

## Resident Spotlight



**Mary**

This month, we are happy to spotlight Mary! Born and raised in Eugene, Mary worked as a nurse at McKenzie-Willamette for about 17 years. She also spent 10 years as a glider pilot. Mary enjoys gardening, exercise, and spending time with her family, especially her granddaughter. She is always helpful and encouraging while playing games with other residents, and we truly love having her as part of our community.

## Team Member Spotlight



**Makayla, Day Caregiver**

This month, we are excited to spotlight Makayla! She loves horses, being outdoors, golfing, snowboarding, fishing, and working in the shop with her boyfriend. A big foodie and a fan of the color pink, Makayla brings great energy wherever she goes. You can always find her making sure our lady residents' hair is top-notch, and we truly appreciate the care and pride she takes in helping everyone feel their best!

# moments captured



January was about setting new traditions: small, steady rituals to start the year with intention, including a daily Wordle that tested the mind and turned consistency into a simple joy.



January was also about trying new things, sparking curiosity with a mystery box game and expressing creativity through painting records.



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February 2026

# Sweetbriar Villa Bulletin

Assisted & Memory Care | 6135 E Street | Springfield, OR 97478 | 541-225-0200



## A Note from the Executive Director



**Nicole Hampl,  
Executive Director**

Greetings Everyone,

As we continue into the New Year, we would like to take a moment to wish all our residents and families a healthy, happy, and fulfilling year ahead.

The beginning of a new year is a time for fresh starts, reflection, and reaffirming our commitment to providing a safe, comfortable, and caring community for everyone.

We wish you a wonderful 2026 and a fun-filled February!

