

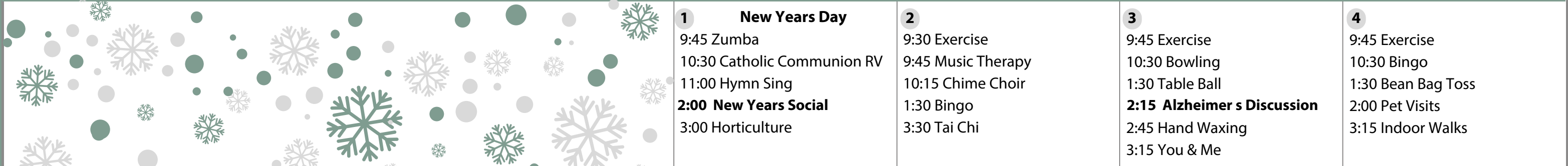

JANUARY

STRASBURG NEIGHBOURHOOD

Legend

Strasburg (SB)	Waldau (WD)	Ret. Hobby Rm (HB)	R. Fireside Lounge (FS)
Aberdeen (AB)	Newberry (NB)	John Sweeney Rm (JS)	R. Egerton (EG)
Kingsdale (KD)	Eby (EB)	LTC Worship Rm (LTC WR)	R. Williamsburg /Beckers (WB)
Roseville (RV)	Ret. John Sweeney Rm (JS)	Pinehaven Community Rm (PC)	R. Emma (EM)
Sandhills (SH)	Pinehaven Community Rm. (PC)	Retirement Dining Rm (Ret. DR)	

Alzheimer Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			1 New Years Day 9:45 Zumba 10:30 Catholic Communion RV 11:00 Hymn Sing 2:00 New Years Social 3:00 Horticulture	2 9:30 Exercise 9:45 Music Therapy 10:15 Chime Choir 1:30 Bingo 3:30 Tai Chi	3 9:45 Exercise 10:30 Bowling 1:30 Table Ball 2:15 Alzheimer s Discussion 2:45 Hand Waxing 3:15 You & Me	4 9:45 Exercise 10:30 Bingo 1:30 Bean Bag Toss 2:00 Pet Visits 3:15 Indoor Walks
5 9:45 Exercise 10:00 TV Church 11:00 Java Music 1:30 Kick Ball 2:30 Word Games	6 9:30 Walmart Outing 10:30 For the Soul 1:30 Craft with Maria 3:00 Planting Friendships	7 Orthodox Christmas 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care 2:30 Bible Study 3:30 Raise Your Voice 6:15 You & Me	8 9:45 Zumba 11:00 Hymn Sing 1:30 Horse Racing 3:00 Horticulture	9 9:30 Exercise 9:45 Music Therapy 10:15 Chime Choir 1:30 Bingo 3:30 Tai Chi	10 9:45 Exercise 10:30 Bowling 2:00 Erin Marie Performs 2:30 Celebration of Life (DR) 3:15 You & Me	11 9:45 Exercise 10:30 Bingo 2:00 Pet Visits 1:30 Documentary - Celine Dion 3:15 Indoor Walks
12 9:45 Exercise 10:00 TV Church 11:00 Java Music 1:30 Winter Drive in Country 3:15 You & Me Time	13 9:45 Exercises 10:30 For the Soul 1:30 Craft with Maria 3:00 Planting Friendships	14 Timbit Day 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care 2:30 Bible Study 3:30 Raise Your Voice 6:15 You & Me	15 9:45 Zumba 11:00 Hymn Sing 1:30 Horse Racing 3:00 Horticulture	16 9:30 Exercise 9:45 Music Therapy 10:15 Chime Choir 1:30 Bingo 3:30 Tai Chi	17 9:45 Exercise 10:30 Bowling 1:30 Table Ball 2:15 Alzheimer s Discussion 3:15 You & Me	18 9:45 Exercise 10:30 Bingo 1:30 Bean Bag Toss 2:00 Pet Visits 3:15 Indoor Walks
19 9:45 Exercise 10:00 TV Church 11:00 Java Music 1:30 Apostic Hymn Sing 2:30 Word Games	20 9:45 Exercises 10:30 For the Soul 1:30 Craft with Maria 3:00 Planting Friendships	21 National Hugging Day 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care 2:30 Bible Study 3:30 Raise Your Voice 6:15 Fun Facts on Hugging	22 9:45 Zumba 11:00 Hymn Sing 1:30 Resident Meeting 3:00 Horticulture	23 9:30 Exercise 9:45 Music Therapy 10:15 Chime Choir 1:30 Bingo 3:30 Tai Chi	24 9:45 Exercise 10:30 Bowling 1:30 Table Ball 2:30 Board Games 2:45 Hand Waxing 3:15 You & Me	25 9:45 Exercise 10:30 Bingo 1:30 Bean Bag Toss 3:15 Indoor Walks
26 9:45 Exercise 10:00 TV Church 11:00 Java Music 1:30 Winter Drive in Country 1:30 Kick Ball 2:30 Word Games	27 9:45 Exercises 10:30 For the Soul 1:30 Craft with Maria 1:30 Food Council Meeting PC 3:00 Planting Friendships	28 10:00 Total Body Fitness 11:00 Church 1:30 Nail Care 2:30 Bible Study 3:30 Raise Your Voice 6:15 You & Me	29 Chinese New Year 9:45 Zumba 11:00 Hymn Sing 2:15 Chinese New Years Chat 3:00 Horticulture	30 9:30 Exercise 9:45 Music Therapy 10:15 Resident Council PC 10:15 Chime Choir 1:30 Bingo 3:30 Tai Chi	31 9:45 Exercise 10:30 Bowling 1:30 Table Ball 2:15 Alzheimer s Discussion 3:15 You & Me	

