

SHERIDAN COURT

Happy Valentine's Day!



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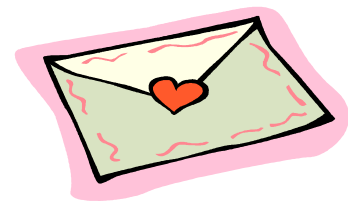
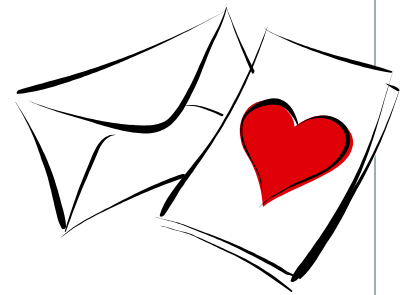
Inside this issue:

| | |
|-----------------------|---|
| Game Night | 2 |
| Coffee Hour | 2 |
| Refrigerator Cleaning | 2 |
| What is a leap year? | 3 |
| Health Tip | 3 |
| Laundry | 3 |
| Calendar | 4 |

Valentine's Day Party!

Have you sent out your Valentine's yet? If not, come make valentine's cards at the valentine's party hosted by the Single Volunteers of the Twin Cities! Eat treats and socialize with your neighbors!

The party will be held on Monday, February 11th from 7:00-8:00pm in the Community Room. Supplies for card making will be provided. Hope to see you there!

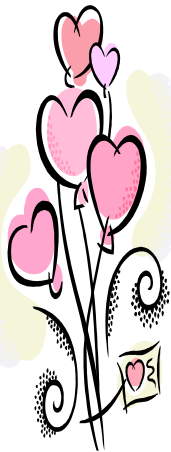


Exercise Class

Exercise classes will be held this month on Tuesday, February 5th and Tuesday, February 19th from

7:00-8:00pm in the community room. If you want to get healthy and have some fun at the same time, join Fraser

volunteer, Judd and your friends for these group exercise classes. Exercise mats will be provided. Hope to see you there!



Game Night

Come join Fraser volunteer, Erin, for a fun-filled Game Night in the community room! Play games, enjoy a snack, and socialize with

your friends and neighbors. Game Night will be held on Wednesday, February 6th from 6:45-7:45pm in the community room.



Coffee Hour

Join your neighbors and the Service Coordinator for coffee and juice in the community room. Think of your

favorite winter activity or winter memory to share!

Coffee hour will be held on **Wednesday, February 20th** from 4:30-5:30pm.



"Think of your favorite winter activity or memory to share!"

Refrigerator Cleaning

For those tenants that signed up to have their refrigerator coils cleaned by First Glass; they will be coming in early February to provide that service. The Service Coordinator will let each tenant know of the time their

refrigerator will be cleaned. If that time does not work for you, the

Service Coordinator will let the cleaners into your apartment. The cost of the services is \$25 dollars and must be paid on the day of service. Checks

can be made payable to First Glass. If you have not signed up for the service but would like your refrigerator cleaned, please contact Holly at 952-888-6065.

What is a leap year?

What is a leap year?

A leap year is a year with one extra day inserted into February. The leap year is 366 days with 29 days in February as opposed to the normal 28 days.

Which years are leap years?

In the Gregorian calendar, which is the calendar used by most modern countries, the following rules decide which years are leap years:

1. Every year divisible by 4 is a leap year.
2. But every year divisible by 100 is NOT a leap year.
3. Unless the year is also divisible by 400, then it is still a leap year.

This means that years 1800, 1900, 2100, 2200, 2300, and 2500 are NOT leap years, while years 2000 and 2400 are leap years.

Why are leap years needed?

Leap years are needed so that the calendar is in alignment with the earth's motion around the sun.



Health Tip

The Road to a Healthy Heart:

The American Heart

Association says there are a few simple things you can do to keep active and promote a healthier heart.

1. Do light housework
2. Go out for a short
3. Walk or bike to nearby stores.
4. Use a stationary bike

walk before breakfast, after dinner or both. Start with a 10-minute walk and work up to 30 minutes.

while watching television if you have access to one.

Laundry Facilities

Please be respectful of all tenants at Sheridan Court by following the Laundry Room Rules/Guidelines. Laundry needs to be

completed by 10pm each night so as not to disturb others. The rules are posted on each floor on the laundry room doors. Please follow these

rules. If you have questions about the laundry facilities please talk to Holly Reinsmoen. Thanks!



FEBRUARY 2008

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---------------------------------|---------------------------------------|---|------------------------------|-----|-----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 Room Reserved 1:30-4pm Game Night | 7 | 8 | 9 |
| 10 | 11 Valentine's Day Party 7pm | 12 Cub Club Room Reserved 7-8PM | 13 Learning Exchange | 14 Happy Valentine's Day! | 15 | 16 |
| 17 | 18 | 19 | 20 Coffee Hour 4:30pm | 21 | 22 | 23 |
| 24 | 25 | 26 Cub Club | 27 | 28 | 29 | |

