

January 2024

Oak Hill Grapevine

623 Hamacher St., Waterloo, IL 62298 | phone: 618-939-3488



Celebrating January

Hot Tea Month

Brain Teaser Month

January 1st- Happy New Year!

January 4th- National Trivia Day

January 12th- "Pop" in the new year with popcorn for all

January 15th- Martin Luther King Jr. Day

January 23rd- Pie Day

January 31st- Hot Cocoa Day for staff and residents



Fridays in January- Wear Winter attire: snowflakes, white, blue, etc.

Wednesdays in January- Wear Baby its cold outside t-shirts

Baby It's Cold Outside!



HAPPY
New Year

2024

In Praise of Compliments

January 24 may be the most positive day of the year—it's Compliment Day!



Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good.

Giving good and honest compliments is hard work. You must truly get to know the other person by listening to their words, observing their actions, and learning from their experiences. And if you've ever received a heartfelt compliment, you know how good one can make you feel. As Mark Twain once quipped, "I can live for two months on a good compliment."

Have you ever paid a compliment that seemed to go unnoticed? Not all compliments are created equal. If you want your compliment to be heard loud and clear, follow these steps:

1. **Be sincere.** Don't give a compliment if you don't mean it.
2. **Be specific.** Don't say something vague; say something that shows you're paying close attention to the person.
3. **Go beyond the compliment.** Don't just compliment another person; go further by commenting on the positive outcome of that person's action or choice.
4. **Follow up with a question.** Show genuine interest by asking a question and turning your compliment into a conversation.
5. **Avoid comparisons.** Don't tell someone that they are better than something else; value the person in their own right.
6. **Expect nothing in return.** Never offer a compliment and then ask for a favor at the same time.
7. **Setting matters.** There is a right time and place for every compliment.

Oh My Word

There are between 600,000 and one million words in the English language, depending on your definition of what should count as a word. The average English speaker knows only 50,000 and uses far fewer on a daily basis. So on January 9, Word Nerd Day, take the time to supplement your quotidian lexicon with either a neologism or other new and utilitarian lexeme. In other words, learn a new word.

Even if linguistics is not your bailiwick and you believe that intricate locution is a supercilious conceit, you need not eschew your neighboring logophiles. Certainly, there is no need to engage in odious obloquy simply because the aforementioned display a penchant for conversational superfluity. Instead, consort with the jocular holiday revelers and participate in the day's delectable verbosity. You may reap a veritable cornucopia of rhetorical lagniappes.

Bubble Bath

In the hustle and bustle of modern society, who has time to soak in the tub? Well, on January 8, Bubble Bath Day, nobody will be angry if you monopolize the bathroom.



Bubble baths first became popular in the early 1900s because parents believed they had a calming effect on children, making bedtime much easier. Why shouldn't the same hold true for adults?

The hot water eases tension, the fragrant bubbles provide aromatherapy, and herbal bath salts can reduce swelling, improve circulation, and reduce muscle and joint pain. Add some candles and light music, and you've turned your bathroom into a spa. Even Cleopatra was known to take baths in milk and honey. You, too, can bathe like the queen of the Nile by adding a half cup each of powdered milk, honey, and castille soap to your next tub.

A Mesmerizing Idea



On January 4, you may feel like you're getting sleepy because it is World Hypnotism Day. In fact, hypnosis has nothing to do with falling asleep. The old image of a turban-wearing mystic lulling someone to sleep with a swinging pocket watch could not be further from the truth.

Hypnosis is actually a state of increased mental focus and awareness. A hypnotized person is able to concentrate fully on a subject, blocking out all distractions and vividly seeing a situation or memory in their imagination. Under hypnosis, people feel extremely calm and relaxed and are more open to considering different possibilities and suggestions. Doctors believe that such a mental state allows people to gain more control over their thought processes and behaviors, which is why some psychologists use hypnotism as a way to treat patients with phobias. This hypnosis is a far cry from the mind control depicted in movies and books.

Of course, hypnosis has its skeptics. Some believe that it is not a state of heightened awareness at all. Some argue that patients, under the guise of hypnosis, are simply trying to please their doctors by agreeing with everything their doctors say. Indeed, it seems that some people are better at becoming hypnotized than others. This psychological "talent" might mean that some are more open and sensitive to suggestion or that they have more vivid and active imaginations.

Even practiced hypnotists admit that they don't know exactly how hypnosis works, but they do believe it can change people's lives for the better. In a world filled with more distractions than ever, from digital electronics to constant advertisements, it may not necessarily be a bad thing to give our minds a chance to focus on the things that matter most.

Do You Kazoo?

The kazoo, that humble buzzing instrument shaped like a submarine, was invented by Warren Herbert Frost on January 9, 1883. However, Frost's instrument was not the simple toy we know today. It wasn't until 1902 that the classic version was designed by George D. Smith.



To play the instrument well, one must hum a tune into it. Indeed, kazoo players' talents depend more on their humming ability than anything else. Perhaps one of the most adored modern kazooists is the classically trained singer Barbara Stewart, who not only performed at Carnegie Hall but also wrote *The Complete How to Kazoo*.

The kazoo is commonly played for comedic effect in jug bands and comedy revues, but it has also been used in music by master composers such as Leonard Bernstein and Charles Ives. Known as the "most democratic" of instruments, anyone can pick up a kazoo and play it right away. Perhaps you should do just that on January 28, Kazoo Day.

