

February 2020

Sea Breeze Adult Day Center

618 94th Ave North, St. Petersburg FL 33762 727-623-9092

Happy Valentines Day!

”Love is that condition in which the happiness of another person is essential to your own.” Robert Heinlein

We started the New Year in grand style by celebrating Elvis’ birthday on January 8th. We first had a fun 1950’s diner themed lunch, which was followed by a great musical performance by Keith Coleman as Elvis.



We also had wonderful musical performances by Larry Lewis and Lisa Noe this past month. On January 24th the pirates made landfall at our center for a fun-filled Gasperilla day.



Monthly Special Events

Feb 5 – 10:00 am
A Pampered Morning with
Julie & Lily

Feb 5 & 11 - 1:30 pm
Fitness with Eric Allen

Feb 11– 1:30 pm
Music with Lisa Noe

Feb 14 – 1:30 pm
The Tapsations

Feb 14 – 2:45 pm
Valentine’s Tea Party

Feb 19 – 1:45 pm
The Richie Z Show

Happy Birthday

Virginia
Sharon



Pirate Luncheon



Pirate Crew



Meet The Staff

Adriana Uruena – Marketing/Admin



I was born and raised in Bogota, Colombia. I moved to Florida in 2000 with my family. Since graduating from college I have been working in administration, marketing design and caregiving,

which has allowed me to utilize my passion for working with people as well as my creative side. During my free time, I love exploring different areas of Florida and capturing its beauty on camera. I also enjoy beekeeping and jewelry making.

From Your Valentine

On February 14 each year, sweethearts celebrate Valentine’s Day by exchanging cards, chocolates, and other tokens of love. But do these sweethearts know who they are celebrating? The true identity of St. Valentine is murky and there are differing stories detailing his role in the church and the acts that inspired the popular holiday bearing his name.



Competing stories depict St. Valentinus (the Latin version of the name) as either a priest from Rome or the Bishop of Terni during the reign of Emperor Claudius II. Legend has it that Valentinus aided Christians who were persecuted under Claudius II’s reign. Eventually, Valentinus, too, was put under house arrest at the home of

Judge Asterius. It so happened that Asterius had a blind daughter. The judge asked Valentinus to prove the power of Christ by restoring the girl’s sight. When Valentinus performed the miracle, the judge thanked him by freeing him and all the Christians he had imprisoned. But Valentinus did not remain free for long. He was again arrested and brought before Emperor Claudius II himself. When Valentinus attempted to convert Claudius to Christianity, he was executed on February 14, AD 270, but before his martyrdom, he is said to have written a note to the daughter of Asterius, which he signed “From your Valentine.”

Another story details how Claudius II outlawed marriage for young men in the belief that single men made better soldiers than those with wives and families. Valentine defied Claudius and performed marriages in secret, purportedly cutting hearts of parchment and gifting them to the couples as a sign of God’s eternal love. When Valentine’s secret was discovered, Claudius executed him.

These stories are different yet they both illustrate Valentine’s devotion to his faith and his people. As these legends spread, so did Valentine’s reputation for heroic love and devotion, inspiring a holiday dedicated to the ideals he died for.



Do a Grouch a Favor

You probably know someone who is a grouch. Maybe it's your friend, neighbor, parent, or even spouse! February 16 is the day to forgive them for their sullen and grumpy attitudes and do something nice, for it is Do a Grouch a Favor Day. What favors could possibly satisfy the irritable nature of a grouch? Psychologists believe that the most common sources of irritability are often little things throughout the day, small annoyances that come with everyday tasks such as driving or shopping at the grocery store. Compassion, they say, is necessary for forgiving those around us for their minor transgressions and annoyances. So perhaps the biggest favor we can do for a grouch is to show them compassion. Understanding others' emotions is the first step we can take toward alleviating their suffering and dispelling loneliness.



Why I love coming to Sea Breeze Adult Day Center ...



I love coming to the center because I can follow my daily routine as I would at home. I feel safe and relaxed at the center. When you are here you don't have to worry about anything, the staff makes sure you have everything you need.

We have great musical entertainers who come to visit. I also enjoy doing the word searches they have available for us.

By Mary Kay T.