

February 2024

HAPPY Valentines DAY



Springbrooke

Retirement Living



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@SpringbrookeSeniorLiving

- PG. 1 -From the Executive Director
- PG. 2 -From the Life Enrichment Director
- PG. 3 -Health & Wellness
- PG. 4 -Birthdays
- PG. 5 -New Residents
- PG. 6 -Community Outings
- PG. 7 -Live Music Events
- PG. 8 -Social Opportunities
- PG. 9 -Spiritual Events
- PG. 10 -Culinary Events
- PG. 11 -Informative & Educational Events
- PG. 12 -Creative Events
- PG. 13 -Brain & Physical Fitness
- PG. 14 -Movie Showings

From the Desk of the Executive Director

Dear Springbrook Residents and Families,

As we embrace the month of February, I am delighted to bring you the latest edition of our community newsletter. It's an exciting time filled with warmth, connection, and vibrant activities that promise to make this month truly special for all. The week of Valentine's Day holds a particular charm for us as we have an entire week dedicated to a lineup of heartwarming events. From themed gatherings to creative workshops, there's something for everyone to enjoy and cherish during this season of love.

This February, we've chosen to focus on heart health as our primary health initiative. Taking care of our hearts is not only a significant aspect of overall well-being but also a wonderful way to honor the spirit of love that permeates the month. In addition to traditional activities, we have curated a series of intuitive events, including discussion groups and presentations. These sessions aim to stimulate meaningful conversations and offer valuable insights, fostering a sense of connection within our community.

As we find ourselves in the final stages of winter, let's make the most of the remaining chilly days with engaging activities that warm our hearts and bring joy to our community. I encourage you to explore the exciting events and initiatives outlined in this newsletter and don't hesitate to reach out if you have any questions or suggestions.

Wishing you all a February filled with love, good health, and enriching moments.

Warm regards, Fanny Rouse, Executive Director



From the Desk of the Life Enrichment Director

Resident of the Month at Springbrooke

At Springbrooke, every resident brings a unique story, a wealth of experiences, and memories that enrich our community. In the spirit of honoring these remarkable individuals, we are thrilled to introduce our "Resident of the Month". This monthly recognition is a special way for our residents to shine a spotlight on one among them who has made a meaningful impact on our community. The best part? The residents will decide who deserves this special acknowledgment through voting.

Throughout the month, residents can cast their votes for the individual they believe deserves to be crowned the Resident of the Month. Whether it's someone with a fascinating life story, a notable achievement, or simply a heartwarming personality, we encourage everyone to participate in this community-wide celebration. To add to the excitement, we'll be hosting a special event to announce and honor the Resident of the Month. It's an opportunity for our community to unite, appreciate each other's journeys, and create lasting connections.

So, head over to the reception desk today and cast your vote for the Resident of the Month!

Here's to the stories that bind us, the memories that shape us, and the residents who make Springbrooke truly special!

Join us for our first celebration of our Resident of the Month on **Tuesday, February 20th at 1:00 pm** in the main lobby.

Resident Recipe Spotlight

Sharing the Flavor of Springbrooke, One Recipe at a Time

At Springbrooke, we not only celebrate the diverse stories of our residents but also the unique flavors that make our community vibrant. Introducing a delectable addition to our monthly newsletter – "Resident Recipe Spotlight." We are excited to showcase the culinary talents within our community by featuring a resident's favorite recipe each month. We believe that the kitchen is not just a place to prepare meals; it's a space where memories are created, and stories are shared.

Our residents hold a treasure trove of cherished recipes, and we want to bring these delightful creations to the forefront. Each month, one resident's recipe will take center stage in our newsletter, allowing everyone to savor the flavors that make Springbrooke home.

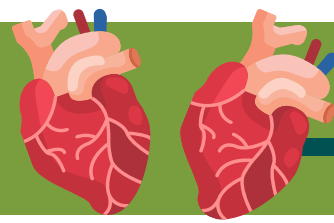
This feature is a wonderful opportunity for our residents to share their culinary expertise, family traditions, and the love they infuse into their cooking. Whether it's a secret family recipe passed down through generations or a modern twist on a classic dish, we can't wait to explore the diverse tastes that make our community so special.

