

Leisure Manor Gazette

What's New in Our Community

February 2025 Edition

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Office Hours:
Monday-Friday
8:30am-5:00pm

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Braving the Cold?

This time of year we are often faced with dangerously low weather temperatures!

Be prepared! Always make sure you have proper winter attire!

Dressing in layers is key! Cover all exposed skin and use a scarf to cover your mouth and protect your lungs.

Wear a hat because 40% of your body heat can be lost from your head.

Put on warm socks. Feet tend to get cold quickly in the winter because your feet are located furthest from your heart which makes circulation difficult.

Mittens snug at the wrist are better than gloves.

Outer garments should be tightly worn, water repellent and hooded. Avoid wearing cotton because once wet it takes a long time to dry and will sap your heat.

Please make smart choices this winter and be prepared!

Do not leave home unless absolutely necessary.

Maintaining Mental Health During the Winter:

Depression among seniors is very common, especially in the winter months. Engaging in indoor activities can make the winter more enjoyable and healthy.

Did you know that binge-watching television is actually linked to loneliness and depression?

Instead, try engaging in some activities that stimulate the brain. Below are some good ideas.

- Visit the local library or join a book club.
- Take a community education class or learn a new skill.
- Visit malls or community centers to take walks.
- Sign up for senior yoga, zumba or aerobics. Classes are offered at the Senior Center.
- Perfect a craft, such as scrapbooking, knitting or crocheting.

Remember to check in on your neighbors. You never know who is in need of a little extra good cheer.

Valentine’s Day Potluck:

Tenant Council is having a Valentine’s Day Potluck!

Friday, February 14th
 Where: LMI Community Room
 Time: 5pm

Sign-up sheets are located in LMI & LMII lobby.

If interested, please sign up and indicate what item you are bringing!



Tenant Council Spring Schedule:

Look forward to some exciting events planned in the next few months:

- March 8th-Pizza and Bingo
- April 6th– Chili Cook-Off
- May 5th– After Dinner Social
- May 24h– Ice Cream Social

Check out the bulletin boards for more information as each event gets closer!

Also, do not forget Tenant Council meets the second Friday of the Month at 2pm in the LMI Community Room. Stop by and get involved!



Out With the Old, In With the New!!

With the arrival of 2025, its time to simplify your life and your living space!

Here are some things get rid of:

- Unworn clothes
 - Expire food
- Mismatched dishware
 - Excess bags
- Useless mementos
- Old greeting cards
- Worn-out shoes
- Extra kitchen tools
- Expired medicine
- Broken electronics
 - Paper clutter
- Old magazines/Books
 - Unloved decor



Too Cold to go Outside?

Remember, the Cozy Cupboard is here to meet all of your convenience needs!

The Cozy Cupboard is located in the main lobby in LMI, across from the podium.

Hours of Operation:

Tuesday: 11am-1pm

Thursday: 11am-1pm

Saturday: 12pm-2pm



Your one-stop shop for groceries, toiletries, stamps and more!

Senior Center Day Trips:

The Senior Center has some exciting trips planned for the month of February:

Michigan Central Station & Historical Museum:

When: Thursday, February 6th

Time: 11:00am-3pm

Price: \$45

Join a guided tour of the Michigan Central Station! Lunch afterwards at Xoichimico, serving traditional Mexican cuisine.

Valentine's Day Party:

When: Wednesday, February 12th

Time: 12-2pm

Price: \$20

Join for a fun Valentine's lunch including live music, raffle prizes and a delicious meal. Deadline to make reservation is Wednesday, February 5th.

MGM Casino:

When: Monday, February 24th

Time: 9:30am-3pm

Price: \$10

Grab a friend and test your luck! Lunch on your own at the Casino.

Sick of losing your laundry cards...

It is a good idea to put your unit number on your laundry card so if lost it can either be returned to you or to the office.

Remember, it costs \$5.00 to purchase a new laundry card!

Building Reminders:

Please do not leave items in the hallway. This includes carts, wheelchairs, walkers, tables or any other items outside your door or in the hallway.

Items in the hallway pose a very serious health and safety risk.

If you continue to place items in the hallway you will be issued a lease violation!

Thank you for your cooperation in keeping everyone safe!



Building Reminders:

Address Reminder

Make sure you are using the correct address for the Post Office & for packages.

Leisure Manor I and Leisure Manor II
Your address should be as follows:

First and Last Name
Apartment Number Blossom Heath Blvd.
St. Clair Shores, MI. 48080

For Example:
John Doe
134 Blossom Heath Blvd.
St. Clair Shores, MI. 48080

No one should be using the 1000 address.
This address belongs to the office.

Please do NOT remove objects from the common areas, such as paper towel from the laundry rooms or toilet paper.

These items are not intended for your personal use!

Remember, this is community living.
Please be considerate of others.

**Thanks
for
Sharing**

February Birthdays:

Ianthia Woods	6
Toni Partyka	6
Mary Girard	7
Billy Terrell	8
Cindy Downing	9
Sandra Draugh	14
Dennis Wezalis	16
James Arndt	14
Deborah LaRowe	19
Linda Mears	20
Helen Bentley	23
Charles Leone	23
Michael Trombley	25
Shirley Curtiss	27



Black History Month:

While black history deserves to be celebrated every day, Black History Month particularly focuses on recognizing African-American men and women who have had a great influence on the United States.

It can sometimes be difficult to consider how exactly to recognize Black History Month. Here are a few ideas for honoring the month:

- Support black owned business in your community
- Contribute to black nonprofits
- Read black literature
- Research black history in your area
- Learn about prominent black figures.
- Watch films, videos or documentaries about black history or by black creators.
- Listen to black music/podcasts



Groundhog's Day Predictions:

Punxsutawney Phil's Groundhog Day predictions are generally correct about 39–40% of the time.

The superstition says that if a groundhog sees its shadow on February 2 winter will last another six weeks.

If the groundhog doesn't see its shadow, spring will come early.

Punxsutawney Phil, most often sees his shadow, meaning six more weeks of winter rather than an early spring.

Studies have found no consistent connection between a groundhog's shadow and the arrival of spring.



Let's Welcome Our New Friends:

Clyde Dettor~214
Steven Stewart~2013

