



Our Community Newsletter

Discover what's going on in our community.

A New Year brings hope, fresh beginnings,
and a chance to reflect. Happy New Year!

**Please Join us for our 2024
Memorial Service. We will gather to remember
those we've lost this past year. Location: Lobby
Monday, December 30th at 1:00PM**

**"With the new year comes new strength
and new thoughts." - Eleanor Roosevelt**

Resident Council

Wednesday, Jan. 8th at 12:15PM

January News

**TRYathlon Starts January 14th - Come see what
it's all about.**

**Football Playoffs for NFL Start - Superbowl is
February 9th**

Elvis is our monthly theme for Choir!

Doris Day Movie - Jan. 20th

**Men's Shoot the Bull Cocktail Hour with Jason or
Matthew Wednesday, Jan22nd**

Every Wednesday - **Catholic Service** - Legacy
Court 10:15AM

Third Wednesday - **St. Paul's Lutheran Service**
- **Theatre 2:00PM**

Fourth Sunday - **Baptist Service** - Activity
Room

Second Monday - **Lutheran Service**
- **Theatre 10:15AM**

Sunday - Catholic Communion - Inform
Community Life if you're interested.
Volunteer will visit you.

Outings to sign-up for

January 21st -Soup's On Breakfast - 7:15AM

January 22nd - Senior Center Bingo - 12:05PM

January 29th - Countryside Drive - 1:00PM

Art to sign-up for:

**Friday, Jan. 10th 1:00 - Snowflake
Earrings with Laurie**

**Thursday, Jan. 23 Salt Painting
Valentines Cards on Watercolor
Paper with Kayla**

**Friday, Jan. 24th at 2:00 - Snowflake
Bracelet with Laurie**

Nails (Fingers) Sign-up

Thursday, Jan. 9th - 1:00-3:00

Saturday, Jan. 11th - 10:15 - 11:45AM

Tuesday, Jan. 21st - 5:15 - 6:45PM

Every Minute Counts **Challenge**

Starts on Monday, January 6th.

As a community we will track our movement.

The log will be in the Activity Room.

Enter your minutes daily or at the end of the week.

All participants will be entered in our monthly drawings.

What to track:

Walking, Therapy, Biking, Yoga, Arm Biking, TRYathlon with the Rocker Team, Strength, Balance Training, Dancing, Group Walking, and anything else active that relates.

Why? Movement can help us: remain independant, relieve pain, help metabolize medications, improve mood, improve circulation, get those neurotransmitter in the brain working, & much more.