By Any Measure



Maybe you've forgotten because they've been covered in wool socks all winter, but January 23 is Measure Your Feet Day. Why would someone do such a thing? Perhaps to buy a new pair of snow boots, ice skates, or ski boots. Or perhaps you should measure your feet on this day because 88 percent of women routinely wear shoes that are too small, and 70 percent of men wear shoes that are the wrong size. Furthermore, not only does the size of your foot change over time, but your two feet are likely not the same size. It is no wonder that so many people wear uncomfortable shoes.

Work Hard by Hardly Working



It may be easier said than done, but January 12 is Work Harder Day. Many businesses these days certainly seem obsessed with getting more from their workers. And hard work isn't just for nine-to-fivers anymore.

We are constantly hearing that we must work harder in our personal lives, too: to improve relationships, become healthier, and think smarter. Just how are we supposed to accomplish this never-ending stream of hard work?

Advice abounds for improving productivity. Experts tell us to find help and delegate tasks to talented team members. We must make to-do lists and better manage our time; set realistic goals and reward ourselves for reaching them; watch less TV and get more sleep. But has your boss ever told you to work less?

There are some who believe that in order to work harder, we must work less. Giving workers time off, from a few minutes to a few weeks, from one fewer meeting to 100 fewer emails, allows the mind to focus on its main job: thinking. Some creative types may be at their most productive when they appear to their bosses to be doing nothing. Bill Gates, when he was in charge of Microsoft, would live by himself in a remote cottage for two "think weeks" every year just so he had the mental space to invent the technology of the future. It is hard to imagine what our workforce would look like if employees were pressured to take a couple of "think weeks" off every year on the company dime.

Perhaps it is no coincidence that January 13 is Make Your Dreams Come True Day. Truly, the best way to make your dreams come true is to put in some hard work first. A little luck also couldn't hurt. But, to borrow a line from Thomas Jefferson, "I'm a great believer in luck, but I find the harder I work the more I have of it."

January Resident Birthdays

January 3rd- Lawrence Baker
January 7th- Billy Grosvenor
January 10th- Dale Boscoe
January 11th- Elsie Retzer
January 12th- Patsy Kopp
January 13th- Lucille Kistner
January 13th- Dollie Vogt
January 14th- Alouise Wiegard
January 15th- Laverne Hesterberg
January 15th- Kathleen Provorse
January 18th- Harold Farroll
January 18th- Lucille Lang
January 22nd- Rhonda Gail Robertson
January 27th- Shirley Boeschen
January 29th- Francis Stratman
January 30th- Ralph Stone

Queen of the Sea



On January 8, 2004, Queen Elizabeth II christened the Cunard Line's newest ocean liner, *Queen Mary 2*. At the time, the ship was the longest, widest, and tallest ship ever built. While some cruise ships are larger

now, *Queen Mary 2* remains the largest ocean liner on the sea and regularly makes trips between Southampton, England, and New York City.

Queen Mary 2 has transported its fair share of prestigious passengers, including heads of state, actors, musicians, and athletes. In 2005, it even carried the first U.S. copy of J. K. Rowling's book *Harry Potter and the Half-Blood Prince* across the Atlantic. Also carried on board the QM2 is the Boston Cup, a tall, silver cup that was presented to Sir Samuel Cunard by a Boston silversmith when he chose Boston as the port city for his new cruise line in 1842.

December Christmas Festivities





Every Wednesday in January wear your Baby it's cold outside shirt



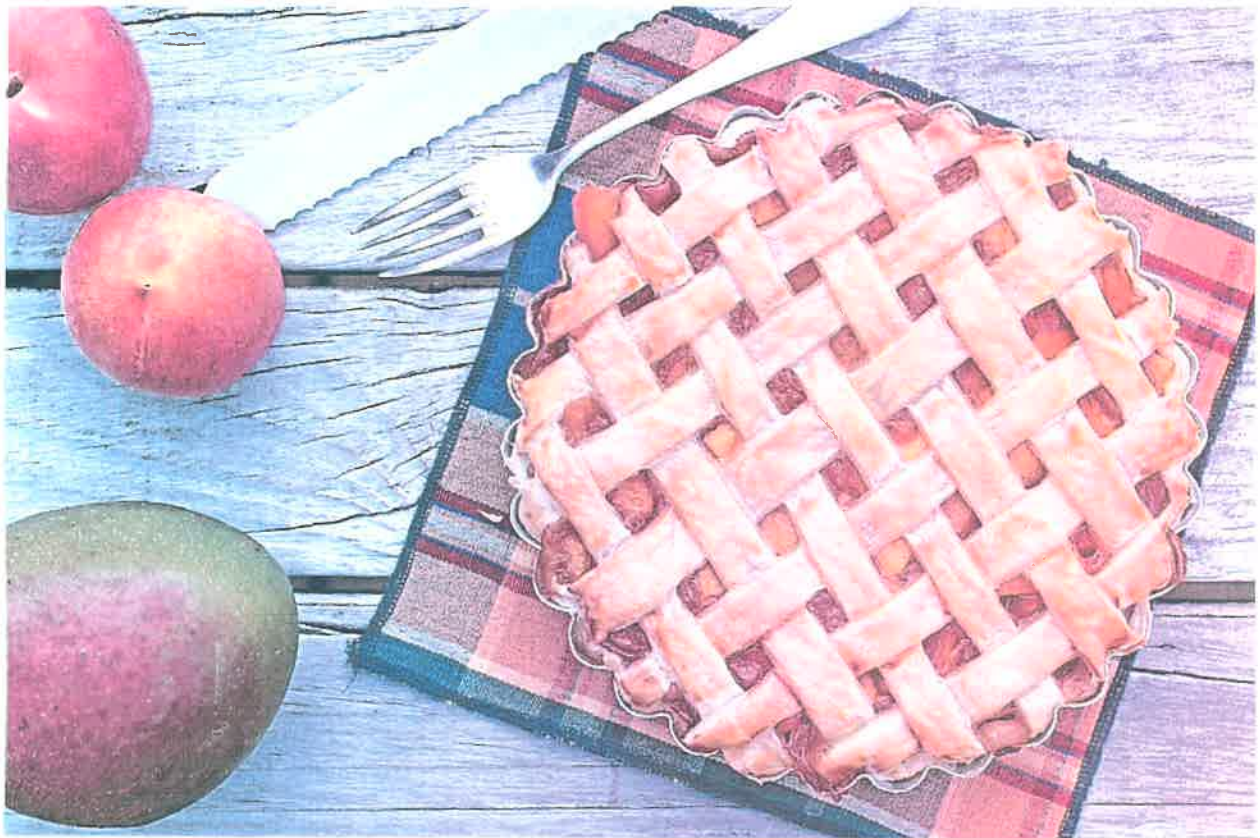
Every Friday In January wear winter themed attire, snowflakes, snowmen, etc



