

## January Activity Highlights

Monday, Wednesday, and Friday @ 12:30PM - Live 2B  
Healthy

January 2— A Moment of Peace with John and Angie

January 3— Community Coffee

January 5— Catholic Church Serves

January 8— Caregiver Support Group

January 9— Winter Gnome Craft

January 12— Happy Hour

January 15— Bingo Store Open

January 19— A evening with Winston Churchill

January 23— Thorn in the Roses

January 24— Carmel Popcorn

January 31— Make Candy with Shari

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*“Embracing  
Every Moment”*



**From Our Manager**  
*TJ Stammeyer*

Happy New years to all! What a year we have had, so many Remembrall moments here at Arlington Place. This was such an exciting year thank you for all for allowing us to be such a big part of your lives. With the new year's right around the corner let's remember to keep bundled up and to be aware of the icy weather. Thank you again for all the great times in 2017 and I can't Waite to see what 2018 has in store for us!

**December trivia Answer.**

Ford Model A

January 1st, 1776, the first American flag, the "Grand Union" was presented. Betsy Ross later added the stars in place of the Union Jack

**From the Culinary**

*Joie Meyer*

Hoping everyone has a Merry Christmas and a Happy New Year!! We had a busy month... With our Christmas party and all our activities we had for the residents ! Our Christmas Party was a huge success! Everything we served was homemade and had leftover candies to send home with visitors! So thanks to everyone who came to help celebrate ! Also we had the Jingle Bus also was a great success ! The residents love to ride the bus and look at all the lights we served cookies, hot chocolate and hot cider. Looking forward to ringing in the new year with the staff and the residents!

## **Life Enrichment Coordinator**

*Shari Vargason*

Happy New Year.

Thank you all for coming to our Christmas party. It was a lot of fun and you all made that happen.

So excited for all that 2018 will have to offer. I have been having a activity meeting with all residents and have been making sure I get everything on the calendar. So if you would like to do a activity let me know and I will get it on the calendar.

Have a great 2018

Health Care Coordinator

*Angie McCann*

Happy New Year to you all. Winter is truly upon us with the cold weather. I hope you all have had a great Christmas.

I would like to remind you of the importance of being active even through the winter months. Physical activity can help boost your immune system which can help prevent colds and the flu as well as other illnesses. We do have the NUSTEP machine in the library as well as a bike back in our memory gardens that everyone is welcome to go back and use anytime. If you would like assistance or instruction on either please let any of us know!

## A January Day - Poem by Nosheen Irfan

From dawn to dusk  
I see a timid sun  
And overbearing clouds  
Playing upon our dreams  
The sun wants to give fire  
To our extinguishing hopes  
But clouds are full of mischief  
They overshadow the sun

### Hearing Aid Clinic

The next hearing aid clinic will  
be  
January 17th 2018



January Birthdays

Delbert W 1/5

Irene M 1/5

Llea H 1/20



~ Love Where You Live ~

# Arlington Place Coordinators

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