

The Villages

OF FARRAGUT

"Your life. Your way."

230 Village Commons Blvd. • Knoxville, TN 37934 • (865) 671-2500
thevillagesfarragut.com



FEBRUARY HIGHLIGHTS

- Feb 3 Mighty Musical Monday
- Feb 5 Table Talk - Resident Council
- Feb 7 Wear Red Day - Villages Group Photo
- Feb 10 Armchair Travel - France
- Feb 13 Golden Glamour Hour
- Feb 14 Valentine's Dance and Dinner
- Feb 19 Lunch Bunch to Apple Cake Tea Room
- Feb 18 Vocal Concert by Paul Indelicato
- Feb 24 Heart Health Talk - Brenda Muzyngo
- Feb 25 Resident Birthday Dinner

Laughter Is the Best Medicine

1) It boosts the immune system. T cells can be activated when you laugh or smile. These cells play an important role in fighting infections.

2) Blood vessel function improves when you laugh, protecting your heart against common cardiovascular problems.

3) Laughing promotes the production of endorphins, which in turn can relieve pain.

Join us for Humor Therapy where our focus will be laughter and having a good time!

Recipe Share for Villages Cookbook

Calling all homemakers, cooks, and recipes! Bring your favorite recipes to begin organizing our Resident Villages Cookbook. Our kickoff meeting is Feb. 4th at 10:30 am. We need recipes and resident volunteers to help organize and execute this exciting and fun project!

February 2025



"Sweet-Heart" Photo Display

In celebrating Valentine's Day, we invite you to display a favorite photo of you and your loved one on our photo display table. Let's take a stroll down memory lane with old wedding photos or cherish those we love through recent pictures. Share your love story with your Village People on our Sweet-Heart photo display!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February Birthdays Arnette B 2/1 June P 2/4 Pat R 2/8 Helen H 2/9 Charlotte W 2/28						10:00 Party Bridge, 2nd Floor 3:30 Meditative Art, 1st Floor 6:30 Cards, Anyone? 2nd Floor
GROUNDHOG DAY 2 11:00 Christ Covenant Church, Livestream, 1st Floor 11:30 -1:00pm Sunday Omelet Bar and Lunch Buffet - DR 3:00 Matinee Movie - "The Father of the Bride," 1st Floor	9:30 EMW Exercise, 3rd Floor 10:45 Mighty Musical Monday, Tennessee Theatre, RSVP Sign Up 11:00 Bible Study, A.D. Baxter, 3rd Floor 1:30 Bean Bag Baseball, 1st Floor 2:45 Mini Documentary, 1st Floor 4:15 Dancing with Patrick, DR 6:00 Game Night, 2nd Floor	9:30 Tai Chi, 3rd Floor 10:30 Recipe Share, 1st Floor 1:30 Bingo, 1st Floor 3:00 Humor Therapy, 1st Floor 6:00 Poker, 2nd Floor	9:30 EMW Exercise, 3rd Floor 10:00 Party Bridge, Cards and Games, 2nd Floor 2:00 Table Talk / Resident Council, Community Room, 1st Floor 4:00 BYOB & Music w/ Vocal Pointe, DR	9:30 Tai Chi, 3rd Floor 1:30 Bean Bag Baseball, 1st Floor 3:00 Craft: Valentine's Hot Air Balloon 1st Floor, Sign Up in advance 6:30 Movie Night: "27 Dresses," 1st Floor	NATIONAL WEAR RED DAY 7 9:15 Exercise Group w/ Laura, 3rd Floor 10:15 Shopping Trip to Turkey Creek, Sign Up, Meet in Lobby 1:30 Bingo, 1st Floor 3:00 Heart Healthy Snacks, DR 3:30 Village People Group Photo - Wear Red, DR 4:00 HAPPY HOUR w/ Timothy, DR	10:00 Party Bridge, 2nd Floor 1:00 Art Class with Sheryl Jackson, Community Room 6:30 Cards, Anyone? 2nd Floor
11:00 Christ Covenant Church, Livestream, 1st Floor 11:30 -1:00pm Sunday Omelet Bar and Lunch Buffet - DR 3:00 Matinee Movie - "Heat of the Night" 1st Floor 6:30 Super Bowl Watch Party, Community Room	9:30 EMW Exercise, 3rd Floor 11:00 Bible Study, A.D. Baxter, 3rd Floor 1:30 Bean Bag Baseball, 1st Floor 3:00 Armchair Travel - France, 1st Floor 4:15 Dancing with Patrick, DR 6:00 Game Night, 2nd Floor	9:30 Tai Chi, 3rd Floor 10:00 Sunshine Club - Card Designing, 1st Floor 1:30 Bingo, 1st Floor 3:00 Trivia, 1st Floor 6:00 Poker, 2nd Floor	9:30 EMW Exercise, 3rd Floor 10:00 Party Bridge, Cards and Games, 2nd Floor 1:30 Make Your Own Valentine's Trail Mix, DR 4:00 BYOB & Piano Music w/ Horatio, DR	9:30 Tai Chi, 3rd Floor 10:30 Catholic Prayer Group, 2nd Floor 11:30 -1:30 Acuity Hearing Services - Otoscopy, 2nd Floor Club Room 1:00 Golden Glamour Hour- Complimentary Skincare & Cosmetics, 1st Floor 6:30 Movie Night: "Love Story," the 1970 Movie, 1st Floor	VALENTINE'S DAY 14 9:15 Exercise Group w/ Laura, 3rd Floor 1:00 Social Media - APPLE, 3rd Floor 1:30 Bingo, 1st Floor 2:00 Social Media - ANDROID, 3rd floor 3:30 Cocktails & Photos, DR 4:00 Valentine's Dance and Social w/ Frank & Friends, DR 5:00 Valentine's Dinner	10:00 Party Bridge, 2nd Floor 3:30 Meditative Art, 1st Floor 6:30 Cards, Anyone? 2nd Floor
11:00 Christ Covenant Church, Livestream, 1st Floor 11:30 -1:00pm Sunday Omelet Bar and Lunch Buffet - DR 3:00 Matinee Movie - "Moulin Rouge," 1st Floor	PRESIDENTS DAY 17 9:30 EMW Exercise, 3rd Floor 11:00 Bible Study, A.D. Baxter, 3rd Floor 1:30 Bean Bag Baseball, 1st Floor 2:45 Mini Documentary & Presidential Trivia, 1st Floor 4:15 Dancing with Patrick, DR 6:00 Game Night, 2nd Floor	9:30 Tai Chi, 3rd Floor 10:30 Recipe Share, 1st Floor 1:30 Bingo, 1st Floor 3:00 Humor Therapy, 1st Floor 6:00 Poker, 2nd Floor 7:00 Evening Concert w/ Paul Indelicato, 1st Floor	9:30 EMW Exercise, 3rd Floor 10:00 Party Bridge, Cards and Games, 2nd Floor 11:30 Lunch Bunch to Apple Cake Tea Room, Must Sign Up 1:00 Book Club with Arlene, 3rd Floor 4:00 BYOB & Music w/ Roger Bach, DR	9:30 Tai Chi, 3rd Floor 1:30 Bean Bag Baseball, 1st Floor 3:00 Craft: Jewelry Boxes, 1st Floor, Sign Up in advance 6:30 Movie Night: "Casablanca" 1st Floor	9:15 Exercise Group w/ Laura, 3rd Floor 10:15 Shopping Trip to Kroger - Sign Up, Meet in Lobby 1:30 Bingo, 1st Floor 4:00 HAPPY HOUR w/ Paul Indelicato, DR	10:00 Party Bridge, 2nd Floor 1:00 Art Class with Sheryl Jackson, Community Room 6:30 Cards, Anyone? 2nd Floor
11:00 Christ Covenant Church, Livestream, 1st Floor 11:30 -1:00pm Sunday Omelet Bar and Lunch Buffet - DR 3:00 Matinee Movie - "Guess Who's Coming to Dinner," 1st Floor	9:30 EMW Exercise, 3rd Floor 11:00 Bible Study, A.D. Baxter, 3rd Floor 1:30 Bean Bag Baseball, 1st Floor 3:00 Heart Health Talk - Brenda Muzyngo, NP, 1st Floor 4:15 Dancing with Patrick, DR 6:00 Game Night, 2nd Floor	9:30 Tai Chi, 3rd Floor 10:30 Coffee & Conversation w/ Paul, 2nd floor 1:30 Bingo, 1st Floor 3:00 Trivia, 1st Floor 4:45 Resident Birthday Dinner, DR 6:00 Poker, 2nd Floor	9:30 EMW Exercise, 3rd Floor 10:00 Party Bridge, Cards and Games, 2nd Floor 2:00 Culinary Creations, DR 4:00 BYOB & Music w/ Steve Carr, DR	9:30 Tai Chi, 3rd Floor 10:30 Catholic Prayer Group, 2nd Floor 1:30 Bean Bag Baseball, 1st Floor 2:30 Dr. McCue, HearingLife Complimentary Hearing Aid Maintenance, 2nd Floor 6:30 Movie Night: "Baby Boom" 1st Floor	9:15 Exercise Group w/ Laura, 3rd Floor 10:15 Shopping Trip to Painted Tree - Sign Up, Meet in Lobby 1:30 Bingo, 1st Floor 4:00 HAPPY HOUR w/ Southern Grace, DR	

