



The Graceful Connection

FEBRUARY 2025



Sedgwick Plaza Newsletter

As we move into the second month of the year, we take a moment to reflect on our progress and set new intentions for the month ahead. February brings with it a fresh wave of opportunities, with plenty of exciting events, activities, and moments to look forward to. Whether you're aiming to make the most of winter, planning for upcoming holidays, or simply focusing on your goals, February is here to inspire.

What's Happening This Month?

1. Valentine's Day – February 14th

A time to celebrate love and affection, Valentine's Day encourages us to connect with the people who matter most in our lives.

2. Black History Month

February is dedicated to honoring the history, achievements, and contributions of African Americans.

3. Winter Fun

Don't let the cold keep you indoors! February is the perfect time to enjoy winter activities like ice skating, skiing, and snowboarding.

4. Groundhog Day – February 2nd

Will we get six more weeks of winter, or is spring just around the corner?

Sedgwick Plaza Events

Dates & Times



Music Entertainment with the Lightfoots 2/1 130pm
Cookies & Tea Social on Sundays at 130pm
Stronger Longer Fitness with Valerie 2/4 2pm
Lunch Brunch B&C BBQ 2/6 1045am
Cosmophere Dr Goddard's Lab 2/6 2pm
Valentine Card Making with Addie & Frosting Cookies 2/7 3pm
Total Brain Health Class 2/13 2pm
Music with Mike and Michelle 2/14 3pm
Smooth Sounds of LV Smith 2/20 2pm
Sag-ing Presentation with David Gear 1/27 3pm

BIRTHDAYS

Bette M. - 3rd
Gary F. - 7th
William G. - 9th

Lance D. - 14th
Jane "Jane" P. - 15th
Philip A. - 17th

Jean C. - 21st
Kenneth "Ken" P. - 24th

C R A F T S

Crafting with Emma every Monday at 3pm

Valentines Day Heart Wreath - 2/11 3pm

Making Bird Feeders 2/18 2pm

Crafting with Michelle Bible 2/21 330pm

Bracelet Making 2/25 3pm

Spring Grapevine Butterfly Wreath 2/27 2pm

Please add PRAYERS in the prayer box located on table by dining room

B L U R B

February is a month full of opportunities to connect, celebrate, and care for one another. As we honor Black History Month, we'll explore the profound contributions of Black Americans through music, art, and storytelling. These activities remind us of the resilience and richness of our shared history. It's also American Heart Month, the perfect time to focus on wellness. Look forward to heart-healthy cooking classes, fun fitness activities, and tips for maintaining a vibrant, active lifestyle. This month also brings moments of joy and connection with Valentine's Day on the 14th and Random Acts of Kindness Day on February 17th which invites us to brighten someone's day with a simple gesture—it's a great way to spread cheer across our community! Sports enthusiasts can look forward to Super Bowl Sunday, where we'll gather for good food and great company to watch the big game. Later in the month, Ramadan begins, offering a chance to reflect on themes of community, gratitude, and compassion. Join us in making February a month of learning, kindness, and celebration.

NEW RESIDENTS

Bobbie Morgan
Lenny & Gloria

Joe & Penny
Gary Thomas

Donnie Guy
Bonnie Abbott



SEDGWICK PLAZA

A GRACE MGMT COMMUNITY



MEET OUR TEAM

Samantha Simmons - Executive Director
Tina Nguyen - Business Office Manager
Tessa Lohrmeyer - Wellness Director
Dmitriy Kiselev - Maintenance Director
Lawonder Markham - Life Enrichment
Director

Carli Birmingham - Sales and Marketing
Director
Crystal Johnson - Housekeeping
Supervisor
Dining Service Director - Brent Blue

Sedgwick Plaza

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