



WELCOME

Ray

Tu Anh

Roma



February

**Birthday
Celebrants**

6th – Mei Kuk

11th – Lourdes

21st - Wang



**Mark Your
Calendar**

**ADP Closed
Statutory Holiday**

Monday,

February 16th

Family Day

Your Heart, Your Health ❤️

As we age, taking care of our heart becomes even more important. The good news? Simple daily habits can help keep your heart strong and support healthy aging.

Easy Ways to Care for Your Heart:

Stay active:

Gentle activities like walking, stretching, or chair exercises help keep your heart moving.

Eat heart-healthy foods:

Enjoy vegetables, fruits, whole grains, and limit salty or processed foods.

Get enough rest:

Aim for regular sleep and short rest breaks during the day.

Manage stress:

Relax with music, reading, or spending time with loved ones.

Keep Up with Check-Ups:

Regular visits with your healthcare provider help monitor blood pressure, cholesterol, and overall heart health.

Know the Signs:

Learn the warning signs of heart attack and stroke. Acting quickly can save a life.

Small steps can make a big difference. Take care of your heart—it works hard for you every day.



Counting Down to New Year's 2026



Household Chores Challenge Monday



Making Spring Couplets with Que Lan