



Food for Thought from Our Kitchen!

Here at Aviva, let us take over your dining needs. Preparing three hot meals a day with you in mind while having our own dietitian overseeing all menu items. We also have an everyday seasonal menu available at all times. Snacks and hydration stations are placed around the Community for those times you want something on the go!



We are always on the GO at AVIVA Granbury

It is much easier to look around and take in the scenery when you do not have to be worried about traffic, pedestrians and traffic signals. Let us take care of that. You can just sit back, relax, and enjoy the ride! We also have Special Lunch Outings every other week! We can get you to Walmart for shopping needs as well. Doctor Appointments? We have that covered also on Tuesday and Thursdays!



AVIVA Granbury February 2025



Smile! It's good for your health!!

- What do you call a snapshot from the North Pole? A polaroid.
- What is the Mexican dish that snowmen like? Burrrito.
- What do the elves eat for lunch in the North Pole? Cold cuts and chilly.
- Where does a snowman get the weather report? The winternet.
- What kind of math do Snowy Owls do best? Owlgebra.
- What happened when an icicle landed on the girl's head? It knocked her out cold!

Craft with us!

- **Cognitive function:** Crafting can improve memory and cognitive skills by stimulating the brain.
- **Motor skills:** Crafting can improve fine motor skills and hand-eye coordination.
- **Emotional well-being:** Crafting can help seniors process their feelings, reduce anxiety, and improve their mood.
- **Social interaction:** Crafting can help seniors meet new people and make friends.
- **Mental health:** Crafting can help reduce symptoms of depression and anxiety
- **Chronic pain:** Crafting can help with chronic pain, especially in the hands and wrists.

February Fun Facts:

- **Name:** February comes from the Latin word februo, which means "purity" or "to cleanse".
- **Length:** February is the shortest month of the year, usually having 28 days and 29 days in a leap year.
- **Birthstones:** The birthstones for February are amethyst and bloodstone. Amethyst is said to symbolize love.
- **Birth flower:** The birth flower for February is the violet, which represents purity and loyalty.
- **Leap day:** February has an extra day, Leap Day, every four years to keep the calendar aligned with the Earth's orbit around the sun.



There is plenty to do here at AVIVA GRANBURY. Bring a friend and join in!

Hope Singers
Galentines Bingo
Valentines Day Party
Lunch Outings
Live Music-Kirk the Fiddle
Player
Thirsty Thursday Weekly

Brazos Chamber Orchestra
Live Music- Sonny Morgan
Vendor Bake Off for Residents
Walmart Run
Exercise Weekdays
BINGO