



Upcoming Event >>>

- Wed 1: 9:0 Local News/ 10:00 Curr Events/ 1:30 Family Feud
- Thu 2: 10:00 Volleyball/ 1:30 Hot Cocoa Pass/ 5:30 Evening News
- Fri 3: 10:30 Bingo/ 1:00 Movie & popcorn
- Sat 4: 8:00 Visiting Hour/ 10:00 Coffee & News/ 2:00 Crafting
- Sun 5: 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 6: 9:00 1:1 Visits/ 10:00 Resident Shopping/1:30 Manicures
- Tue 7: 10:00 Color Me Calm/ 1:30 Sock Snowman Craft/ 2:30 Puzzles
- Wed 8: 10:00 Coffee & News/ 10:30 Trivia/ 1:30 Yahtzee
- Thu 9: 10:00 Volleyball/ 1:30 Hot Cocoa Pass/ 5:30 Evening News
- Fri 10: 10:30 Bingo/ 1:00 Movie & Popcorn
- Sat 11: 8:00 Visiting Hours/ 10:00 Coffee & News/ 1:30 Crafting
- Sun 12: 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 13: 9:00 1:1 Visits/ 10:00 Resident Shopping/1:30 Jackpot
- Tue 14: 10:00 Aroma therapy/10:30 Meditation/1:00 Wine & Canvas/ 2:30 Puzzles
- Wed 15: 9:30 Peper Snowflakes/ 12:00 Ice Cream Pass/ 1:30 min2win
- Thu 16: 10:00 Volleyball/ 1:30 Hot Cocoa Pass/ 5:30 Evening News
- Fri 17: 10:30 Bingo/ 1:00 Movie & Popcorn
- Sat 18: 8:00 Visiting Hours/ 10:00 Coffee & News/ 1:30 Crafting
- Sun 19: 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 20: 9:00 1:1 Visits/ 10:00 Resident Shopping/1:30 Manicures
- Tue 21: 10:00 Color Me Calm/ 1:30 Sock Snowman Craft/ 2:30 Puzzles
- Wed 22: 10:00 Coffee & News/ 10:30 Trivia/ 1:00 Birthday Bingo/ 2:30 Crosswords
- Thu 23: 10:00 Volleyball/ 1:30 Hot Cocoa Pass/ 5:30 Evening News
- Fri 24: 10:30 Bingo/ 1:00 Movie & Popcorn
- Sat 25: 8:00 Visiting Hours/ 10:00 Coffee & News/ 1:30 Crafting
- Sun 26: 8:00 Visiting Hour/ 10:00 Virtual Church/ 2:00 Puzzles
- Mon 27: 9:00 1:1 Visits/ 10:00 Resident Shopping/1:30 Jackpot
- Tue 28: 10:00 Aroma therapy/10:30 Meditation/ 1:00 Bird see craft/ 2:30 Puzzles
- Wed 29: 10:00 Coffee & News/ 10:30 Trivia/ 1:00 Bingo Store/ 2:00 Puzzles
- Thu 30: 10:00 Volleyball/ 1:00 Resident Council/ 2:00 Special Treats/ 5:30 Evening News
- Fri 31: 10:30 Bingo/ 1:00 Movie & Popcorn

Daily Activities: 8 AM Morning visits, 9 AM Local news in TV room, 3 PM snack pass.

****All Activities are subject to change****

Newsletter

Benefits of Mindfulness for Seniors

Mindfulness can be a great skill for anyone to develop, and it can be especially helpful for seniors. Here are some of the best benefits of mindfulness:

Relieves Stress

Stress is a common problem for older adults. As you go through big life changes like retirement, you may find yourself feeling tense, worried, or anxious. Mindfulness activities are an excellent form of stress relief. As you become comfortable with the practice, you'll learn to handle difficult or stressful situations without having an intense reaction.

Improves Memory

Memory is a common concern for seniors, but exercising your mind can help to keep your memory sharp. Mindfulness is one of the best ways to strengthen your brain and your memory. It's particularly beneficial for your working memory, which is your immediate short-term memory. Research shows that mindfulness meditation can even slow the progression of Alzheimer's disease and dementia.