POP in to the New Year with popcorn on
01/12/2024 @2pm in the back hallway!



*Join us for a slice of pie for
National Pie Day
01/23/2024 @ 2pm in the
back hallway!*



Join us for a hot cocoa and
coffee bar 1/31/24 @ 6:30AM
and 2PM in the back hallway!





Jenny Berry, CNA

Malia Mansfield, Dietary

Janie Wolf, Housekeeping



EMPLOYEE OF THE YEAR

Krista Wrinkle



Staff Birthdays in January

Tamara Bielke, RN - January 29

Alysha Brown, CNA - January 29

Wendi Esker, Laundry - January 24

Olivia Johnson, CNA - January 19

Camari Keen, LPN - January 15

Eve McCarty, Dietary - January 10

Alona Monigan, CNA - January 3

Melissa Niemann, RN - January 5

Susan Novak, Dietary - January 30

Daphna Pratt, Dietary - January 11

Sondra Sauerhage, CNA - January 5

Christina Swistak, Res Care Coordinator - January 21

Sherry Weaver, CNA - January 10

Susy Volansky, Benefits & Onboarding - January 20

Tija Walters, RN - January 6

Heather Wegener, RN - January 3



Doug Fog, Laundry

November Employee of the Month



Here's what others had to say about Doug:

- Doug is so kind and respectful to everyone. Every morning on Whispering Pines he helps residents with their clothing protectors and wipes the tables for them. He even grabs clothing protectors from the center of his pile, so they are nice and warm.
- He is always so funny and kind, as well as a very reliable employee.
- He takes such good care of our residents and makes sure they have a warm blanket.
- He is always so kind to not only the residents, but also the staff. When I work on the Pines, he would always go around and put the clothing protectors on the residents. He is always opening doors for people.
- He is just such a friendly face to see. He always jokes too.
- He should be recognized for his hard work.
- He always goes the extra mile for staff and residents.
- Doug is a fantastic employee! The residents just love him! He has a great attitude!
- He is always willing to go above and beyond. He is always smiling and willing to help.
- We appreciate all that he does!

Interesting Facts about Doug:

Herbert "Doug" Fog has worked in laundry for two and half plus years. He lives in Waterloo with his wife Jane. He has four grown children. His hobbies include draft horses, he teaches harnessing, feeding, driving, grooming, and general care of them. He worked for a company who owned draft horses and he traveled with them. His most memorable moment at Oak Hill is the reaction of the lady residents when he is putting on warm clothing protectors. His most embarrassing moment was getting employee of the month. He has supported and raised his family by driving and showing Clydesdale horses in forty-nine states including Puerto Rico for his previous employer for over twenty-five years. His favorite food is strawberry cheesecake ice cream. If he could meet one person in history, it would be Jesus Christ because he wants more answers. Doug's favorite TV show is *Perry Mason*. His favorite band is Beach Boys. His

favorite movies are *Patton*, *Mash*, and *Happened One Night*. His best childhood memory is helping his dad build theater sets for plays. If he could travel anywhere, he would stay right where he is. If he won 50 million dollars, he would move to a gated community. Then he would figure out how to do the best he could with the rest.

ALL STARS

Employees are recognized as those who have gone above and beyond. The staff that are recognized spin a wheel to win prizes. Prizes have been provided by the Endowment Committee. The recent All Stars were:

Stephen Forrester, Maintenance - \$100 Cash

Megan Weber, Restorative CNA - \$100 Walmart GC

Rebecca Johnson, CNA - \$100 Cash

Mary Lewis, Laundry Supervisor - \$75 Cash





Staff Anniversaries for January

Jada Berry – 1 year

Faith Bertram – 9 years

Debra Carrico – 11 years

Justin Eggemeyer - 2 years

Tara Finnerty - 3 years

Susie Frye – 3 years

Donna Kujawa – 9 years

Connie Piller – 2 years

Tracy Scheibe – 6 years

Kendall Valleroy – 2 years

Suzy Volansky – 4 years





Magnolia Moments

Last months recap.... We started the month of the December off with Christmas music and Christmas movies. Also enjoyed a sit down Christmas lunch and music with Forrest. Enjoyed twelve yummy days of ice-cream. We trimmed our tree and made our annual ornaments to hang on our tree. Took our bus out to see lights at Way of Lights and dinner @ Cracker Barrel. Enjoyed a visit from the Grinch and had a Grinch social hour. Had a scenic ride out to see lights around Waterloo and Columbia. Since its Christmas we had to play Christmas Bingo and also Holiday music Bingo. We played a new Christmas dice game and everyone had lots of fun. Santa and Mrs. Clause came to visit us right before Christmas. We ended the month with music from Elvis.



