P | F | R | E | S | M |
| A | A | B | N | H | E | A | R | T | O | R | D | D | F |
| C | Y | L | R | D | H | R | E | I | R | T | P | S | R |
| L | A | W | E | U | N | P | D | F | G | R | B | K | I |
| O | G | N | H | N | A | E | E | D | E | O | T | C | E |
| V | F | J | D | U | T | R | S | B | T | M | F | U | N |
| E | L | B | H | Y | G | I | Y | S | M | A | E | P | D |
| D | O | D | Y | B | G | S | N | K | E | N | L | I | S |
| F | W | T | I | F | M | H | C | E | N | C | A | D | K |
| H | E | Z | P | H | A | P | P | Y | O | E | C | C | U |
| L | R | P | I | N | K | U | S | F | T | G | E | Z | M |
| D | S | C | H | O | C | O | L | A | T | E | H | M | F |



|           |         |
|-----------|---------|
| Lovers    | Red     |
| Happy     | Heart   |
| February  | Cupid   |
| Love      | Flowers |
| Chocolate | Friends |

|               |           |
|---------------|-----------|
| Lace          | Kindness  |
| Hugs          | Romance   |
| Sweetheart    | Pink      |
| Cards         | Valentine |
| Forget-me-not | Candy     |

## PACE North February 2026

Call PACE first if you have any medical issues or questions. Medical staff is always available by phone at: (231) 252-2767. We can help and want to ensure your safety.

### PACE North

2325 Garfield Rd N  
Traverse City, MI, 49686  
(231) 252-2767

### February is National Recreational Therapy Month

Recreational Therapy Month is a great time to recognize the important role that meaningful activities play in health and well-being. Recreational therapy focuses on improving quality of life through engaging physical, social, creative, and cognitive activities that support independence and joy. Whether it's exercise groups, games, music, crafts, or social events, these programs are designed to keep participants connected, active and motivated. We celebrate our recreational therapy team for the energy, creativity, and compassion they bring each day — and we encourage all participants to join in and try something new this month.

**HAPPY BIRTHDAY!**

|           |      |          |      |
|-----------|------|----------|------|
| Diane P   | 2/03 | Alan K   | 2/11 |
| Gayle R   | 2/03 | Chris S  | 2/18 |
| Judith G  | 2/04 | Valma D  | 2/19 |
| Kris S    | 2/04 | Robb S   | 2/21 |
| Wilma C   | 2/05 | Sheryl S | 2/25 |
| Naomi S   | 2/05 | Jean S   | 2/26 |
| Forrest L | 2/06 | Mary W   | 2/26 |
| Renee V   | 2/06 | Martin B | 2/27 |
|           |      | Renee L  | 2/28 |



**REC THERAPY TEAM**

**MARIA—ELISE—AMIE—BROOKE**

| February 2026  |   |   |   |  |
|--|---|---|---|--|
| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
| Wednesdays 12:30 Women's Group<br>BINGO played daily if time allows!   | <b>*Activities &amp; Times are Subject to Change*</b>   |   |   |  |
| 2 Ground Hog Day—Will he see his Shadow?<br>Manicures<br>Karaoke<br><b>LUNCH—Breakfast for Lunch</b><br>Let's Get Moving with Jillian<br>Facebook Fun<br>       | 3 National Feed the Birds Day!<br>Bird Feeders Craft<br><b>LUNCH—Pulled Pork Sandwiches</b><br>Let's Get Moving with Jillian<br>Poker<br>Table Games  | 4 Manicures<br>Warm Up Wednesday!<br><br><b>LUNCH—Chicken Strips</b><br>Let's Get Moving with Jillian<br>Trivia or Would You Rather?<br>Balloon Volleyball | 5 Hand Spa<br>Facebook Fun<br><b>LUNCH—Country Fried Steak</b><br>Let's Get Moving with Jillian<br>Poker<br>Crafts<br> | 6 Super Bowl Weekend<br><i>Wear RWB for the Patriots or Green/Blue for Seahawks!</i><br>Appetizer Taste Testing<br>Football Fun & Super Bowl Squares<br><b>LUNCH—Chili</b><br>Let's Get Moving with Jillian<br>Balloon Volleyball<br> |
| 9 Book Mobile<br>Olympic Fun<br>Hand Spa<br><b>LUNCH—Tacos</b><br>Let's Get Moving with Jillian<br>Who Am I?<br>  | 10 Dental Mobile Clinic<br>Olympic Fun<br>Manicures<br><b>LUNCH—Baked Ziti</b><br>Let's Get Moving with Jillian<br>Poker and Trivia<br> | 11 Olympic Fun<br>Table Games<br><b>LUNCH—Italian Chicken Breast</b><br>12:45 Miriam Pico Sing a long<br>Let's Get Moving with Jillian  | 12 Hearing Mobile Clinic & Book Mobile<br>Olympic Fun<br>Karaoke<br><b>LUNCH—Scalloped Potatoes &amp; Ham</b><br>Let's Get Moving with Jillian<br>Gratitude with Skittles Game                            | 13 Will you be My Valentine?<br>Poem Writing<br>Heart Crafts<br><b>LUNCH—Goulash</b><br>Let's Get Moving with Jillian<br>Strawberry Floats<br>   |
| 16 Movement Monday—Athleisure<br><b>VISION MOBILE CLINIC</b><br>Functional FUN<br><b>LUNCH—Beef Stroganoff</b><br>Let's Get Moving with Jillian<br>Crafts<br> | 17 Sensory Suited—Colors/Textures<br><b>RECREATION THERAPY SPIRIT WEEK CELEBRATION</b>  | 18 PACE COLORS! Greens/Tans   | 19 Throwback —Pick your decade  | 20 Hobby Friday—Sports, Gardener, Cook, etc.<br><b>Dental Mobile Clinic</b><br>Functional FUN<br>Manicures<br><b>LUNCH—Sloppy Joes</b><br>Let's Get Moving with Jillian  |
| 23 National Tile Day!<br>Tile Painting Craft<br><b>LUNCH—Chicken Philly Sandwiches</b><br>Let's Get Moving with Jillian<br>Karaoke<br>                        | 24 Crafts<br><b>LUNCH—Beef Barley Soups and Subs</b><br>Let's Get Moving with Jillian<br>Paper Airplanes  | 25 Trivia or Would You Rather?<br><b>LUNCH—Wet Burritos</b><br>Let's Get Moving with Jillian<br>Homemade BUTTER!  | 26 Karaoke<br>Manicures<br><b>LUNCH—Chicken Strips</b><br>Let's Get Moving with Jillian<br>Snowball Fight   | 27 Spelling Bee<br>Hand Spa<br><b>LUNCH—Reuben Sliders</b><br>Let's Get Moving with Jillian  |