

Employee Christmas Party!



Fun Challenges for the Year Ahead

Is there a novel you've wanted to read or a hobby you'd like to learn? The new year is the perfect time to set some goals you'll enjoy aiming for. Here are some ideas:

Reading resolution — Select a number of books or pages you want to read this year, and track your progress. Alternatively, you could challenge yourself to read 10 books set in 10 different countries or try genres outside of your usual picks.

Daily doodles — Find a list of drawing prompts online or create your own, then capture your creativity in a sketchbook. Experiment with using different media, such as colored pencils or chalk pastels.

Meaningful mail — Set a schedule for sending handwritten notes a few times each month. Whether a friend, grandchild or another person in your life — think about your hairdresser, barber or librarian — the recipient is sure to smile when reading your words.

Eating adventures — Pick five new restaurants to try this year and invite friends and relatives to join in. You may discover a new favorite!

Expanded interests — There's always a new hobby to master, from watercolor painting and origami to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.



Dear Residents, Family and Friend

Happy New Year, 2018! Gratitude is a word that comes to mind when reviewing this month's activities. As we hope to live a life of grace and gratefulness, it is important to thank those who have been so good to us! It is also with gratitude that we thank you for entrusting your loved ones to us as a partnership in care. We are much more successful in bringing love and joy to those we serve when we join together.

December was a lovely month full of holiday activities. Many school groups caroled throughout our community; what a festive month with all the trees and wreaths throughout the community! A special thank you to all the vendors who participated in the holiday spirit. January will also be a busy month filled with many outings in the community and celebrating Elvis's birthday on Jan. 9 at 6 p.m. A very sincere thanks to each family and resident who donated to our Employee Appreciation Fund. Donations were beyond our expectations. We held a fun-filled party where employees received your gifts, and our staff was and is very appreciative.

As we begin 2018, may we remain thankful for all we do together to enhance the lives of those who are so precious to us. We are dedicated to enhancing quality of life for all our residents. May 2018 be the best year yet!

— Jessica Hazelton, EXECUTIVE DIRECTOR



Soup's On

Whether it's a hearty chowder or a delicate broth, a bowl of soup can warm you up on a winter day. During National Soup Month in January, take stock of these common types:

Chowder — This is a chunky soup that often features pieces of seafood and vegetables. European fishermen introduced chowder to America, where it became a signature dish in New England.

Bisque — Originating in France, bisque is a rich, creamy soup traditionally made with pureed shellfish. In the past, recipes called for the shells to be ground into a paste and added to the soup to thicken it.

Broth/Stock — The light liquid that remains after cooking meat and vegetables in water and then straining it is called broth. To create stock, meat or fish bones are simmered to create an intense, flavorful base for other recipes.

Cream — By itself or used as an ingredient in casseroles and other dishes, this popular soup is made by adding cream to a pureed vegetable or meat stock. Mushroom, tomato and chicken are classic varieties.

Chilled soups — Spanish gazpacho and French-style vichyssoise are common examples of soups that are served cold. Blended or pureed vegetables and fruits create their flavor and texture.





ASSISTED LIVING

AL#010063

JANUARY 2018

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Transportation Schedule

- Monday
10 a.m.
Grocery Stores
- Tuesday
10 a.m.
Walmart
- Wednesday
10 a.m.
Post Office/Bank
- Thursday
2 p.m.
Walmart
- Friday
TBA
Field Trips/Outing

Birthdays

- Jessica Hazelton, 5th (Employee)
- Evelyn Cody, 6th (Employee)
- Melinda Najdek, 23rd (Employee)
- Neka England, 23rd (Employee)