JANUARY

Birthday's

2nd-Virginia Mueller
6th-Marge Messer
10th-Pat McMullan
29th-Darlene Yancey



Farkle Winners

Maggie

&

Deb



★
**Martin Luther
King Jr. Day**
★ ★ ★

★ ★ **Happy** ★ ★
New Year

Santa Dice Game

Winners

Arline
Joan
Jo
Kathleen
Brenda







**Santa
&
Mrs.
Clause**





News from Whispering Pines

Alzheimer's Association "In the Moment" Support Group

The Alzheimer's Association, "In the Moment," support group meeting at Oak Hill will be held on Thursday, January 25th, 2024, from 7 to 9 pm. The first part of the group will be educational, and the second part will be for sharing.

For more information about the meeting, you may call Julia at 618-939-3488 ext. 1248. For support and information, please call the Alzheimer's Association's toll-free number: 800-272-3900.



New Musician on the Pines

Tom Winter played the violin and sang Christmas songs to the residents on December 21. We all enjoyed him very much and he will be back to entertain us in 2024.



January Dining Room Entertainers on the Pines

Here is the schedule of entertainers for January:

1/9—Terry Roberson, "The Singing Cowboy"

1/11--Forrest Bevineau, "The Singing Sheriff"

1/15—Pearl Hirsch on the keyboard

1/19--Brad Cook on the Keyboard

1/25—Tommy Tunes (pictured above)

1/30—Laurene Taylor "Poems Set to Music"

All programs will start at 2 pm in the Cedar or Spruce dining room.



Carmelita and Pastor Poole

Therapy Doll Donated to WP

The family of Carmelita Sensel donated a therapy doll to the residents on Whispering Pines. The doll was given to us through Angie's Purpose, a company that makes these dolls to be used by people with dementia. Doll therapy is a great way to help someone with memory loss deal with the negative symptoms of Alzheimer's disease or dementia. Some of these symptoms include anxiety, restlessness, impulsiveness, yelling out and wandering. Research has shown that doll therapy can help reduce the risk of a fall by a resident.

Carmelita lived on WP from 2021 to September 2023, and enjoyed holding her "baby." Thank you to the family for thinking of us!



Christmas Thanks

Thank you to all the families that attended the Whispering Pines Christmas Party on December 14. We had a lovely visit from the Gingerbread Man and Santa while listening to Christmas music and eating delicious desserts. It was wonderful to see over 70 people attend our party to celebrate this time of year. Afterwards, many guests and residents took a stroll around the Winter Wonderland and enjoyed the festive lights and decorations. The best part of the evening was seeing the smiles on everyone's faces. Thank you, also, to all the staff who made this a beautiful evening.

Also, many thanks to the families of our residents who brought us treats this holiday season! Everything was greatly enjoyed by our staff. Thank you so very much for thinking of us.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activity Calendar</p> <p>1:30 Satin Hands & Social Hour 2:30 Wii Bowling 3:00 Hymn Singing 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>HAPPY NEW YEAR</p> <p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Bingo 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:30 Crafts 2:00 Horse Races 6:30 Grab your neighbor & come play a game Wii Bowling</p> <p>Happy Birthday Virginia Mueller!</p> <p>9:15 Shopping @ Walmart 2:00 Happy Social Hour 6:30 Grab your neighbor & come play a game Wii Bowling</p> <p>HAPPY HOUR</p>	<p>9:15 Shopping @ Walmart 9:30 Exercise Video 10:30 Rosary ** 2:00 Bingo 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:30 Morning Manicures 10:00 Bible Study (Upstairs) 10:30 UCC Church ** 2:00 Snowman Dice Game 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Bingo (2 Card) 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>10:00 Exercise Video 1:30 Steel Magnolia (Movie) 6:30 Grab your neighbors & come play a game Wii Bowling</p> <p>Happy Birthday Marge Messert!</p>
<p>1:30 Quarter Bingo 2:30 Wii Bowling 6:30 Grab your neighbor & come play a game Wii Bowling</p> <p>January</p>	<p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 ReKha on Piano 6:30 Grab your neighbor & come play a game Wii Bowling</p> <p>Martin Luther King Jr. Day</p>	<p>9:00 Resident Council 10:00 Weights with Faith 11:00 Lunch out @ Tequilas Restaurant 2:00 Farkle 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:15 Shopping @ Walmart 9:30 Exercise Video 10:30 Catholic Mass ** 2:00 Bingo 6:30 Grab your neighbor & come play a game Wii Bowling</p> <p>Happy Birthday Pat McMullan!</p>	<p>9:30 Morning Manicures 10:00 Bible Study (Upstairs) 10:30 UCC Church ** 2:00 Bingo 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Bingo (2 Card) 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>10:00 Exercise Video 1:30 Fried Green Tomatoes (Movie) 6:30 Grab your neighbors & come play a game Wii Bowling</p>
<p>1:30 Satin Hands & Social Hour 2:30 Wii Bowling 3:00 Hymn Singing 6:30 Grab your neighbor & come play a game Wii Bowling</p> <p>Activity Professionals Week</p> <p>January</p>	<p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Bingo 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:30 Shopping @ Dollar Tree 2:00 Snow Ball Toss 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:30 Sit & Be Fit 10:30 Rosary ** 2:00 Music with Alan B. 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:30 Morning Manicures 10:00 Bible Study (Upstairs) 10:30 Baptist Church ** 2:00 Horse Races 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Bingo (2 Card) 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>10:00 Exercise Video 1:30 Card Lotto 6:30 Grab your neighbors & come play a game Wii Bowling</p>
<p>1:30 Quarter Bingo 2:30 Wii Bowling 6:30 Grab your neighbor & come play a game Wii Bowling</p> <p>JANUARY</p>	<p>9:30 Exercise Video 10:15 Balloon Game 2:00 Bingo 6:30 Grab your neighbor & come play a game Wii Bowling</p> <p>Happy Birthday Darlene Yancey</p>	<p>9:15 Shopping @ Walmart 2:00 Music with Joe Powell 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:30 Sit & Be Fit 10:30 Rosary ** 2:00 Bingo 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:30 Morning Manicures 10:00 Bible Study (Upstairs) 10:30 Baptist Church ** 2:00 Horse Races 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>9:30 Sit & Be Fit 10:15 Balloon Game 2:00 Bingo (2 Card) 6:30 Grab your neighbor & come play a game Wii Bowling</p>	<p>10:00 Exercise Video 1:30 Card Lotto 6:30 Grab your neighbors & come play a game Wii Bowling</p> <p>JANUARY</p>

