



## NATIONAL WEAR RED DAY

### Friday, February 6th, 2026

Wear red to show your support for raising awareness about heart disease—particularly among women.

Wear Red Day is a national campaign aimed at increasing awareness of heart disease and its impact on women's health.

Heart disease is the leading cause of death for women in the United States, and this day serves as a reminder of the importance of heart disease health education, prevention, and early detection.



### A Few of Our Favorite Pictures



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# The Schooner Flash Monthly Newsletter

February 2026, Issue 215

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### Mardi Gras 2026

Join us on Tuesday, February 17<sup>th</sup> for a day of fun filled partying...

### Here at Schooner, we are planning our annual Mardi Gras day of celebration!

This year, Mardi Gras is on Tuesday, February 17th.

The main event of the day will be our Jazz Brunch held in the Village Green. We will be featuring Schooner fried oysters, traditional king cakes, and much, much more!



**Schooner Wildlife**  
A bobcat sighting has been reported January 20th on the Schooner Campus by resident Dennis Breton!

### Fight the Flu, Naturally

- \*\*Hydration: Drink broths and herbal teas to prevent dehydration.
- \*\*Garlic: Contains allicin, which offers antiviral and antibacterial properties.
- \*\*Vitamin C: The high doses found in citrus fruits and red bell peppers support immune function.
- \*\*Probiotics: Yogurt and fermented foods support health in the gut, where much of the immune system resides.
- \*\*Leafy greens: These provide antioxidants such as vitamin E.

# Word Search

Beware; words can go every which way!

## Be My Valentine



Affection  
Chocolate  
Romantic

Snowflake  
Cupid  
Roses

Heart  
Love  
Flowers

Valentine  
Sweetheart  
Friendship

### Schooner Tenant Profiles Please give these folks a warm Schooner welcome!

Note: Some of our profiles do not have photographs included.  
It all depends on a tenant's preference.

**Yvonne Roux** C106. Yvonne has lived in Lewiston for most of her life. Yvonne worked as a missionary for 63 years. She speaks English and French. Yvonne is a world traveler, having visited Asia and Canada. She very much enjoys reading and listening to talks on her iPad.

Welcome to Schooner, Yvonne!



### Happy 70th Anniversary to Pat and Frank Thomas!

When asked about their marriage, Pat said, "Frank and I met at a small neighborhood variety store where we lived in New York. I was there doing an errand for my mom. He and I didn't realize at that time that we lived a block away from each other!"

"Frank asked me out on a date to the movies, which cost a whopping 50 cents. We saw a lot of each other after that. Before he left for his service duty, there was a big ring on my finger."

"When Frank returned from his military service in the Netherlands, we planned our wedding, deciding on January 8. It was a small service in the local Catholic church's chapel (which at one time was an ice cream store)."



"We started out living in a small apartment across from a firehouse, so we always knew when there was a fire."

"Although we still have family in New York, we decided to stay here in Maine. It was a good move for us. Our children were in college, except our youngest, who was in high school. He graduated from Edward Little."

"There have been many challenges and changes in our lives; however, we faced each one together."

"As we've grown older, our love for each other has grown much deeper and more attentive. Our children and their families are the biggest pride and joy of our life--We are so very proud of them!"

"Our advice to newlyweds in 2026:  
Listen to each other."