Strengthens Cognition

Mindfulness can strengthen many cognitive processes, including your attention span, alertness, and logical reasoning.

Stabilizes Mood

Mindfulness can help with symptoms of depression and other mood disorders, which are unfortunately common in seniors. Even if you don't have a mental health disorder, practicing mindfulness can improve or regulate your mood. Mindfulness activities encourage you to focus on the present without ruminating on the past or worrying about the future, which leads to feelings of peace and contentment.

Mindfulness Activities

There are many ways to practice mindfulness. You may have to try a few activities before you find the one that works best for you. Here are some of the most popular mindfulness activities:

- ▶ Breathing Exercises
- ▶ Body Awareness
- ▶ Walking
- ▶ Journaling
- ▶ Mindful Eating



Reference: <https://bluemoonseniorcounseling.com/mindfulness-activities-for-seniors/>

Let's play!
Word Scramble: *Happy New Year*

1. MUCSI _____
2. EINRDFS _____
3. FIALYM _____
4. NNGBIEGIN _____
5. NWE REASY DAY _____
6. CNDIANG _____
7. MDINITGH _____
8. AALERDNC _____
9. ORRFKSWIE _____
10. RUSLOOTINE _____
11. ENW EYRAS EEV _____
12. NISGING _____
13. CAHPENMAG _____
14. HUGERLAT _____
15. NDCNWOUTO _____



Employee Birthdays

- | | |
|---------------------|-------------------|
| Kelly S., Jan 02 | Amy S., Jan 29 |
| Savannah G., Jan 06 | Ashley W., Jan 30 |
| Peyton R., Jan 11 | |
| Tricia P., Jan 18 | |
| Alyssa R., Jan 23 | |
| Katie T., Jan 26 | |



2025 Fun & National Holidays!

- ▶ Jan 1 New Year's Day
- ▶ Jan 1 Mexican Independence Day
- ▶ Jan 2 World Introvert Day
- ▶ Jan 3 World Mind-Body Wellness Day
- ▶ Jan 4 Spaghetti Day
- ▶ Jan 4 World Braille Day
- ▶ Jan 4 Trivia Day
- ▶ Jan 5 Bird Day
- ▶ Jan 6 Epiphany
- ▶ Jan 7 Orthodox Christmas
- ▶ Jan 7 Bobblehead Day
- ▶ Jan 9 Law Enforcement Appreciation Day
- ▶ Jan 11 Clean Your Desk Day
- ▶ Jan 13 Sticker Day
- ▶ Jan 15 Hat Day
- ▶ Jan 15 Bagel Day
- ▶ Jan 15 Use Your Gift Card Day
- ▶ Jan 16 Internacional Spicy Food Day
- ▶ Jan 19 Popcorn Day
- ▶ Jan 20 Martin Luther King Day
- ▶ Jan 20 Cheese Lover's Day
- ▶ Jan 21 Hugging Day
- ▶ Jan 21 Granola Bar Day
- ▶ Jan 23 Pie Day
- ▶ Jan 24 Compliment Day
- ▶ Jan 24 Peanut Butter Day
- ▶ Jan 25 Opposite Day
- ▶ Jan 26 Spouses Day
- ▶ Jan 27 Chocolate Cake Day
- ▶ Jan 28 Lego Day
- ▶ Jan 29 Lunar New Year
- ▶ Jan 29 Puzzle Day
- ▶ Jan 30 Croissant Day
- ▶ Jan 31 Hot Chocolate Day

Also, in January is...

The Activity Professional Week Jan 19-25

Meet our Team >>>

Hometown: Waukesha, WI.

Tell us about your Job.

I take pride in cleaning resident rooms and the facility here. My goal is to see them smile and make them as comfortable as possible here.

Tell us about your family.

I have a wonderful boyfriend of 12 years, a 20-year-old daughter, and an 18-year-old son. I love them all so much!

What are your outside Interests?

Anything that keeps me outdoor. I love collecting rare plants, I'm definitely a plant mom too.

Something not everyone may know about you.

I collect rocks and was gifted a rock tumbler for Christmas I can't wait to start learning how to polish them now.

Favorite sport team

Green Bay Packers!

**Courtney M.
Housekeeper**



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