

# MEADOWOOD COMMUNITY EVENTS

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## **Social Seniors** JAN. 20, 2021 2:00PM

Research in the past decade has pointed to the importance of healthy and consistent socialization for older adults. In fact, seniors who feel lonely are more likely to experience cognitive decline, increased depression, and even premature death. Join us for a complimentary lunch and a discussion on how to stay socially engaged in retirement.



## **Heart Health** FEB. 03, 2022 12:00-1:00PM

February is American Heart Month making it the perfect time to pay closer attention to your heart. Your heart health affects your brain health and the rest of your body. We'll learn more about heart healthy foods and habits from Susan Barrett. You'll leave with a new appreciation for your heart and the tools to take care of it. What's not to love about this event? With Special Guest Speaker: Susan Barrett Case Manager, Custom Care Home Health and Hospice



## **Heart Health** FEB. 03, 2022 3:00-4:00PM

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## **Sweetheart Drive Thru Dinner** FEB. 10, 2022 4:00-5:00PM

Nothing is sweeter than sharing a great meal with someone special! Drive thru Meadowood and take home your complimentary gourmet meal for two. Sweetheart Menu: Petite Filet, Baked Potato, Roll, Salad, Red Velvet Cake



### **Saint Patrick's Day Party** MAR. 17, 2022 3:00PM

Gather with lads and lasses for a wee bit o' fun at our St. Patrick's Day celebration! Enjoy live Irish music and a delicious Irish meal. On the Menu Reuben Bites, Guinness-inspired Chicken Wings, Minted Mousse Parfait



### **Mother's Day Tea** MAY. 04, 2022 3:00PM

Calling all mothers, favorite aunties, and other women who have mothered their residence. We are ready to celebrate you and all of your contributions at our Mother's Day Tea. Join us for fun games, fond reflections, delicious tea sandwiches and petit fours. Sit back, relax, and let us take care of all the details so we can celebrate you properly.