** Church is held in the Oak Hill Activity Room.

* All activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Ball Kick\Toss 10:00 Alexa Sing-along 2:00 New Year's Day Reminiscence & Trivia IN2L 3:00 Holiday Snack with Seasonal Music</p>	<p>9:30 Chair Belly Dance 10:00 Armchair Travel - United States IN2L 2:00 Discussion Starters & Detective Game IN2L 3:00 Salty Snack, Soda & Holiday Music Reminiscence</p>	<p>9:30 Ball Kick\Toss 10:00 Elvis Trivia 2:00 Viva Las Vegas 3:00 Snack with Elvis Sing-along Elvis Presley Birthday!</p>	<p>9:30 Ring Toss 10:00 Catholic Mass IN2L 2:00 Bingo IN2L 3:00 Coffee, Cookies & Holiday Music Happy Birthday Larry!</p>	<p>9:30 Magazines & Coffee 10:00 Arbor - Church* 2:00 Activity\Restorative Exercise Hour 3:00 Donut Shop & Therapeutic Music</p>	<p>9:30 Seated Core 10:00 Classic TV IN2L 2:00 Games & Trivia IN2L 3:00 Afternoon Snack & Therapeutic Music IN2L</p>	<p>9:30 Relaxation Music 10:00 Funny Videos IN2L 2:00 Activity\Restorative Exercise Hour 3:00 Cheese Puffs & Alexa</p>
<p>9:30 Morning Stretch 10:00 Worship Service & Hymn Sing IN2L 2:00 Netflix Movie Time 3:00 Ice Cream & Guitar Sing-along</p>	<p>9:30 Chair Belly Dance 10:00 Armchair Travel - Europe IN2L 2:00 Terry Roberson - Singing Cowboy on Pines 3:00 Ice Cream & Alexa</p>	<p>9:30 Ball Kick\Toss 10:00 Elvis Trivia 2:00 Viva Las Vegas 3:00 Snack with Elvis Sing-along Elvis Presley Birthday!</p>	<p>9:30 Ring Toss 10:00 Catholic Mass* 2:00 Bingo IN2L 3:00 Snack Time & Gene Autry Songs Happy Birthday Dale!</p>	<p>9:30 Mindful Movement 10:00 Arbor - Church* 2:00 Singing Sheriff - Forrest on Pines 3:00 Donut Shop & Alexa</p>	<p>9:30 Seated Core 10:00 Water Painting 2:00 Activity\Restorative Exercise Hour 3:00 Cookies & Alexa</p>	<p>9:30 Relaxation Music 10:00 Library Cart & Puzzles 2:00 Activity\Restorative Exercise Hour 3:00 Popcorn & Alexa Happy Birthday Dollie!</p>
<p>9:30 Morning Stretch 10:00 Worship Service & Hymn Sing IN2L 2:00 Netflix Movie Time 3:00 Ice Cream & Country Sing-along</p>	<p>9:30 Chair Belly Dance 10:00 Armchair Travel - United States IN2L 2:00 Discussion Starters & Detective Game IN2L 3:00 Salty Snack, Soda & Holiday Music Reminiscence</p>	<p>9:30 Ball Kick\Toss 10:00 Elvis Trivia 2:00 Viva Las Vegas 3:00 Snack with Elvis Sing-along Elvis Presley Birthday!</p>	<p>9:30 Ring Toss 10:00 Catholic Mass* 2:00 Bingo IN2L 3:00 Coffee, Cookies & Classical Music</p>	<p>9:30 Relaxation Music 10:00 Arbor - Church* 2:00 Craft Hour - Marshmallow Snowmen & Relax w\Alexa</p>	<p>9:30 Seated Core 10:00 Classic TV IN2L 2:00 Reminiscence with Music - Brad Cook 3:00 Afternoon Snack & Alexa National Popcorn Day!</p>	<p>9:30 Relaxation Music 10:00 Funny Animal Videos IN2L 2:00 Activity\Restorative Exercise Hour 3:00 Cheese Puffs & Alexa</p>
<p>9:30 Morning Stretch 10:00 Worship Service & Hymn Sing IN2L 2:00 Netflix Movie Time 3:00 Happy Hour & Big Band Music Reminiscence</p>	<p>9:30 Chair Belly Dance 10:00 Armchair Travel - United States IN2L 2:00 Discussion Starters & Detective Game IN2L 3:00 Salty Snack, Soda & Holiday Music Reminiscence</p>	<p>9:30 Ball Kick\Toss 10:00 Elvis Trivia 2:00 Viva Las Vegas 3:00 Snack with Elvis Sing-along Elvis Presley Birthday!</p>	<p>9:30 Ring Toss 10:00 Catholic Mass* 2:00 Bingo IN2L 3:00 Coffee, Cookies & Classical Music</p>	<p>9:30 Relaxation Music 10:00 Arbor - Church* 2:00 Craft Hour - Marshmallow Snowmen & Relax w\Alexa</p>	<p>9:30 Seated Core 10:00 Classic TV IN2L 2:00 Reminiscence with Music - Brad Cook 3:00 Afternoon Snack & Alexa National Popcorn Day!</p>	<p>9:30 Relaxation Music 10:00 Funny Animal Videos IN2L 2:00 Activity\Restorative Exercise Hour 3:00 Cheese Puffs & Alexa</p>
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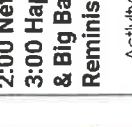
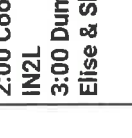
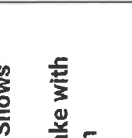
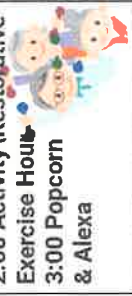
January 2024