Best,

Nicole Hampl

## HAPPY Birthday

### Residents

- David C, 2/12
- Donna S, 2/18

### Staff

- Molly, 2/14
- Timothy, 2/26

# FEBRUARY 2026

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SWEETBRIAR VILLA

## February 2026

upcoming events

**Resident Council**  
2/12 @ 2 pm

**Whisk Wonders**  
2/9 @ 2 pm

**Octopus RythmWorks**  
2/16 @ 3 pm

**Resident Birthday Party**  
2/18 @ 12 pm



SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> 10:00 Coffee Social 10:00 Therapeutic Coloring 1:00 Cards 2:00 Decades Trivia 3:00 Bingo 4:00 Music & Reminiscence	<b>2 Groundhog Day</b> 9:30 Music With Phil 10:30 Bible Study 1:00 Shadow Predictions 2:00 Manicures 3:00 Bingo 4:00 Chair Yoga	<b>3</b> 10:00 Puzzles & Coffee 11:00 Therapeutic Coloring 1:00 Garden Club <b>2:00 Resident Council</b> 3:00 Candy Bingo 4:00 Heart Treats	<b>4</b> 10:00 Morning Movements 11:00 Manicures 1:00 Scrapbooking 2:00 Noodle Fitness 3:00 Bingo 4:00 Tech Time	<b>5</b> 10:00 Puzzles & Coffee 11:00 Music & Reminiscence 1:00 Garden Club <b>2:00 Arts &amp; Crafts</b> 3:00 Candy Bingo 4:00 Journaling	<b>6</b> 10:00 Virtual Church 11:00 Teresa's Salon 1:00 Beading 2:00 Conversation Ball Toss 3:00 Bingo 4:00 Lucky Strike Bowling	<b>7</b> 10:00 Coffee Social 11:00 Bored Board 1:00 Relax & Refresh 2:00 Move and Groove 3:00 Bingo 4:00 Wordle
<b>8</b> 10:00 Coffee Social 10:00 Therapeutic Coloring 1:00 Cards <b>2:00 Super Bowl Party!</b> <b>3:30 Super Bowl</b> 4:00 Super Bowl Commercial Bingo	<b>9 National Pizza Day!</b> 9:30 Music With Phil 10:30 Bible Study 1:00 Crochet Club <b>2:00 Whisk Wonders - Heart Shaped Pizza's</b> 3:00 Bingo 4:00 Charades	<b>10</b> 10:00 Puzzles & Coffee 11:00 Therapeutic Coloring 1:00 Garden Club <b>2:00 Staff Meeting</b> 3:00 Candy Bingo 4:00 Wii Sports	<b>11</b> 10:00 Guitar with Phil 11:00 Donuts & Devotion 1:00 Manicures 2:00 Noodle Fitness 3:00 Bingo 4:00 Fireside Chat	<b>12 Happy Birthday David C!</b> 10:00 Puzzles & Coffee 11:00 Music & Reminiscence 1:00 Garden Club 2:00 Wheelchair Clinic 3:00 Candy Bingo 4:00 Name That LOVE Song	<b>13</b> 10:00 Virtual Church 11:00 Teresa's Salon <b>1:00 Sweetheart Social</b> 2:00 Sweetheart Social 3:00 Valentine's Skee Ball 4:00 Wii Sports	<b>14 Valentine's Day Happy Birthday Molly!</b> 10:00 Coffee Social 11:00 Bored Board 1:00 Valentine's Surprise! 2:00 Move and Groove 3:00 Bingo 4:00 Wordle
<b>15</b> 10:00 Coffee Social 10:00 Therapeutic Coloring 1:00 Cards 2:00 Crossword Puzzles 3:00 Bingo 4:00 Music & Reminiscence	<b>16</b> 9:30 Music With Phil 10:30 Bible Study 1:00 Crochet Club 2:00 Bingo <b>3:00 Octopus RythmWorks</b> 4:00 Chair Yoga	<b>17</b> 10:00 Puzzles & Coffee 11:00 Therapeutic Coloring 1:00 Garden Club 2:00 Air Hockey 3:00 Candy Bingo 4:00 Heart Pong	<b>18 Happy Birthday Donna S! Ash Wednesday</b> 10:00 Morning Movements 11:00 Manicures <b>12:00 Resident Birthday Party</b> 2:00 Scrapbooking 3:00 Bingo 4:00 Ash Wednesday Service	<b>19</b> 10:00 Puzzles & Coffee 11:00 Music & Reminiscence 1:00 Garden Club <b>2:00 Arts &amp; Crafts</b> 3:00 Candy Bingo 4:00 Wii Sports	<b>20 National Caregiver Day!</b> 10:00 Virtual Church 11:00 Teresa's Salon 1:00 Beading <b>2:00 Trail Mix Mania</b> 3:00 Bingo 4:00 Lucky Strike Bowling	<b>21</b> 10:00 Coffee Social 11:00 Bored Board 1:00 Relax & Refresh 2:00 Move and Groove 3:00 Bingo 4:00 Wordle
<b>22</b> 10:00 Coffee Social 10:00 Therapeutic Coloring 1:00 Cards <b>2:00 Arts &amp; Crafts</b> 3:00 Bingo 4:00 Music & Reminiscence	<b>23</b> 9:30 Music With Phil 10:30 Bible Study 1:00 Crochet Club 2:00 Manicures 3:00 Bingo 4:00 Charades	<b>24</b> 10:00 Puzzles & Coffee 11:00 Therapeutic Coloring 1:00 Garden Club 2:00 Personalized Portraits 3:00 Candy Bingo 4:00 Reading Group	<b>25</b> 10:00 Donuts and Devotions 11:00 Manicures 1:00 Card Making <b>2:00 Mr. E Performance</b> 3:00 Bingo 4:00 Fireside Chat	<b>26 Happy Birthday Timothy!</b> 10:00 Puzzles & Coffee 11:00 Music & Reminiscence 1:00 Garden Club 2:00 Wheelchair Clinic 3:00 Candy Bingo 4:00 Cupid's Arrow	<b>27</b> 10:00 Virtual Church 11:00 Teresa's Salon 1:00 Beading <b>2:00 Tea Party</b> 3:00 Bingo 4:00 Skee Ball	<b>28</b> 10:00 Coffee Social 11:00 Bored Board 1:00 Relax & Refresh 2:00 Move and Groove 3:00 Bingo 4:00 Wordle

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<b>8</b> 7:30 Coffee Social 9:00 Music & Reminiscence 11:00 Balloon Ball 1:00 Movie with Friends <b>2:00 Super Bowl Party!</b> <b>3:30 Super Bowl</b> 6:00 Reading Group 7:00 Charades	<b>9 National Pizza Day!</b> 7:30 Coffee Social 9:00 Gentle Hand Massages 11:00 Rock Painting 1:00 Towel Folding <b>2:00 Whisk Wonders - Heart Shaped Pizzas</b> 3:00 Bingo (AL) 6:00 Sensory Group 7:00 Movie Matinee	<b>10</b> 7:30 Coffee Social 9:00 Scrapbooking 11:00 Reading Group 1:00 Therapeutic Coloring <b>2:00 Staff Meeting</b> 3:00 Bingo (AL) 6:00 Music & Reminiscence 7:00 Movie Matinee	<b>11</b> 7:30 Coffee Social 9:30 Guitar with Phil 11:00 Donuts & Devotions 1:00 Name That LOVE Song 2:00 Movie with Friends 3:00 Bingo (AL) 6:00 Towel Folding 7:00 Gentle Hand Massages	<b>12 Happy Birthday David C!</b> 7:30 Coffee Social 9:00 Cupid's Arrow 11:00 Beauty Hour 1:00 Cards 2:00 Watercolor Art 3:00 Bingo (AL) 6:00 Evening Walk 7:00 Movie Matinee	<b>13</b> 7:30 Coffee Social 9:00 Teresa's Salon 11:00 Puzzle Group <b>1:00 Sweetheart Social</b> 2:00 Sweetheart Social 3:00 Bingo (AL) 6:00 Puzzles 7:00 Pedicures	<b>14 Valentine's Day! Happy Birthday Molly!</b> 7:30 Coffee Social 9:00 Manicures 11:00 Chair Yoga 1:00 Valentine's Surprise! 2:00 Color Matching 3:00 Bingo (AL) 6:00 Baby Spa/Bath 7:00 Movie Matinee
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