

# Bardwell Banter

## FEBRUARY 2017

### MAKE ME LAUGH



### LIFE HACKS

life  
hacks

#2877

The Two-Minute Rule: If you see something that needs doing, and it can be completed within two minutes, do it immediately.

@1000LifeHacks  
1000LifeHacks.com

life  
hacks

#2892

#### 6 Simple Health Tips:

1. Don't take your medicine with cold water
2. Don't eat big meals after 5pm
3. Drink more water in the morning
4. Best sleeping time is 10pm to 4am
5. Don't lie down after a big meal
6. Answer calls from your left ear

@1000LifeHacks  
1000LifeHacks.com

### CALENDAR

- Wednesday Feb. 1<sup>st</sup>- Coffee Hour 9:00AM
- Thursday Feb. 2<sup>nd</sup>- Brain Teasers 10:00AM
- Friday Feb. 3<sup>rd</sup>- Coffee Hour 9:00AM
- Monday Feb. 6<sup>th</sup>- Coffee Hour 9:00AM
- Monday Feb. 6<sup>th</sup>- Residents Association Meeting 3:00PM
- Tuesday Feb. 7<sup>th</sup>- Colorist Group 1:00PM
- Wednesday Feb. 8<sup>th</sup>- Coffee Hour 9:00AM
- Wednesday Feb 8<sup>th</sup>- "CSJ" Bingo 2:00PM
- Wednesday Feb 8<sup>th</sup>- "Dollar" Bingo 5:45PM
- Thursday Feb. 9<sup>th</sup>- Brain Teasers 10:00am
- Thursday Feb. 9<sup>th</sup>- Book Club 2:00PM
- Thursday Feb. 9<sup>th</sup>- Game Night 5:30PM
- Friday Feb. 10<sup>th</sup>- Coffee Hour 9:00AM
- Sunday Feb. 12<sup>th</sup>- Movie Night 4:00PM
- Monday Feb. 13<sup>th</sup>- Coffee Hour 9:00AM
- Tuesday Feb. 14<sup>th</sup>- "Share the Love" Food Drive—ALL DAY
- Tuesday Feb 14<sup>th</sup>- Colorist Group 1:00PM
- Wednesday Feb. 15<sup>th</sup>- Coffee Hour 9:00AM
- Wednesday Feb. 15<sup>th</sup>- "CSJ" Bingo 2:00PM
- Thursday Feb. 16<sup>th</sup>- Brain Teasers 10:00AM
- Friday Feb. 17<sup>th</sup>- Coffee Hour 9:00AM
- Monday Feb. 20<sup>th</sup>- Coffee Hour 9:00AM
- Monday Feb. 20<sup>th</sup>- Therapy Dogs 3:00PM
- Tuesday Feb. 21<sup>st</sup>- Colorist Group 1:00PM
- Wednesday Feb. 22<sup>nd</sup>- Coffee Hour 9:00AM
- Thursday Feb. 23<sup>rd</sup>- Brain Teasers 10:00AM

- Thursday Feb. 23<sup>rd</sup>- Book Club 2:00PM
- Thursday Feb. 23<sup>rd</sup>- Game Night 5:30PM
- Friday Feb. 24<sup>th</sup>- Coffee Hour 9:00AM
- Saturday Feb. 25<sup>th</sup>- “Bring a Prize” Bingo 2:45PM
- Sunday Feb. 26<sup>th</sup>- Movie Night 4:00PM
- Monday Feb. 27<sup>th</sup>- Coffee Hour 9:00AM
- Tuesday Feb. 28<sup>th</sup> - Colorist Group 1:00PM
- Tuesday Feb. 28<sup>th</sup>- Prayer Worship Service 2:00PM \*IN LIBRARY\*

- 1/2 cup white Candy Melts™
- 1/2 cup seasonal M&M's® chocolate candies
- 1 tablespoon Valentine’s candy sprinkles

**Directions:**

Line large cookie sheet with cooking parchment paper or waxed paper. Spread cereal, mini pretzels, popcorn, and peanuts on cookie sheet.

In separate bowls, microwave Candy Melts™ on Medium (50%) in 1-minute intervals, stirring after each, just until melted.

Use spoon to drizzle melts over cereal mixture. Top with candies and sprinkles. Let stand about 10 minutes or until drizzle is set. Break into pieces. Store in airtight container up to 3 days.

**FEBRUARY’S ODD HOLIDAYS**

Saturday Feb. 4<sup>th</sup>: Thank Your Mailman Day


Tuesday Feb. 7<sup>th</sup>: Send a Card to a Friend Day

Saturday Feb. 11<sup>th</sup>: Don’t Cry Over Spilled Milk Day

Wednesday Feb. 22<sup>nd</sup>: Be Humble Day

Sunday Feb. 26<sup>th</sup>: Tell a Fairy Tale Day

**ANNOUNCEMENTS**

 If you are low on food, please do not hesitate to contact me. We have lots of items that are available in our Food Pantry here at the Bardwell House.

**RECIPE**

**Sweet & Salty Valentine’s Chex Party Mix**

By Annalise Sandberg



Prep Time 5 min  
Total Time 15 min  
Servings 8

**Ingredients:**

- 1 cup Vanilla Chex™ cereal
- 1 cup mini pretzels
- 2 cups lightly salted popped popcorn
- 1/2 cup salted peanuts
- 1/2 cup dark cocoa Candy Melts™

**The U.S. Department of Housing and Urban Development (HUD) Issues Final Smoke-Free Public Housing Rule**

Public Housing Agencies (PHAs) prohibit lit tobacco products in all living units, indoor common areas, and in PHA administrative office buildings. These products include cigarettes, cigars, pipes, and waterpipes (hookahs).

This is a nationwide rule effective in February 2017. This is a Bardwell House rule in effect since June 1, 2015.

If staff determines that a tenant has been smoking in their unit, a Lease Violation **will** be issued to that tenant. Tenants should be aware that your apartment is your responsibility. If a guest or caregiver, or anyone that you allow into your apartment smokes in your apartment, you, the tenant, will be held responsible. You must make your visitors aware of the policy.