WHISPERING PINES

Activity schedule subject to change. IN2L touch screen computer. * Off unit activity



Martin Luther King Jr. Day



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy New Year 2024!	8:00 am- House Calls 10:00 am- Nail Care 2:00 pm- Kickball	8:00 am- House Calls 10:30 am- Rosary 2:00pm- IN2J New Year Games	8:00 am- House Calls 10:00 am- Gospel Sing Along 10:30 am-CC Church 2:00 pm- Bingo	8:00 am- House Calls 10:00 am- Yoga 10:30 am- New Year Resolutions and Humor 2:00 pm- Tom Winter Violinist	6 Weekend Activity Packet 8:00 am- One on Ones 2:00 pm- Balloon Volleyball
7 Independent Bingo 8:00 am- One on Ones 10:00 am- High/Low Cards with Holly 1:30 pm- Movie Matinee	8 New Year's Day 8:00 am- House Calls 10:00 am- Snow Ball Toss 1:30 pm- Hot Tea Social 2:00pm- Bingo	8:00 am- House Calls 10:00 am- Snowman Craft 2:00 pm- Resident Council	8:00 am- House Calls 9:30 am- Stretch and Flex 10:30 am- Catholic Mass 2:00 pm- IN2L Word Puzzles	8:00 am- House Calls 10:30 am- Lutheran Church 2:00 pm- Bittersweet Chocolate Day	8:00 am- House Calls 10:00 am- Tai Chi 10:30 am- Local News and Views 2:00 pm- Terry Roberson Country Music	13 Weekend Activity Packet 8:00 am- One on Ones 10:00 am- Games with Holly 2:00 pm- Netflix Series
14 Independent Bingo 2:00 pm- Movie Matinee	15 8:00 am- House Calls 10:00 am- Sit and be Fit 10:30 am- Martin Luther King Trivia 2:00 pm- Martin Luther King Day-Back in History Martin Luther King Jr. Day	8:00 am- House Calls 10:00 am- Nail Care 2:00 pm- Horse Races	8:00 am- House Calls 9:30 am- Exercise 10:30 am- Catholic Mass 2:00 pm- Travel to Newfoundland and Labrador	8:00 am- House Calls 10:00 am- Gospel Sing Along 10:30 am- UCC Church 2:00 PM- Bingo	8:00 am- House Calls 10:00 am- Table Top Snowman- Bowling 2:00 pm- Rob Callmeyer Piano	20 Weekend Activity Packet 2:00 pm- Crafts with Kate 5:30 pm- Popcorn and Movie
21 Independent Bingo 2:00 pm- Movie Matinee Activity Professionals Week	22 8:00 am- House Calls 10:00 am- Move and Groove 10:30 am- Fifty Over or Under 2:00 pm- January Birthday with Alan Brandt	8:00 am- House Calls 10:00 am- Magazine Scavenger Hunt 2:00 pm- Card Lotto	8:00 am- House Calls 9:30 am- Seated Stretch and Flex 10:30 am- Rosary 2:00 pm- Family Feud Tu B'Shevat Begins	8:00 am- House Calls 10:30 am- New Life Church 2:00 pm- Bingo	8:00 am- House Calls 10:00 am- 50's move and groove 10:30 am- 2:00 pm- Forrest the Singing Sheriff Australia Day (Observed)	27 Weekend Activity Packet
28 Independent Bingo 8:00 AM- One on Ones 1:30 pm- Presbyterian Church	29 8:00 am- House Calls 10:00 am- Move and Groove 10:30 am- Wheel of Fortune 2:00 pm- Bingo	8:00 am- House Calls 10:00 am- Nail Care 1:00 pm- Margie Pet Therapy 2:00 pm- January Junk Drawer Detective	8:00 am- House Calls 9:30 am- Exercise 10:30 am- Rosary 2:00 pm- Shopping Day!	8:00 am- House Calls 10:30 am- New Life Church 2:00 pm- Bingo	8:00 am- House Calls 10:00 am- 50's move and groove 10:30 am- 2:00 pm- Forrest the Singing Sheriff Australia Day (Observed)	27 Weekend Activity Packet



Arbor Court Activity Calendar

Sunday

Happy
New
Year!