The Resident Recipe Spotlight is not just about food; it's a celebration of the unique stories and experiences that shape our lives. It's a chance for our community to come together through shared meals, even if it's through the pages of our newsletter.

We encourage all residents to consider submitting their favorite recipes for consideration. Let's make our culinary journey a collective experience, filled with the warmth and aroma of shared meals. If you have a recipe you'd like to share, please reach out to Annalise, Life Enrichment Director at 720-921-0992. Stay tuned for our first Resident Recipe Spotlight in the upcoming newsletter. We look forward to exploring the culinary delights of Springbrooke, one recipe at a time!

From the Desk of Health & Wellness

Heart Health: Nurturing Wellness at Every Beat



As we embark on the month of February, our focus turns to a vital aspect of our well-being — heart health. This month, we align with the World Health Organization's global emphasis on heart health, particularly as it pertains to seniors. At Springbrooke, we are committed to providing insights and guidance to help us all lead heart-healthy lives. For seniors, maintaining cardiovascular health becomes even more crucial, and adopting preventive measures can significantly contribute to a vibrant and fulfilling lifestyle.

Understanding the Aging Heart:

Aging brings about natural changes to the cardiovascular system, including alterations in blood vessels and heart muscle. These changes may make the heart more susceptible to certain conditions, highlighting the importance of proactive care.

Preventive Measures for a Healthy Heart:

- 1. Regular Physical Activity:** Engaging in regular physical activity is a cornerstone of heart health. Activities such as walking, swimming, or gentle exercises tailored to individual abilities can enhance cardiovascular fitness and maintain a healthy weight.
- 2. Balanced Nutrition:** A heart-healthy diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy can help manage cholesterol levels, blood pressure, and weight. Consider consulting with a nutritionist for personalized dietary guidance.
- 3. Regular Health Check-ups:** Regular health check-ups, including blood pressure and cholesterol monitoring, are essential. Early detection and management of cardiovascular risk factors can significantly impact heart health.
- 4. Stress Management:** Seniors often face unique stressors. Implementing stress-management techniques such as deep breathing, meditation, or engaging in enjoyable activities can contribute to heart health.
- 5. Adequate Sleep:** Quality sleep is crucial for heart health. Establishing a consistent sleep routine and addressing any sleep-related issues can positively impact cardiovascular well-being.
- 6. Hydration:** Staying well-hydrated supports overall health, including heart function. Ensure an adequate intake of water throughout the day.

Empowering Our Hearts:

The heart is not just a physical organ; it symbolizes the seat of our emotions and the rhythm of our lives. Let us embark on this journey towards heart health together, embracing preventive measures that empower us to live life to the fullest. As we navigate through February, I encourage you to participate in our heart health awareness initiatives and consider incorporating these preventive measures into your daily routine. Together, we can nurture a heart-healthy community and celebrate the joy of living well.

Building Bonds: Join Our Resident Welcome Committee!

WELCOME

As we continue to foster a warm and inclusive environment within our community, we are excited to introduce a new initiative – the Resident Welcome Committee! This committee aims to extend a heartfelt welcome to newcomers, ensuring they feel a sense of belonging right from the start.

- 1. Welcoming New Residents:** Committee members will play a key role in extending warm greetings to new residents, making their arrival a positive and memorable experience.
- 2. Accompanying Activities:** Committee members will have the delightful responsibility of accompanying new residents to a couple of community activities.
- 3. Inviting to Shared Meals:** Another important aspect of the committee's role is inviting new residents to share meals. This not only provides a practical introduction to our dining spaces but also fosters a sense of camaraderie.

Join Us for the Welcome Committee Meeting: If you are enthusiastic about creating a warm and welcoming community for our new neighbors, we invite you to join the Resident Welcome Committee! Our initial meeting is scheduled for **February 7th at 11:00 am**. During this session, we'll discuss the expectations, responsibilities, and exciting benefits of being part of this committee.