January 2025 - Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AR Activity Room</p> <p>LB Library</p> <p>LC Legacy Court</p> <p>LR Living Room</p> <p>LV Lobby</p> <p>PB Pub</p> <p>RA Reena</p> <p>sc Senior Center</p> <p>T TBD</p> <p>TH Theatre</p> <p>TV TV</p>	<p>Happy Birthday to</p> <p>1/1 Audrey Claridge</p> <p>1/12 Doris Harding</p> <p>1/14 Joan Nelson</p> <p>1/21 Terence Sheldon</p>	<p>New Year's Day</p> <p>9:30 Coffee and Parade on TV [PB]</p> <p>3:00 Your weekly activity packets are ready! [AR]</p> <p>5:00 Resident Guided - Social Time [AR]</p>	<p>9:15 Movement Class 2 [AR]</p> <p>10:00 Coffee with Linked Senior with Coffee or Tea</p> <p>1:00 Reena Rocker TRVathon Practice - Come check it out. [AR]</p> <p>2:00 LIFE LONG LEARNING PROGRAM: NATIONAL MEMORIALS OF WASHINGTON D.C [AR]</p> <p>3:15 Cards - Garbage [AR]</p> <p>3:45 Biking Time - Open House [AR]</p> <p>5:00 Resident Guided - Social Time [AR]</p>	<p>9:15 Movement Class 3 [AR]</p> <p>10:15 Coffee Social Time with Reminiscing [AR]</p> <p>10:45 Music Appreciation with Adult Coloring or Social Time- Explore music [AR]</p> <p>1:00 Horse Racing [AR]</p> <p>3:45 Biking Time - Open House [AR]</p> <p>5:00 Resident Guided - Social Time [AR]</p>	<p>10:15 Coffee & Social Hour [AR]</p> <p>12:15 Biking Time - Open House [AR]</p> <p>5:00 Resident Guided - Social Time [AR]</p>	
<p>12:00 Packers vs Chicago Bears - Time TBD YET [TV]</p> <p>2:00 Linked Senior [LC]</p> <p>3:45 Biking Time - Open House [AR]</p> <p>5:00 Resident Guided - Social Time [AR]</p>	<p>2:00 Linked Senior [LR]</p> <p>9:15 Movement Class [AR]</p> <p>10:00 Corn Hole [AR]</p> <p>12:30 Rosary with Dorothy [PB]</p> <p>1:00 Bingo [AR]</p> <p>3:00 Every Minute Counts Starts Today! Log daily movement. Drawings and Community Accumulates Together. [AR]</p> <p>5:00 Resident Guided - Social Time [AR]</p>	<p>9:15 Movement & Strength [AR]</p> <p>11:30 Convivium with Rocker Team (Special Invite) [AR]</p> <p>12:15 Librarian Visit with Deb [LB]</p> <p>2:15 Reena Rocker Celebrate Elvis's Birthday with Music and Beverages [AR]</p> <p>3:30 Linked Senior Fun [AR]</p> <p>5:00 Resident Guided - Social Time [AR]</p>	<p>9:15 Movement Class 1 [AR]</p> <p>9:45 Sing along before Catholic Service [LC]</p> <p>10:00 Linked Senior with Coffee [AR]</p> <p>10:15 Catholic Service [LC]</p> <p>12:15 Resident Council [AR]</p> <p>2:00 TRVathon Meeting [AR]</p> <p>3:00 Every Minute Counts Started! Come ask us or read your newsletter for more details. [AR]</p> <p>5:00 Resident Guided - Social Time [AR]</p>	<p>9:15 Movement Class [AR]</p> <p>10:00 Linked Senior with Coffee [AR]</p> <p>1:00 Nail Spa Day [AR]</p> <p>3:00 Every Minute Counts Started! Come ask us or read your newsletter for more details. [AR]</p> <p>5:00 Resident Guided - Social Time [AR]</p>	<p>9:15 Movement Class 1 [AR]</p> <p>10:15 Coffee Social Time with Reminiscing [AR]</p> <p>10:45 Music Appreciation with Adult Coloring or Social Time- Explore music [AR]</p> <p>1:00 Snowflake Earrings Laurie - Sign-up [AR]</p> <p>3:00 Every Minute Counts Started! Come ask us or read your newsletter for more details. [AR]</p> <p>3:00 Your weekly activity packets are ready! [AR]</p> <p>5:00 Resident Guided - Social Time [AR]</p>	
