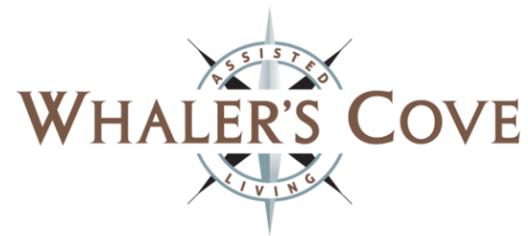


Whaler's Cove Assisted Living
 114 Riverside Avenue
 New Bedford, MA 02746



February Birthdays

In astrology, those born between February 1–18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

Tommy Smothers – Feb. 2, 1937
 Hank Aaron – Feb. 5, 1934
 Lana Turner – Feb. 8, 1921
 Sidney Poitier – Feb. 20, 1927
 Steve Jobs – Feb. 24, 1955
 Dinah Shore – Feb. 29, 1916



Happy Birthday to Our Residents.

M. Medeiros	February 4th
C. Weisman	February 5th
D. Cloutier	February 7th
G. Coelho	February 7th
P. Limardo	February 8th
W. Ramsey	February 11th
T. Sullivan	February 12th
R. Vera	February 13th
I. Pereira	February 15th
P. Bergeron	February 22nd
J. Reed	February 23rd
M. DaCunha	February 27th



February 2026

Whaler's Cove Assisted Living The Port of Call

114 Riverside Avenue
 New Bedford, MA 02746
 P: 508-997-2880 F: 508-997-1599

February at Whaler's Cove

February is full of special milestones, and here at Whaler's Cove, our activities are thoughtfully planned around the season's celebrations—bringing residents fun, connection, and meaningful moments all month long. From Valentine's Day favorites to Mardi Gras festivities and a special Black History Month celebration, we're looking forward to a month packed with great events and community outings.

Below are some highlights of what you can expect. Refer to February's activity calendar for full details.

Outings

February 2nd – Dollar Tree
 February 4th – Walmart
 February 9th – End Zone
 February 20th – Price Rite
 February 25th – Savers

Reminder: Sign-ups are required for all outings with Activity Coordinator Allyson Dolan, as van seating is limited.

Valentine's Day Activities

February 3rd – Valentine's Yarn Wreath Craft
 February 5th – Make or Take Valentine Canvas Painting
 February 12th – Celebrity Couples Match
 February 13th – Valentine's Family Feud

Super Bowl Event

February 8th – Super Bowl Watch Party

Mardi Gras Fun

February 17th – Make a Masquerade Mask & Move & Groove Mardi Gras Game

Black History Month

February 18th – Black History Month Celebration

We're looking forward to a month filled with community, creativity, and meaningful celebrations. We encourage residents to join in on the events that interest them most and to sign up early for outings, as seating is limited.



Bird-Feeding Month

Heart Month

Spunky Old Broads Day
 February 1

Groundhog Day
 February 2

Periodic Table Day
 February 7

Valentine's Day
 February 14

Chinese New Year
 (Year of the Horse)
 February 17

Mardi Gras
 February 17

Tell a Fairy Tale Day
 February 26

Employee of the Month



Please join us in congratulating Emma Loureiro, our Front Desk Receptionist and CNA, as our Employee of the Month!

Emma is a true team player and an important part of what keeps Whaler's Cove running smoothly each day. She is an incredibly hard worker, extremely reliable, and always willing to step up wherever she is needed. Whether she's supporting residents at the front desk, assisting with care as a CNA, or helping out in Dietary when extra support is needed, Emma consistently brings a positive attitude and strong work ethic to every shift.

Emma is known for always being on time, dependable, and eager to take on new tasks. She regularly helps cover in multiple departments, and her flexibility and dedication never go unnoticed.

After more than two years with Whaler's Cove, Emma continues to stand out not only for her professionalism, but also for her kindness and the genuine care she shows to residents, families, and fellow staff.

Congratulations, Emma—and thank you for everything you do!

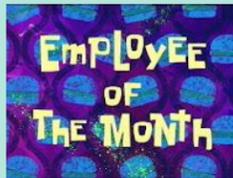
Important Notice: State Supplement Program Mailings

The State Supplement Program periodically mails letters to residents to verify living arrangements and review eligibility.

It is very important that residents open these letters, complete any requested forms, and mail them back promptly. Failure to respond can result in a loss of State Supplement payments for those who qualify, which may impact a resident's ability to maintain housing eligibility.

If you receive a letter and need help understanding it or completing the forms, please reach out to the office as soon as possible. Acting quickly can help avoid interruptions in benefits.

Thank you for your attention to this important matter.



IMPORTANT

♥ American Heart Month at Whaler's Cove

February is American Heart Month, a time to focus on heart health and the small daily habits that can support overall wellness. At Whaler's Cove, we believe that staying healthy isn't just about medical care, it's also about movement, routine, and connection.

Heart-healthy habits can be simple and enjoyable, like gentle exercise, balanced meals, staying hydrated, and participating in activities that keep both the body and mind engaged. One of the best ways to support your health is to keep moving in a way that feels comfortable and safe. That's why we continue to offer Tai Chi each month, a resident favorite that encourages gentle movement, balance, and relaxation.

To recognize American Heart Month, we will also be hosting Tea Talks on Thursday, February 20th, a cozy gathering where residents can enjoy conversation, community, and a warm cup of tea in a relaxed setting.

We encourage all residents to join us throughout the month as we focus on wellness, movement, and meaningful connection, one healthy step at a time.



No-Bake Valentine Heart Energy Bites

Enjoy a sweet treat that's simple, satisfying, and made with heart-healthy ingredients!

Ingredients:

1 cup old-fashioned oats
 ½ cup natural peanut butter (or almond butter)
 ⅓ cup honey (or maple syrup)
 2 Tbsp ground flaxseed (optional but great for heart health)
 1 tsp vanilla extract
 ¼ cup mini dark chocolate chips (or dried cranberries for a fruitier option)
 Pinch of cinnamon (optional)

Directions:

In a bowl, mix all ingredients until well combined.
 Chill mixture for 10–15 minutes (makes it easier to roll).
 Roll into small bite-sized balls.
 Store in the refrigerator for up to 1 week.

Valentine's Tip:

Shape into little "hearts" by gently pressing into a heart-shaped cookie cutter or flattening slightly and pinching the top into a heart shape! You can also top with some sprinkles!

Why it's heart-healthy: Oats + flaxseed support heart health, and dark chocolate adds a little Valentine's sweetness with antioxidants.