- 1. Meaningful Connections:** Forge lasting friendships and meaningful connections with fellow residents.
- 2. Contribute to Community Spirit:** Be an integral part of fostering a welcoming atmosphere within our community.
- 3. Personal Fulfillment:** Experience the joy of making a positive impact on someone's transition into our community.

How to Join: If you are interested in being a part of this heartwarming initiative, simply join us on **February 7th at 11:00 am**. Your presence will be highly valued as we embark on this journey of creating a home filled with warmth and connection. Together, let's make Springbrooke an even more welcoming place for all!

Happy Birthday!!

Join us for our February Birthday Party!
Friday,
February 23rd
3:30 pm Main Lobby

Bob B.
February 19th

Harriet
February 1st

Ann C.
February 3rd

Margarita
February 4th

Nancy R.A.
February 16th

Thelma P.
February 3rd

Don N.
February 1st

Alice T.
February 8th

Grace D.
February 26th



Community Outings

Remember to sign up at reception for all outings!

Scenic Rides

Fridays at 1:30 pm

February 2nd: Cherry Creek State Park

February 9th: Arsenal National Wildlife Refuge

February 16th: Washington Park

February 23rd: Chatfield Farms



Library Outing!

Friday February 23rd at 11:00 am

Join us in going to the Arapahoe County Library!



Shopping Outings

Mondays at 11:00 am



February 5th: King Soopers

February 19th: King Soopers



February 12th: Spouts

February 26th: Trader Joe's



Alternative Transportation



Lunch Outings

Wednesdays at 11:30 am



February 7th: Las Delicias (Mexican)



February 14th: Shanghai (Shanghainese)



February 21st: Denver Biscuit Company (Breakfast)



February 28th: Union Station (Variety)

Medical Appointments

- Tuesdays & Thursdays
- Appointments need to be from 10:00 am to 4:00 pm
- Turn in a "Transportation Request Form" at least 48 hours before the scheduled appointment

WHAT IS ACCESS-A-RIDE?

Access-a-Ride is RTD's ADA complementary paratransit service. It is a shared-ride service intended for those who cannot use the regular fixed-route bus/light rail service due to a disability.

How do I apply for Access-a-Ride?

There are 4 components to the Access-a-Ride application:

1. A written application
2. A medical verification form is to be completed by the licensed professional most knowledgeable about your condition
3. An In-person Interview
4. A Transportation Assessment
5. Reach out to Annalise at 720-921-0992 to start the application!

Live Music Events!

Happy Hour

Thursdays at 3:30 pm (*Main Lobby*)
February 1st: Terry Noroma
February 8th: Affix Music Performer
February 15th: Ethan Hall
February 22nd: Chris Kroger
February 29th: Mindy Sterling



Ethan Hall



Chris Kroger

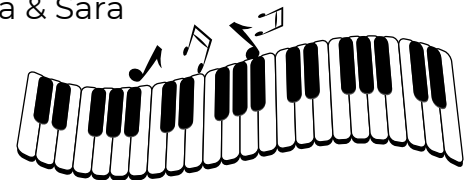


Mindy Sterling



Piano Sing-Along! Main Lobby

Sunday, February 4th at 2:00 pm
-Amanda & Sara
Tuesday, February 6th at 3:00 pm
-Nancy B.
Sunday, February 18th at 1:30 pm
-Rory
Wednesday, February 21st at 3:00 pm
-Nancy B.
Sunday, February 25th at 2:00 pm
-Amanda & Sara
Wednesday, February 28th at 2:00 pm
-Amanda & Sara



Bonnie's Quartet Performance

1st Floor Activity Room

Thursday, February 8th at 2:30 pm
Friday, February 16th at 1:30 pm

Come and here Bonnie's group play some classical music for us!