<p>11:30 Communion (Catholic Rounds from</p>	<p>2:00 Linked Senior [LR]</p>	<p>9:15 Movement & Strength [AR]</p>	<p>9:15 Movement Class 1 [AR]</p>	<p>9:15 Movement Class [AR]</p>	<p>9:15 Movement Class 1 [AR]</p>	<p>10:30 Bingo with Annel [AR]</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Andy) [RA] 2:00 Linked Senior [LC] 3:00 Every Minute Counts Started! Come ask us or read your newsletter for more details. [AR] 5:00 Resident Guided - Social Time [AR]</p>	<p>9:15 Movement Class! [AR] 10:15 Lutheran Service [TH] 12:30 Rosary with Dorothy [PB] 1:00 Bingo [AR] 3:00 Every Minute Counts Started! Come ask us or read your newsletter for more details. [AR] 5:00 Resident Guided - Social Time [AR]</p>	<p>1:00 Scrimmage - TRYathlon. [AR] 2:15 Reena Rocker Choir - Come join us! [AR] 3:00 Every Minute Counts Challenge is ongoing. [AR] 5:00 Resident Guided - Social Time [AR]</p>	<p>9:45 Sing along before Catholic Service [LC] 10:00 Linked Senior with Coffee [AR] 10:15 Catholic Service [LC] 1:00 Music with Jim and Karen - guitar and singing [T] 2:00 St. Paul's Lutheran Service - Pastor Kirchbaum or Pastor Vic [TH] 3:00 Every Minute Counts Challenge is ongoing. [AR] 5:00 Resident Guided - Social Time [AR]</p>	<p>10:15 Forklift Driving (remote controlled) Take Turns [LY] 1:00 Scrimmage - TRYathlon. [AR] 2:00 Pet Therapy Visit [LY] 2:30 Cedar is coming to visit! Pet Therapy [LR] 3:00 Every Minute Counts Challenge is ongoing. [AR] 5:00 Resident Guided - Social Time [AR]</p>	<p>10:15 Coffee Social Time with Reminiscing [AR] 10:45 Music Appreciation with Adult Coloring or Social Time- Explore music [AR] 1:00 The Big Show - Review the week! [AR] 2:15 Bowling [AR] 3:00 Every Minute Counts Challenge is ongoing. [AR] 3:00 Your weekly activity packets are ready! [AR] 5:00 Resident Guided - Social Time [AR]</p>	<p>3:00 Every Minute Counts Challenge is ongoing. [AR] 5:00 Resident Guided - Social Time [AR]</p>
<p>11:30 Communion (Catholic Rounds from Andy) [RA] 2:00 Linked Senior [LC] 3:00 Every Minute Counts Challenge is ongoing. [AR] 5:00 Resident Guided - Social Time [AR]</p>	<p>Martin Luther King Jr. Day 2:00 Linked Senior [LR] 9:15 Movement Class! [AR] 10:15 Trinity Lutheran Guests Visit with Coffee [AR] 12:30 Rosary with Dorothy [PB] 1:00 Young at Heart Movie - Doris Day - intermission break at 1 hour [AR] 3:00 Every Minute Counts Challenge is ongoing. [AR] 5:00 Resident Guided - Social Time [AR]</p>	<p>7:15 Soup's On Breakfast Outing - Sign-up [LY] 9:15 Movement & Strength [AR] 1:00 TRYathlon - [AR] 2:15 Reena Rocker Choir - Come join us! [AR] 3:00 Every Minute Counts Challenge is ongoing. [AR] 5:00 Resident Guided - Social Time [AR] 5:15 Nails with Laurie - Sign-up (room for 3) [AR]</p>	<p>9:15 Movement Class! [AR] 9:45 Sing along before Catholic Service [LC] 10:00 Linked Senior with Coffee [AR] 10:15 Catholic Service [LC] 12:05 Bingo at the Senior Center (3 cards for \$2.00) You should eat right at 11:30 [SC] 2:30 Men's Shoot the Bull Cocktail Hour with Matthew & Jason [PB] 3:00 Every Minute Counts Challenge is ongoing. [AR] 5:00 Resident Guided - Social Time [AR]</p>	<p>9:15 Movement Class [AR] 10:15 Forklift Driving (remote controlled) Take Turns [LY] 1:00 TRYathlon - [AR] 2:30 Salt Painting Valentines! Sign-up [AR] 3:00 Every Minute Counts Challenge is ongoing. [AR] 5:00 Resident Guided - Social Time [AR]</p>	<p>9:15 Movement Class! [AR] 10:15 Coffee Social Time with Reminiscing [AR] 10:45 Music Appreciation with Adult Coloring or Social Time- Explore music [AR] 1:00 The Big Show - Review the week! [AR] 2:00 Make Snowflake Bracelet - Sign-up [AR] 3:00 Every Minute Counts Challenge is ongoing. [AR] 3:00 Your weekly activity packets are ready! [AR] 5:00 Resident Guided - Social Time [AR]</p>	<p>1:00 Play Connect Four [AR] 3:00 Every Minute Counts Challenge is ongoing. [AR] 5:00 Resident Guided - Social Time [AR]</p>