



THE LIBERTY STAR

MONTHLY NEWSLETTER

February 2026

The Newsletter Team

Happy February!

As we celebrate Black History Month and Valentine's Day, the newsletter team wants to wish you a happy February.

- Newsletter Team

February Days of Celebration

- 02/11 – International Day of Women
- 02/12 - Abraham Lincoln's Birthday
- 02/17 – Random Acts of Kindness Day
- 02/14 – Valentine's Day
- 02/21 – National Caregivers Day
- 02/17 – President's Day
- 02/28 – National Chili Day

LOL Updates

Mondays: Oral hygiene skills & personal care

Tuesdays: COVID cautions, clean out backpacks

Wednesdays: Fitness walks/table top activities

Thursdays: Street fair, street safety, community signs skills, money skills, math/money management

Fridays: Community walks, lunch outside, beauty/nail/hair; movies inhouse, recreation, arts and crafts

Volunteer Outings:

Calvary Chapel Volunteer Site and Friendly Church of God in Christ – Food Distribution

Feb 13th-Valentine's Day Dance All Day and treats

President's Corner



February is off to a wonderful start at **Life of Liberty Day Program**, and we're thrilled to share that our community continues to grow! This month, we're celebrating new opportunities for our participants to build skills, form friendships, and take part in meaningful activities that support independence and joy.

And just like the Groundhog on February 2nd, we're looking ahead with excitement whether winter sticks around a little longer or spring comes early, we know brighter days are always ahead when we're learning and growing together!

From creative projects and community outings to daily life-skills training, our program is buzzing with energy and progress. We're especially excited about the momentum we're building as we expand capacity and welcome new individuals into our Liberty family.

Thank you to our incredible staff, families, and supporters for helping make this mission possible — the best is yet to come!

Happy February everyone!

"PROMOTING SUCCESSFUL INDEPENDENCE"

ACTIVITIES

Feb 5, 12,19,26 – Balderrama Park
Feb 13th- LOL Valentines day Dance

Friday Fundraiser Menu



2/6- Nachos
2/13- Spaghetti Bake/salad
2/20-Baked chicken & Veggies
2/27-Sloppy Joes & salad

February Birthdays & Anniversaries

We would like to wish a Happy Birthday to our fellow LOL team members and participants. We wish for you a year of happiness, good health, and fun.

Program Participants

Glenn R., 2/10
Sergio L., 2/26



Program Participant Anniversaries

Rahala F., 5yrs	Ofelia M., 12 yrs
Paula F., 8 yrs	Nadia T., 5 yrs
David V., 6yrs	

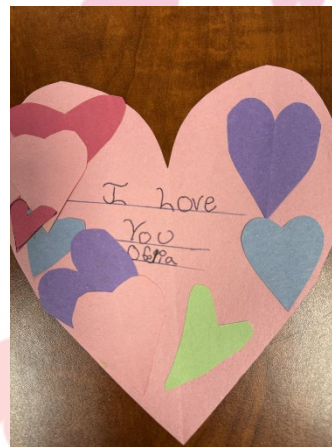
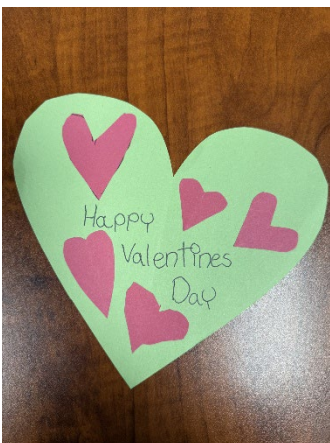
Employee of the Month



Healthy Tips

February 14th-29th is “**Love Your Heart**” week. The County of San Diego’s “**Live Well San Diego**” kicks off its annual **Love Your Heart Week** February 14 through the 29th. More than 150 sites in San Diego County allow adults to get a free blood pressure screening. Obesity, high blood pressure, diabetes high cholesterol, and/or a family history of heart disease can put an individual at greater risk of heart disease. More info at <https://www.livewellsd.org/events/love-your-heart>

February Participant Artwork



“PROMOTING SUCCESSFUL INDEPENDENCE”

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