Senior 88 Valentines Performance

Tuesday, February 13th at 2:30 pm
Get ready to bust a move and sing your heart out this Valentine's Day as Senior 88 takes the stage with their love-themed songs and dance!



Live Concert Outings!

Saturday, February 10th at 4:00 pm
Colorado All-State Choir Concert at Beull Theater
Tickets: \$10
**See Annalise in the Activities Office to sign up!
RSVP by February 6th!



Saturday, February 24th at 7:30 pm

Beethoven Symphony No. 9 with Marin Alsop at Boettcher Concert Hall. Tickets: \$25
**See Annalise in the Activities Office to sign up!
RSVP by February 10th!

High Tea on Valentines Day!



Lovebirds, mark your calendars! This Valentine's Day, **February 14th at 2:00 pm**, we're throwing a high tea you won't forget! We've got everything you could ever want to sip alongside your tea, and to top it off, **Amanda & Sara** will be serenading you with their angelic voices! Trust us, you won't want to miss out on this tea-riffic event!

More Social Opportunities!



Valentines Dance Party!

Clear your schedule on **Friday, February 16th at 3 PM**, and meet us at the Main Lobby for a heart-pumping Valentine's dance party! There's a photo booth to make unforgettable memories, lip-smacking drinks, and treats for all. Plus, live music by the one and only Rosana Telford will keep you grooving all night long! Can't wait to see you there!



Sweet Treats & Chat with Fanny, your Executive Director!



Come hang out with our Executive Director! We're having a sweet treat, and we'll be talking about Belgium and playing trivia. Pop by the Main Lobby on **Wednesday, February 7th at 10:30 am** to get a chance to know her and to have a blast!



Come Watch the Big Game!

It's time to score a touchdown with your Sunday plans! **February 11th at 4:30 pm in the Theater**, we're kicking off the ultimate Super Bowl showdown! Score a touchdown with snacks, beer, soda, and popcorn to keep your taste buds cheering!



Mobile Mini-Mall Shopping!

The shopping is coming right to you! Join us in the Main Lobby on **Monday, February, 26th at 2:00 pm** for a chance to do some shopping right in your community! Vendors will be coming in to set up their shops from 2:00 pm to 4:30 pm, we will have drinks and snacks available for you to enjoy while you shop as well!



vs.



Spiritual Events & Services

Shabbat Services: Fridays at 3:30 pm

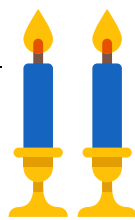
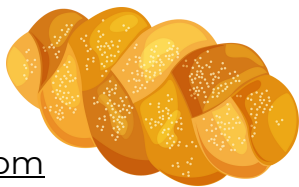
Group services located in First Floor Activity Room

February 2nd & February 16th

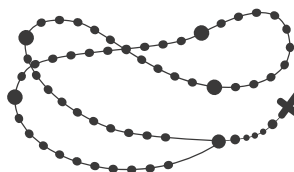
One-on-one Services your Room

February 9th & 23rd

**Notify Reception for One-on-One Services



Christian Service with Pastor George
Every Sunday at 10:30 am
Main Lobby



Christian Bible Study Groups

All Perry & Friends

Wednesday's at 9:30 pm

Library

February 14th & 28th

Reflecting God's Word with Grace

Every Monday at 1:30 pm

1st Floor Activity Room

Catholic Service

Tuesday, February 15th at 10:30 am
in the 1st Floor Activity Room

February often coincides with Tu BiShvat, the Jewish New Year for Trees, a time to appreciate nature's cycles and environmental stewardship. It serves as a reminder of the interconnectedness between humanity and the world around us.

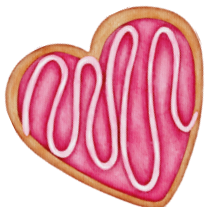
May this month be filled with joy, reflection, and the warmth of community. Wishing you a February abundant with blessings and meaningful connections.

Exploring the Different Ways to Savor Food!