Monday

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Pancakes
Lunch
Chicken & Dumplings/Butterfly Shrimp
Waffle Fries/Green Peas w/ Pear Onions
Poppy Seed Spinach Salad w/
Strawberry/Almonds/ Dinner Roll
Apple Crisp
Supper
Mushroom Swiss Patty
Sour Cream and Chive Mashed Potatoes
Glazed Carrots/ Dinner Roll/ Tropical Fruit

Tuesday

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Toast
Lunch
Beef Tips in Gravy/Smoked Sausage
Mashed Potatoes w/ Gravy
Buttered Noodles/Asparagus/Sauerkraut
German Chocolate Cake
Supper
Loaded Baked Potato Soup
Pea Salad
Cranberry Mousse Salad

Wednesday

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Biscuit & Gravy
Lunch
Resident Choice
Supper
Pork Cutlet
Country Gravy
Lima Beans
Nonnamdy Blend Vegetables
Bread
Peanut Butter Lush

Thursday

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat/French Toast
Lunch
Meatloaf/Smoked Mountain Chicken
Mashed Potatoes & Gravy
Mac & Cheese Bites/ Dinner Roll
Roasted Brussels Sprouts/ Bermuda
Vegetables
Cherry Pie
Supper
Pub Burger on Bun/ Cheddar Relish Plate
Corn Nuggets/ Cucumber & Onion
Salad
Fruit Salad

Friday

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Danish
Lunch
Chili/Grilled Cheese Potato Encrusted Fish
Sweet Potato Wedges
Confiti Colossal/ Grilled Vegetables
S'more Pudding Parfait
Supper
Tomato Florentine Soup
Devised Egg Salads on Sandwich
Broccoli & Cauliflower Salad/ Cheese Bread

Saturday

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Raisin Toast
Lunch
Beef Pepper Steak/ Lemon Herb Chicken
Au Gratin Potatoes/ Rice Pilaf
Steamed Cauliflower/ Buttery Sugar Snap
Peas
Supper
Cinnamon Scalloped Peaches
Chicken & Wild Rice Soup/ BLT Sandwich
Italian Pasta Salad/ Pumpkin Pie/ Cream Salad
Cookies & Cream Ice-Cream

7

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Coffee Cake
Lunch
Fried Chicken/ Baked Ziti w/ Italian Sausage/
Creamy Mashed Potatoes
Green Beans/ Mushroom/ Buttered Corn
Breadstick/ Creamy Custard Pie
Supper
Hot Ham & Cheese Sandwich
Macaroni Salad/ Diced Tomato Salad
Sliced Peas

8

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Pancakes
Lunch
Beef Pot Roast/ Glazed Pork Chop
Candied Sweet Potatoes/ Mashed Potatoes
w/ Gravy
Supper
Sautéed Cabbage/ Winter Blend Vegetables
Dinner Roll/ Pound Cake/ Topped w/
Strawberries
Homemade Vegetable Soup
Herb Dill Rice/ Mediterranean Vegetables
Mashed Potatoes

9

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Toast
Lunch
Sliced Roast Turkey/ Lemon Pepper Tilapia
Chicken Salad
Baby Bakers Potatoes/ Hidden Valley Ranch
Salad
Crumb Topped Brussel Sprouts/ Dinner Roll
Pumpkin Crumble
Supper
Tomato Basil Soup/ Tuna Noodle Bake
Baked Potato Chips/ Broccoli Raisin Salad
Goopy Butter Bar

10

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Biscuit & Gravy
Lunch
Autumn Pork Roast (Apple Glazed)
Chicken & Onion Stir Fry
Cherry Tomato/ Steamed Rice
Loaded Mashed Potatoes/ Baked Beans
Zucchini/Savon Layered Salad
Frosted Chocolate Cake
Supper
Homestyle Chicken Noodle Soup
Chicken Drumsticks/ Roasted Root
Vegetables
Green Beans/ Fresh Cut Pineapple

11

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Breakfast Muffin
Lunch
Chicken & Onion Stir Fry
Beef Liver & Onions/ Steamed Rice
Mashed Potatoes & Gravy/ Hawaiian Roll
Oriental Vegetables/ California Blend
Vegetables
Lemon Fluff
Supper
Sloppy Joes on Bun
Fried Potatoes & Onions/Cappi Vegetables
Louisiana Fruit Salad

12

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
French Toast
Lunch
Beer Battered Fish
Tater Tots/ Spanish Rice
Creamy Colelaw/Fiesta Corn
Sopapilla Cheesecake
Supper
Fish & Cheese Sandwich
Onion Straws/ Breaded Tomatoes
Jell-O Cake w/ Whipped Topping

13

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Raisin Toast
Lunch
Salisbury Steak/Pulled Pork on a Bun
Scalloped Potatoes/ Macaroni & Cheese
Sugar Snap Peas/ Cowboy Salad
Autumn Fruit Crisp
Supper
Chicken Pot Pie
Spinach Bake/ Slice Salad w/ Dressing
Biscuit
Spiced Cake w/ Frosting

14

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Banana Bread
Lunch
Baked Pork Chop/Herb Baked Chicken
Baked Potato w/ Sour Cream & Buttery
Mashed Potatoes & Gravy
Harvard Beets/ Broccoli w/ Cheese Sauce
Biscuits w/ Cream Pie
Supper
Cream of Mushroom Soup/French Dip Beef
Sandwich/ Cheesy Mashed Potatoes
California Cobb Salad
Oatmeal Raisin Cookie