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NEW YEAR'S DAY 1 9:30 Rose Bowl Parade, L 10:00 New Year's Wonderword Search 10:30 Therapy for the Mind, L 10:40 Word of the Day!, L 3:00 Adult Coloring Club, AR 3:00 Resident Puzzle Day, LL	9:30 Senior Fitness w/Teresa, AR 2 10:00 Shopping at Walmart, O 10:30 Catholic Communion 10:40 Word of the Day!, L 1:00 Resident Bible Study, AR 2:00 Art Expression, AR	Beauty Salon Is Open 3 9:30 Tone Those Bones w/Erin (Rehab Trust), AR 10:40 Word of the Day!, L 1:00 Resident Bible Study, AR 2:00 Sassy Senior Bingo, AR	National Trivia Day 4 8:00 Beauty Salon Is Open 9:30 Chair Yoga, L 10:00 Christian Service w/ Rev. Christal Fisher, L 10:30 Trivia, L 10:40 Word of the Day!, L 1:00 Storytelling Club 2:00 Shopping at Walmart, O 2:00 Reminiscing, L 3:00 Singalong, L	9:30 Senior Fitness w/Teresa, AR 5 10:30 Lunch Outing, O 10:40 Word of the Day!, L 1:00 Bible Study w/ Laura, L 2:00 Jail House Rock Happy Hour, L 3:00 Name Your Game!, L	9:30 Word of the Day! 10:30 Wonderword Search, AR 1:00 Saturday Bingo w/Mary, AR 3:00 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 7 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Bible Study w/ Rob Harrison, L 3:00 Cinema Sundays, L	Elvis Birthday 8 9:30 Exercise With Legacy, AR 10:00 Shopping at Big Lots, O 10:30 Therapy for the Mind, L 10:40 Word of the Day!, L 1:00 Karaoke Show Your Talent Elvis Songs, L 1:15 Wonder Word Search, AR 2:00 Fancy Nails & Hand Massage, AR 2:00 Movie and Popcorn, L 3:00 Resident Puzzle Day, LL	9:30 Senior Fitness w/Teresa, AR 9 10:00 Shopping at Walmart, O 10:30 Catholic Communion 10:40 Word of the Day!, L 1:00 Resident Bible Study, AR 2:00 Art Expression, AR 6:00 Hunka Burnin' Love (Main Event), L	Beauty Salon Is Open 10 9:30 Tone Those Bones w/ Erin (Rehab Trust), AR 10:40 Word of the Day!, L 1:00 Chicken Foot (Dominoes), AR 1:00 Resident Bible Study, AR 2:00 Sassy Senior Bingo, AR 3:00 Town Hall Meeting, L	8:00 Beauty Salon Is Open 11 9:30 Chair Yoga, L 10:00 Christian Service w/ Rev. Christal Fisher, L 10:40 Word of the Day!, L 1:00 Storytelling Club 2:00 Shopping at Walmart, O 2:00 Reminiscing, L 3:00 Singalong, L 3:00 Legacy Social Hour, L	9:30 Senior Fitness w/Teresa, AR 12 10:00 Trivia Club, L 10:30 Fancy Nails w/Tiffanie (Lake Village), AR 10:40 Word of the Day!, L 1:00 Bible Study w/ Laura, L 2:00 Mad Hatter Tea Social Hour, L 3:00 Name Your Game!, L	9:30 Word of the Day! 10:30 Wonderword Search, AR 1:00 Saturday Bingo w/Mary, AR 3:00 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 14 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Bible Study w/ Rob Harrison, L 3:00 Cinema Sundays, L	MARTIN LUTHER KING JR. DAY 15 9:30 Exercise With Legacy, AR 10:00 Dollar Store 10:30 Therapy for the Mind, L 10:40 Word of the Day!, L 2:00 Fancy Nails & Hand Massage, AR 2:00 Star Kids, L 3:00 Adult Coloring Club, AR 3:00 Resident Puzzle Day, LL 3:00 Singalong, L	9:30 Senior Fitness w/Teresa, AR 16 10:00 Shopping at Walmart, O 10:30 Catholic Communion 10:40 Word of the Day!, L 1:00 Resident Bible Study, AR 2:00 Art Expression, AR	Beauty Salon Is Open 17 9:30 Tone Those Bones w/Erin (Rehab Trust), AR 10:40 Word of the Day!, L 1:00 Resident Bible Study, AR 2:00 Sassy Senior Bingo, AR	8:00 Beauty Salon Is Open 18 9:30 Chair Yoga, L 10:00 Christian Service w/ Rev. Christal Fisher, L 10:40 Word of the Day!, L 1:00 Storytelling Club 2:00 Shopping at Walmart, O 2:00 Reminiscing, L 3:00 Singalong, L	9:30 Senior Fitness w/Teresa, AR 19 10:30 Lunch Outing, O 10:40 Word of the Day!, L 1:00 Bible Study w/ Laura, L 2:00 What Is Popping Social Hour, L 3:00 Name Your Game!, L	9:30 Word of the Day! 10:30 Wonderword Search, AR 1:00 Saturday Bingo w/Mary, AR 3:00 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 21 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Bible Study w/ Rob Harrison, L 3:00 Cinema Sundays, L	National Bible Study Day 22 Winco, O 9:30 Exercise With Legacy, AR 10:30 Therapy for the Mind, L 10:40 Word of the Day!, L 1:15 Wonder Word Search, AR 2:00 Fancy Nails & Hand Massage, AR 3:00 Resident Puzzle Day, LL	9:30 Senior Fitness w/Teresa, AR 23 10:00 Shopping at Walmart, O 10:30 Catholic Communion 10:40 Word of the Day!, L 1:00 Resident Bible Study, AR 2:00 Art Expression, AR	Beauty Salon Is Open 24 9:30 Tone Those Bones w/Erin (Rehab Trust), AR 10:40 Word of the Day!, L 1:00 Resident Bible Study, AR 2:00 Sassy Senior Bingo, AR	8:00 Beauty Salon Is Open 25 9:30 Chair Yoga, L 10:00 Christian Service w/ Rev. Christal Fisher, L 10:40 Word of the Day!, L 1:00 Storytelling Club 2:00 Shopping at Walmart, O 2:00 Reminiscing, L 3:00 Singalong, L	9:30 Senior Fitness w/Teresa, AR 26 10:00 Trivia Club, L 10:40 Word of the Day!, L 1:00 Bible Study w/Laura, L 2:00 Birthday Bash, L 3:00 Name Your Game!, L	9:30 Word of the Day! 10:30 Wonderword Search, AR 1:00 Saturday Bingo w/Mary, AR 3:00 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 28 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Bible Study w/ Rob Harrison, L 3:00 Cinema Sundays, L	National Puzzle Day 29 9:30 Exercise With Legacy, AR 10:00 Dollar Tree, O 10:30 Therapy for the Mind, L 10:40 Word of the Day!, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Resident Puzzle Day, LL	9:30 Senior Fitness w/Teresa, AR 30 10:00 Shopping at Walmart, O 10:30 Catholic Communion 10:40 Word of the Day!, L 1:00 Resident Bible Study, AR 2:00 Art Expression, AR	Beauty Salon Is Open 31 9:30 Tone Those Bones w/Erin (Rehab Trust), AR 10:40 Word of the Day!, L 1:00 Resident Bible Study, AR 2:00 Sassy Senior Bingo, AR			