Sunday, February 4th **Monthly Breakfast Buffet time!**

Roll on down to the dining room at 9:00 am and stuff your face with deliciousness. Don't forget to call reception to foot the bill for any guests you bring along!



Love is in the air! Join Kelly in the Main Lobby on **Sunday, February 11th, at 3:00 pm** for some sweet cookie decorating. Let's spread the love and have a blast!

Get ready for a sweet Sunday treat on **February 25th at 3:00 pm**! We're hosting a root beer float social with our bubbly pal, Kelly!



Grab your friends and join us on Friday, **February 9th at 3:00 pm** for some love-themed fun! We're shaking things up with cocktail bingo!

Get ready for a food lover's paradise! Our very own Chef Keith is taking center stage on **Friday, February 16th, at 11:00 am** in the main lobby. Watch his culinary magic unfold as he showcases a featured food item that'll leave your taste buds cheering! Don't miss out!



Chat with Keith

Thursday, February 22nd at 11:00 am

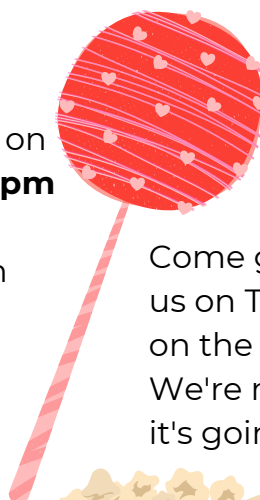
Join us in the main lobby to engage in a conversation with our Culinary Director, Keith. This is an excellent opportunity to inquire about any comments, questions or concerns you may have regarding your dining experience.

Wine & Cheese!

Friday's in IL at 4:00 pm
Wednesdays in AL/The Lane
3:00 pm

Come down to the main lobby to enjoy a new wine and cheese pairing. Each week we will feature a new cheese & wine to taste followed by some trivia!

Week 1: Chardonnay & Brie
Week 2: White Zinfandel & Goat Cheese
Week 3: Merlot & Feta
Week 4: Moscatel & Blue Cheese

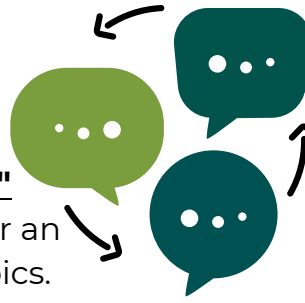


Come get your creative juices flowing with us on Thursday, **February 15th at 1:30 pm** on the 3rd floor assisted living activity room! We're making cake pops from scratch and it's going to be a hoot!



Enjoy popcorn with the featured movie in the Theater on **Thursday and Saturdays at 6:30 pm**

TED



Tune into "T.E.D. Talk Thursdays"

Join us every Thursday at 11:00 am for an enlightening TED talk on various topics. After the presentation, we'll engage in a lively discussion.

Book Club

Wednesday, February 28th 2:30 pm
in the Library

Every month we select a book to read and get together at the end of the month to discuss!

Springbrooke Nomads!

Tuesday, February 6th at 1:30 pm in the Theater

Let's take a trip to New Orleans, y'all! In honor of Mardi Gras, we'll be exploring the city's secrets and sipping on a famous cocktail while munching on a King Cake! Come on, let's laissez les bon temps rouler!

Chris Wells Presentation

Tuesday, February 20th at 2:00 pm in the Theater
Buckle up and get ready to soar with the fabulous Chris Wells! Sit back and relax as she spills the tea on a brand new destination, with insider knowledge and juicy details galore. Trust us, you won't want to miss this ride!

Monday Evening Documentary Showings

Theater at 6:30 pm

- February 5th- Still: A Micheal J Fox Movie (2023)
- February 12th- The Year the Earth Changes (2011)
- February 19th- American Symphony (2023)
- February 26th- The Pez Outlaw (2023)



Resident Council Meetings:

Independent Living:

Wednesday, February 28th at 1:30 pm

Assisted Living:

Wednesday, February 21st at 1:30 pm

Come & meet with fellow residents to discuss any comments, questions, or concerns about living in our community. This is your opportunity to share your ideas & suggestions.

