

# HEIWA TERRACE NEWSLETTER

## February, 2017



### Happenings at Heiwa

- Craft class returns! Heiwa board of director, Alice Murata will lead this class every first Tuesday each month at 1pm. This month, **craft class will be on Tuesday, February 7 at 1pm in the dining room.** Everyone is welcome and please bring craft ideas to share.
- Learn the wonderful **art of Ikebana** and take home a beautiful floral arrangement. Teacher, Yuko Inoue-Darcy will host the class on **February 8 at 1pm in the 12<sup>th</sup> floor party room.** Please be sure to sign up for the class and pay for a fee (\$15 including flower) at Maiko's office by Monday, February 6.
- **Town Hall Meeting is on Thursday, February 9 at 2:45pm in the dining room.** This is a perfect place to voice your concerns and share suggestions. Everyone is encouraged to attend this important meeting.
- **HOME shopping bus will make a trip to Joong Boo Market on Friday, February 10 at 1:30 pm.** The cost for this trip is \$4.00. Please sign up early by Maiko's office.
- Love is in the air! Let's celebrate **Valentine's Day** together and share the love for friends, family and community on **Tuesday, February 14 at 2pm in the dining room.**
- 20th District Police Department in partnership with Illinois Attorney General's office will host **Public Safety workshop on Tuesday, February 28 at 2pm in the activity room.** We strongly encourage everyone to attend this event. They will talk about what's going on in the neighborhood and how to remain safe in public.
- With popular demand we will add another day of **Zumba!** Enjoy good workout and lively music. **On Wednesdays at 9am and Saturdays at 9am in the activity room.** Everyone is welcome!

### Our special thanks to...

The generous donations are placed in a fund that is used for programs and activities that are planned for the benefit and enjoyment of all the residents at Heiwa Terrace, as well as allowing us to serve free coffee and tea in the dining room every day.

In addition, in-kind donations of your valuable time and/or supplies are used for essential maintenance of good physical, mental, and spiritual health of Heiwa Terrace residents. Following donations include monetary gift, supplies and products.

If you do not wish to have your name listed, please notify Jessica or Maiko. Names are not in any particular order.

### Donations (12/29/16- 1/25/17)

May Nakano	Jean Mishima	Alice Murata	Blesida De La Vega
Donna Ogura	Kazuko Nukuto	Renee Murakami	Yu Zin Chun
Jean Inouye	Kanji Ichiki	Rose Moy	Hisako Kometani
Renee Murakami	Bob Ide	Anonymous	Anonymous

## For your information:

**February is Heart Month** (<https://healthyforgood.heart.org/add-color>)

### Add Color, Eat A Rainbow

The best way to get all of your vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and vegetables. Add color to your plate each day with the five main color groups.

- **RED & PINK:**

- Beets, cherries, cranberries, pomegranates, red radishes, red potatoes, red apples, red peppers, tomatoes, watermelons

- **BLUE & PURPLE:**

- Blackberries, blueberries, eggplants, grapes, plums, purple onions, red cabbage, red onions, prunes, raisins, dates

- **YELLOW & ORANGE:**

- Acorn squash, butternut squash, cantaloupes, carrots, corn, lemon, oranges, peaches, pumpkins, pineapples, sweet potatoes, yams, yellow apples, yellow peppers, mangoes, nectarines, tangerines

- **WHITE:**

- Bananas, cauliflower, garlic, mushroom, onions, parsnips, shallots

- **GREEN:**

- Asparagus, avocados, bok choy, broccoli, celery, cucumbers, green cabbage, kale, kiwi, lime, pears, peas, spinach, zucchini, snow peas, sugar snap peas, romaine lettuce, pears, leeks, green onions, artichokes

---

**EVERGREEN REAL ESATE GROUP 312-989-4883**

Debbie Wenzlaff, Regional Supervisor

**HEIWA MANAGEMENT OFFICE: 773/989-7333**

MON. – FRI.: 9AM – 5PM

Sheri Gault, Manager

**HEIWA SECURITY: 773-989-7333**

**24 HOURS/ 7 DAYS A WEEK**

Rachel Tucker, Supervisor

**SERVICE COORDINATORS:**

Maiko Yanai:

**773/989-5906**

MON. – FRI. 8:30AM – 4:30PM

Jessica Moon:

**773/989-5672**

MON. – FRI. 9AM – 5PM

---

# Happy Valentine's Day

Candle Light  
Cards  
Chocolate  
Cupid  
Date  
Dinner  
First Kiss  
Memories  
Movie  
Pink  
Poem  
Proposal  
Red  
Romance  
Roses  
St. Valentine  
Sweetarts  
Teddy Bear  
True Love



B Q Q J D F I R S T K I S S N T I U K O  
O C Q E Z Y D P K K G E Y O D H J Q K A  
X Z T S H E J F P I U I W C U G R J T U  
I A C R L H V W L V B U G K E I O C C Q  
D V V J U P O R D V L V C I I L M N D F  
Q I L H G E A Q B A P O V I Z E A M V Z  
I K N I P I L A S O P O R P S L N E G X  
O K O N P M P O E O M P Z T Q D C H M H  
K H J X E W R M V O S Z V L P N E F A F  
Y P I S M R A L P E P A G S W A U G D E  
P N K D Z K A K S D L T O T X C H W W L  
E T U R D P E O O E S W Z R P B W M O P  
S E L A A Y R Z N U M I L A E D E R Z Y  
S D E C R L M T E N E P X T S W X Y H L  
B D G C O S I M Y A M Z G E N O L I J X  
F Y G R N N D D X M O L T E C K L M Y N  
P B W Q E Y T S A Z R U O W D D J V Z P  
D E H K Q K U D V T I G E S N C G Q C C  
B A C H O C O L A T E B Q D I P U C T O  
J R V D C F X T N E S Y R J J I Z T A F