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Happy Valentine's Day!

February 14th

Big Hearted © Adriana Diaz 2022
Big Hearted

Sophie’s Gallery Presents
chalk-painted wooden heart plaques, cork heart sculptures and live orchid plants for Valentine’s Day!

Public Reception
Friday, February 11, 2022
5-8PM

Floral Heart © Francesca Boccia 2021

Big Hearted

Our heart plaques and cork heart sculptures make perfect Valentine gifts!
They were created with love at Sophie’s Gallery, an art program of St. Madeleine Sophie’s Center, by artists with intellectual and developmental disabilities. Your purchases support our artists and our art program.

Make it & Take it

Create personalized floral bouquets for loved ones for Valentine’s Day!
Choose from a variety of fresh-cut flowers and SMSC garden staff will arrange your bouquet while you wait.

Sophie’s Gallery
140 E. Main Street
El Cajon, CA 92020
sophiesgallery@stmsc.org
stmsc.org
Ph: 619.593.2205

Shop for original art, crafts, giftware, home décor, plants and unique planters.

Open Monday - Friday, 9AM - 4PM
Tips on What Love Is
by: Cali Williams

1. Communication is Key
   - always talking with each other helps when it comes to love

2. Honesty is Everything
   - being truthful can keep it real within the relationships when anything will show that matters the most

3. Sharing is Caring
   - When it comes to stuff that you or someone else has, it's OK to feel like you want to share with them but make sure they want to do the same as you.
Growing A Queensland Bottle Tree From Seed

SMSC Gardening Program

SMSC gardening students up-potted Queensland Bottle tree seedlings grown from the Bottle tree planted in our garden over 15 years ago. The saplings are currently 3ft tall and are ready for home planting. They are a perfect Valentine gift, drought tolerant and reach maturity in 5 to 8 years!

SMSC GARDENERS
Juan Acevedo
Jeff Alton
Antoinette Annunziata
Maddie Davis
Jane Dutcher
Jeremy Geist
Danny Gibson
Mitch Gricman
Gabriel Harmon
Ian Harrison
Mark Miller
Matthew Phillips
Sabrina Pomeroy
Tonya Rogers
Tiffani Schlender
Tiffany Simpson
Roberto Suarez

SMSC Gardening project started with gathering seed pods.

SMSC Gardening Instructor, Kate Boyce helps Tiffani Schlender, who enjoyed up-potting on a warm winter day!
"Let's make 2022 a better year for all of us and make it count for the better!"

Anthony Wardlow
Rebecca Lee Crumpler challenged the prejudice that prevented African Americans from pursuing careers in medicine. She studied medicine at the New England Female Medical College and in 1864 became the first African-American woman to become a doctor of medicine in the United States.

https://en.wikipedia.org/wiki/Black_History_Month
for photographs search Google
PRESIDENTS' DAY
FEB 21 2022

A CELEBRATION OF THE BIRTHDAYS AND LIVES OF ALL US PRESIDENTS
ST. MADELEINE SOPHIE'S CENTER CLOSED ON PRESIDENTS' DAY
Happy Birthday!

February 2022

Dee Austel
Ilham Bazzi
Erin Bones
Julie Crakes
Anthony East
Evonne Harvey
Michael Jacobs
Eve Jefferies
Lucas Lemke
James long
Fernando Magana
Amy Mansour
Adam Maxwell
Kristin McCalla
Whitney Oliver
Gail Persky
Brian Raber
Tiffani Schlender
Jennifer Smith
Michelle Soto
Theresa Spellman
Gregory Stancheck
Edgar Villanueva
Alyssa Virissimo
Kelsey Wammack
Ingredients:
4 cups semisweet chocolate chips
2-14oz cans sweetened condensed milk
1 tsp Kosher salt
2 tsp vanilla extract
1/4 cup Valentine Sprinkles

Steps:
1. Line a 9x9 square pan with parchment paper and spray lightly with non-stick cooking spray. Make the paper go up the side this will make it much easier to lift from the pan once its ready to be cut.
2. In a microwave safe glass bowl place chocolate chips, condensed milk, and kosher salt.
3. Microwave the mixture for about 1-2 minutes until the chocolate is all melted. Make sure to stir and scrape down the bowl with a rubber spatula every 30 seconds to make sure the chocolate does not burn.
4. Stir in Vanilla until combined and immediately pour into the parchment paper lined and greased pan. If the fudge gets too thick spread with a spatula. Sprinkle all over the top of the fudge with the Valentine’s Day Sprinkles.
5. Place in the fridge to firm up for about 45min-1 hour. After the fudge is firm cut to in small pieces. The fudge can be placed in small cupcake liners or wrapped in small square of parchment paper. Enjoy!
Feb 1st Pulled pork sandwich, Cole slaw, baked beans
Feb 2nd Fish tacos, refried beans, tortilla chips
Feb 3rd Bacon cheeseburger, onion rings
Feb 4th Chicken cacciatore over penne pasta, side Caesar salad
Feb 7th Waffle, Scrambled eggs, breakfast sausage
Feb 8th Beef and Broccoli over steamed rice, fried Asian noodles
Feb 9th Chicken Vesuvio w/ garlic Bread
Feb 10th Street barbacoa tacos serve with rice & beans
Feb 11th Honey garlic pork, sweet potatoes, roasted broccoli
Feb 14th Tuscan chicken over mashed potatoes, roasted vegetables
Feb 15th Beef stew w/cornbread
Feb 16th Tomato spinach garlic shrimp pasta w/ garlic bread
Feb 17th Spam musubi w/ Hawaiian macaroni salad
Feb 18th Grilled cheese sandwich w/ roasted tomato soup
Feb 21st Presidents Day SMSC Closed
Feb 22nd Chicken fried pork w gravy over garlic mashed potatoes, & green beans
Feb 23rd Vegan chili w/ jalapeno cornbread
Feb 24th Italian sausage pasta, side garden salad, garlic bread
Feb 25th Chinese BBQ pork over rice w/ fried cabbage
Feb 28th Shrimp & grits