We look forward to hearing from you!

Current Events Discussion Groups

- Monday, February 12th at 11:00 am
Guided Lecture with Jared
- Tuesday February 6th at 11:15 am
with Annalise
- Tuesday, February 20th at 11:15 am
with Annalise



Curious Dragon Fly Presentation

Tuesday, February 27th at 3:15 pm
Join Trina in her presentation on King Tut part 2!

Monthly TV Series

World War II in Color
Tuesdays at 6:30 pm in the Theater



Unlock your Creative Side!

Thursdays Art Social

1:30 pm in the 1st Floor Activity Room

February 1st
Valentine's Door Decorations



February 8th
Valentine's
Tea Party Hats



February 15th
Valentine DIY
Mason Jar Décor



February 22nd
Stained Glass Hearts



February 22nd
St. Patrick's
Day Wreaths



February 29th
Pot's of Gold



February 29th
Canvas Heart
Painting

**Join us every Saturday
Afternoon!**

Paint 'n' Sip

1:30 pm in the 1st Floor Activity Room

**Make Crafts with the
Montessori Kids!**

Wednesday, February
28th at 1:15 pm in the
Main Lobby



February 2024

Brain & Physical Fitness

BINGO



"Age is merely a number when paired with the vitality of movement. In fitness, seniors discover the key to unlocking the timeless strength within."

Bingo (Main Lobby)

- Saturday, **February 3rd at 3:30 pm**
 - \$1 Bingo with Melyssa
- Sunday, **February 4th at 3:00 pm**
 - \$1 Bingo with Kelly
- Tuesday, **February 6th at 4:00 pm**
 - \$1 Bingo with Annalise
- Wednesday, **February 7th at 1:15 pm**
 - Bingo with Montessori Kids
- Friday, **February 9th at 3:00 pm**
 - Valentine Cocktail Bingo
- Saturday, **February 10th at 3:30 pm**
 - \$1 Bingo with Melyssa
- Tuesday, **February 13th at 4:00 pm**
 - \$1 Bingo with Annalise
- Saturday, **February 17th at 3:30 pm**
 - \$1 Bingo with Melyssa
- Sunday, **February 18th at 3:00 pm**
 - \$1 Bingo with Kelly
- Tuesday, **February 20th at 3:30 pm**
 - \$1 Bingo with Annalise
- Saturday, **February 24th at 3:30 pm**
 - \$1 Bingo with Melyssa
- Tuesday, **February 27th at 3:30 pm**
 - \$1 Bingo with Annalise

Word Worriers

February 13th & 27th at 1:30 pm

Main Lobby

Guess the Celebrity

February 20th at 1:30 pm

Main Lobby

Reader's Theater Group

February 27th at 1:30 pm

Main Lobby

Game Time with Annalise **Every Wednesday at 3:00 pm**

Main Lobby

Activity Staffs Choice

February 7th, Rummikub

February 14th Mexican Train

Dominos

February 21st Scrabble

February 28th Apples to Apples

Card Games

Every Sunday at 1:30 pm

Main Lobby

Dealers Choice Card Game

Every Monday at 1:30 pm

Library

Bridge

All the Ways to Stay Active!

Tai Chi with Kelly

Main Lobby at 1:30 pm

Thursday, February 8th, 15th, 22nd, & 29th

Assisted Living Fitness Class

3rd Floor Activity Room at 9:30 am

Monday through Friday

Independent Living Fitness Class

Main Lobby at 10:00 am

Monday, Wednesday, Thursday, Friday

Zumba with Fit-Group USA

Main Lobby at 10:00 am

Tuesday, February 6th & 20th

Tai Chi with Fit-Group USA

Main Lobby at 10:00 am

Tuesday, February 13th & 27th

Walking Club

Meet in Main Lobby at 10:30 am

Every Saturday

Learn Sign Language

Tuesday, February 13th at 1:30 pm

Theater

Chat with PT/OT

Thursday, February 15th at 11:00 am

Theater



February Films



Sundays

February 4th

2:00 pm **Silver Linings Playbook (2017)** directed by David O. Russell, stars Bradley Cooper as Pat, a man with bipolar disorder, & Jennifer Lawrence as Tiffany, a young widow.