JANUARY

NEIGHBOURHOOD EVENTS

January Entertainment

Haysville: Jan 6, 2:00pm Kevin Coates

Sandhills: Jan 6, 3:30pm Kevin Coates

Roseville: Jan 7, 3:00pm Henry Winter

Kingsdale: Jan 8, 2:00 pm Pegan Talks

Haysville: Jan 9, 6:15pm Tom Denomme

Strasburg: Jan 10, 2:00pm Erin Marie

Waldau: Jan 10, 3:30pm Erin Marie

Sandhills: Jan 13, 6:15pm Tom Denomme

Eby: Jan 14, 2:00pm Bob MacLean

Aberdeen: Jan 21, 6:15pm Tom Denomme

Williamsburg/Beckers Dining Rm:
January 21, 2:30 Grandriver Band

Trussler: Jan 22, 2:00pm Lynne and Rick

Kingsdale: Jan 22, 3:30pm Lynne and Rick

Aberdeen: Jan 23, 2:00pm Dynamic Duo

Newberry: Jan 23, 3:30pm Dynamic Duo

Aberdeen: Jan 25, 2:00 Just Sing

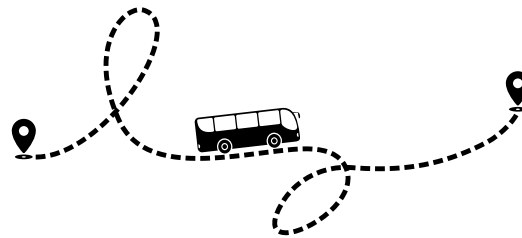
Bus Outings

*Please Keep in Mind all Outings
are depending on Weather.*

Monday January 6th 9:30 Walmart Outing

Sunday January 12th 1:30 Winter Country Drive

Sunday January 26th 1:30 Winter Country Drive



Three New Programs

1. **JavaMusic**, is making a come back every Sunday at 11:00 a.m. This program will help us to build friendships, reminisce of the past.
2. **Raise Your Voice**, opportunity for all of us to sing songs together and enjoy the freedom to sing our hearts out with many of the songs from the past from 40's to 80's; every Tuesday at 3:30.
3. **Bean Bag Toss**, this will challenge your eye, hand coordination, and engage your team spirit

Happy Birthday.



Mary Hannusch

January 4

Spiritual Services

Catholic Mass January 2, 10:30 (RV)

Church with Kathleen, Jan, 5 10:30

Lutheran Communion January 8, 10:30 (PCC)

Celebration of Life, Jan. 10, 2:30 (DR)

Church with Hector, Jan, 10:30 (JS)

Protestants' Communion January 27, 10:30 (PCC)

World Religion Day, Jan, 19

Church with Royal, Jan, 19 10:30 (JS)

Church with Kathleen, Jan, 26, (JS)

Nutritional Thought

Dehydration does not occur in the hot weather only, it is a year round concern.

Thirst

Dry Mouth

Dark Urine

Decrease in Urination

Dry Skin

Low Blood Cramping

Constipation

Tiredness

Headaches