



Twin Oaks Heritage Pointe Resident Birthdays

Kathy Stones - 1
Cecelia Wollbrinck - 2
Marie Kile - 3
Richard Green - 6
Edna Biehl - 8
Judy Bart - 8
Nancy Gannon - 9
Connie Lewis - 12
Elizabeth Gregory - 12
Michele Eudy - 20
Jo Baird - 26
Marilyn Mueller - 27



Twin Oaks Heritage Pointe Staff Birthdays

Kathy Swanegan, Admissions - 16
Maddie Buckles, Dietary - 21
Mike Geringer, Security - 22
Jackson Schmidt, Dietary - 24
Anne Harris, Independent - 25



Twin Oaks Heritage Pointe New Residents

Don & "I" Jasper Garden Home 263



Twin Oaks Heritage Pointe Wedding Anniversaries

Don & Rachel Mrkacek - 6th | 65 years



Twin Oaks Heritage Pointe Staff Anniversaries

Anne Harris, Independent | 5 years

If you want to stay up to date on all the fun, follow us on Facebook at Twin Oaks Senior Living! You can also check out our calendar of events on InTouch or on our website, twinoaksseniorliving.com.




Happy Birthday **TWIN OAKS!**

In January, Twin Oaks Estates celebrated their **44th birthday!** Thank you for allowing **Our Family** to care for **Your Family** since 1981!



We had our Luau in January to chase away the winter blues! It was wonderful! We enjoyed Hawaiian music, a whole roasted hog, Pina Coladas, and music by Scott & Karl!

February is going to be just as exciting because we have our annual Valentine's Day Party, Super Bowl, Eagles Meet & Greet & Lunch in Alton, the Orchid Show at the Botanical Gardens and lots more!



KEY February EVENTS

February 9 | Super Bowl Showdown!

Join us for a Super Bowl Buffet for dinner, and then Kick Off and Happy Hour at 5:30 pm, as we watch the game on the big screen!

February 14 | Resident Valentine's Day Party

We are celebrating love! We will have a Valentine's Day Court, entertainment, and a spectacular lunch!

February 19 | Outing

We will leave at 8:45 am to see the Orchid Show at the Botanical Gardens & have lunch at Favazza's on the Hill!

A...Word from AW

Six Steps to a Healthy Heart

As we get older, we may develop high cholesterol or high blood pressure. Work with your health provider to keep these problems under control. No matter what your age, it's never too late to start living a healthy lifestyle and getting your heart disease risks in check.

Get enough exercise

Quit smoking

Eat a heart-healthy diet

Watch your numbers

Reduce your alcohol intake

Watch your weight

AW Health Care can help you get on the right track with diet and exercise plans tailored just for you! Call us for information. (314) 330-7992

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