6:30 pm **Queen Pins (2017)** a comedy film featuring Kristen Bell as a suburban housewife turned mastermind in a counterfeit coupon scam.

February 11th

2:00 pm **The Last Letter from your Lover (2021)** is a romantic drama film starring Felicity Jones, Shailene Woodley, & Callum Turner. This tale unravels a love story decades, intertwining past & present.

February 18th

2:00 pm **Love on the Spectrum (2023)** a heartwarming documentary series that follows the journeys of young adults on the autism spectrum as they explore the complexities of love & relationships.

6:30 pm **Dumb Money (2023)** a documentary that delves into the world of finance, exploring the highs & lows of amateur investors navigating the complexities of the stock market.

February 25th

2:00 pm **The Hill (2024)** The inspiring true story of Rickey Hill, the son of a traveling pastor, who overcomes the odds to fulfill his dream of playing pro baseball

6:30 pm **Tarzan (2016)** Starring Alexander Skarsgård as Tarzan & Margot Robbie as Jane, the movie offers a fresh take on Edgar Rice Burroughs' classic character.

Thursdays

February 1st

6:30 pm **Killer of the Flower Moon (2023)** crime thriller directed by Martin Scorsese. The film stars Leonardo DiCaprio, Robert De Niro, & Lily Gladstone. Based on David Grann's non-fiction book, the story unravels the shocking true events surrounding the Osage Indian murders in the 1920s.

February 8th

6:30 pm **Finch (2021)** a science fiction drama film released in 2021, directed by Miguel Sapochnik. Starring Tom Hanks as the titular character, the film tells the story of a man, a robot (voiced by Caleb Landry Jones), & a dog navigating a post-apocalyptic world.

February 15th

6:30 pm **Leave the World Behind (2023)** A family vacation on Long Island is interrupted by two strangers bearing news of a blackout. As the threat grows, both families must decide how best to survive the potential crisis, all while grappling with their own place in this collapsing world.

February 22nd

6:30 pm **The African Queen (1951)** a classic adventure film directed by John Huston. Starring Humphrey Bogart & Katharine Hepburn, the film is set in World War I as they embark on a journey.

February 29th

6:30 pm **Maestro (2024)** a biographical romantic drama film that centers on the relationship between American composer Leonard Bernstein & his wife Felicia Montealegre.

Mondays & Tuesdays (See Page 9)

Saturdays

February 3rd

2:00 pm **Leo (2023)** Leo the Lizard has been stuck in the same Florida school for decades. He plans to escape to freedom, but instead has to rescue his class from their mean substitute teacher.

6:30 pm **Queen Bee's (2021)** After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women & an amorous widower.

February 10th

2:00 pm **Escape Plan (2019)** After security expert Ray is hired to rescue the kidnapped daughter of a Hong Kong tech mogul from a Latvian prison, His girlfriend is also captured.

6:30 pm **Erin Brockovich (2000)** Julia Roberts plays woman in a tight spot. Following a car accident, Erin pleads with her attorney Ed Masry to hire her at his law firm.

February 17th

2:00 pm **Good Grief (2024)** An artist grieving the loss of his writer husband takes his two best friends on a trip to Paris, where they unpack messy secrets & hard truths.

6:30 pm **Dune (2021)** Paul, a brilliant young man born into a great destiny beyond his understanding, must travel to the most dangerous planet in the universe to ensure the future of his family.

February 24th

2:00 pm **Open Wide (2023)** documentary explores John & Mike, a father & son whose orthodontic theories have found a passionate online audience — and controversy.

6:30 pm **Fried Green Tomatoes (1991)** she encounters Ninny Threadgoode, a colorful old woman who brightens Evelyn's outlook by sharing tales from her past.