

Johnston Housing News

February 2018

Heart Healthy By URI Pharmacy

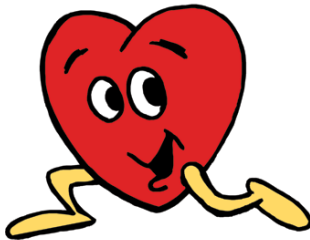
In honor of February
being Heart Health month
join the URI Pharmacy
students to discuss healthy
hearts.

Tuesday, February 20th,
2018.

Forand 11am

Pell 1pm

Healthy Heart



Healthy You

Happy
Valentine's
Day

Ash Wednesday

Pell Manor- Ashes will be distributed on
February 14th at 11:00am in the community
hall

With Father Bob from St. Brigid's Church

Aime Forand- Ashes will be distributed on
February 14th at 1:00pm in the community
hall with Deacon Anthony from St. Phillips
Church



Valentine's Day Party

At Forand

Saturday February 17th 6-9pm

Come enjoy a buffet of Antipasto, Chicken
Marsala, Penne, Roasted Potatoes, Peas,
dessert and coffee

Entertainment by "Another Musical
Connection"

Please call Beverly to RSVP by Feb. 13th
349-0219

Non-tenant association members \$15.



Karen will be collecting rents at

Pell

On Monday, February 5th

5:00- 7:00pm

Get Well Soon

Betty Forte
Natalie Cardinal
Dorothy Delfino
Mary Joyal
Albert Grilli

Happy Birthday!

Gail Baffoni
Elda Blanchette
Natalie Cardinal
Gloria Carnevale
Stephen DiBenedetto
John Dicandito
Cathy Falk
Gerry Giarrusso
Albert Grilli
Mary Joyal
Angie Marfeo
Anthony Parente
Anna Polseno
Frances Ramunno



Fun Facts:

- Laughing may, in fact, be good for your heart and overall health! Research suggests a good belly laugh can increase your blood flow by 20%. The positive effects of this chuckle can last for 24 hours.
- A woman's heart typically beats faster than a man's. On average, a woman's heart beats 78 times per minute while the average man's beats 70 times.
- Did you know that an octopus has three hearts but a jellyfish doesn't have a heart at all? Two of the hearts in an octopus pump blood (it happens to be the color blue) to the gills, while the third circulates it throughout the rest of the body.



**MONDAY NIGHT BINGO
at FORAND**

**DOORS OPEN AT 4:30
BINGO STARTS AT 5:30.
BINGO!!!**

Tenant Association Meeting
Forand February 12th @ 1pm
Pell February 19th @ 6pm

Rest in Peace
Ernest Acciardo