WELCOME LAURA NEEDHAM, LIFESTYLE DIRECTOR

Laura graduated from the University of Tennessee with a degree in Therapeutic Recreation. She has spent the last 9 years working as the Life Enrichment Director at an assisted living and memory care community where she gained experience and knowledge in resident programming. Laura is eager to now serve the residents at The Villages and provide a vibrant and active lifestyle for everyone to enjoy.

Laura is from Lenoir City, TN. She and her husband have two young daughters, Harper Grace and Lainey Kate. When she is not working, Laura enjoys outdoor activities and spending time with her family.

Laura is very excited to be a part of The Villages! She is eager to meet the great people of the community, and is ready to have a great time! Please come by to say hi and bring any suggestions to Laura.



Heart Health Talk by Brenda Muzyngo, FNP-C



Brenda Muzyngo, FNP-C

Every year, more than 600,000 Americans die from heart disease. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. Each of us can take an active role in reducing our risk for heart disease by eating a healthy diet, exercising, and managing cholesterol and blood pressure.

Brenda Muzyngo, FNP-C, will present a most informative Heart Health Talk on Feb. 24 at 3:00 pm in the Community Room. As a nurse for 30+ years, she has spent the majority of her career specializing in geriatrics for the Senior Living Industry and obtained her Nurse Practitioner license in 2018. Brenda provides in-home medical services to many of our residents here at The Villages of Farragut and understands the unique challenges of aging. Mark your calendar for this helpful and encouraging information on Heart Health for seniors.