15

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Breakfast Muffin
Lunch
Bruschetta Chicken/Bratwurst on Bun
Garden Blend Rice/ German Potato Salad
Buttered Squash/ Buttered Asparagus
w/ Cream Sundae
Supper
Beef Stroganoff/ Noodles
Vegetables Au Gratin
Dinner Roll
Autumn Fruit Cumble
Marsh Luther King Jr. Day

16

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Biscuit & Gravy
Lunch
Meatloaf/ Rosemary Pork
Mashed Potatoes & Gravy
Country Style Potatoes
Washed Spinach/ Baked Cauliflower
Dinner Roll/ Bread Pudding w/ Vanilla Sauce
Supper
French Onion Soup/Brunschweiger
Sandwich
BLT Pasta Salad/ Three Bean Salad
Oreo Fluff

17

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Pancakes
Lunch
Bacon Ranch Chicken/ Baked Mostaccioli
Garlic Roast Potatoes
Cranberry Sauce/ Candied Yams
Bread Dressing/ Glazed Carrots
Cranberry Jello/ Dinner Roll
Pumpkin Pie
Supper
Honey Glazed Ham/ Roast Turkey w/ Gravy
Cranberry Sauce/ Candied Yams
Bread Dressing/ Glazed Carrots
Cranberry Jello/ Dinner Roll
Pumpkin Pie
Open Faced Turkey Sandwich w/ Gravy
Green Bean Casserole
Cranberry White Chip Oatmeal Cookie

18

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Chocolate Eclair
Lunch
Honey Glazed Ham/ Roast Turkey w/ Gravy
Cranberry Sauce/ Candied Yams
Bread Dressing/ Glazed Carrots
Cranberry Jello/ Dinner Roll
Pumpkin Pie
Supper
Broccoli Cheese Soup
Green Bean Casserole
Tomato Tortellini Soup/ Baked Dijon Salmon
Grilled Mixed Vegetables/ Bread
Fruit Pizza

19

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
English Muffin/Cream Cheese
Lunch
Orange Chicken
Almond Crusted Baked Fish
Breaded Zucchini/ Cheese
Fried Rice/ Chicken/ Chinese
Pineapple Upside Down Cake
Supper
Tomato Tortellini Soup/ Baked Dijon Salmon
Grilled Mixed Vegetables/ Bread
Fruit Pizza

20

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Raisin Toast
Lunch
Beef Stew/Potato Sausage
Bashed Potatoes w/ Gravy
Breaded Zucchini/ Cheese
Sausage/ Biscuits/Margarine
Cheesecake
Supper
Philly Cheese w/ Grilled Onions & Peppers on
Bun
Sour Cream Chive Mashed Potatoes
Cheddar Corn
Chocolate Biscuits-Cream Dip

21

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Danish
Lunch
Beef Pot Roast w/ Gravy/ Baked Dill Lemon
Cod
Oven Roasted rosemary Potatoes
Pasta/ Mushroom/ Swiss/ Green Beans
Cauliflower w/ Cheese/ Dinner Roll
Coconut Cream Pie
Supper
Chicken Salad on Croissant/
Mashed Cucumber Salad
Corn Chilly Side Salad w/ Dressing
Activity Professionals Week

22

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Biscuit & Gravy
Lunch
Baked Turkey Lunch/ Homemade Pizza
Ranch Potato Wedges
Herb Buttered Green Peas/ Greek Cobbler
Cheese Bread Stick/ Peach Cobbler
Supper
Homemade Vegetable Beef Soup
Beef Cube Steak/ O'Brien Potatoes
Buttered Corn
Frosted Banana Cake

23

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Breakfast Muffin
Lunch
Pork Roast w/ Gravy/ Beef & Macaroni Bake
Sweet Potatoes/ Braised Cabbage
Italian Blend Vegetables/ Dinner Roll
Pecan Pie Bars
Supper
Breaded Chicken Tenders/Seasoned Fries
Green Beans/Bread
Rice Pudding

24

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Pancakes
Lunch
Grilled Hot Dog on Bun/BBQ Hamburger on
Bun
Chips/ Cobb Salad
Culico Beans/Mediterranean Vegetables
Snickerdoodle Cookies
Supper
Grilled Turkey, Swiss, & Tomato Sandwich
Sautéed Broccoli
Butterscotch Layer Dessert
T.U.B. ShwarzBuns

25

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Donut
Lunch
Ham & Beans /Country Fried Steak w/ Gravy
Fried Potatoes
Mashed Potatoes with Cream Gravy
Creamed Spinach/Peas & Carrots
Combmeal/ Apple Pie
Supper
BBQ Pork on Bun/ Dinner Potato Salad
Braised Cabbage
Cream Cheese Brownie

26

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Bacon, Egg, & Cheese Biscuit
Lunch
Cattfish Nuggets/ Swiss Steaks
Hush Puppie/ Macaroni & Cheese
Creamy Cola Slaw Spaghetti Salad
Bread/ Pumpkin Cake
Supper
Corn Chowder/ Creamed Potatoes
Baked Potato Chips/ Pickled Beets
Creamy Fruit Salad

27

Choice of Hot or Cold Cereal
Egg of Choice/Breakfast Meat
Raisin Toast
Lunch
Beef & Cabbage Casserole
Cheese Ravioli in Sauce/ Garlic Bread
Caesar Salad/ Italian Baked Tomatoes
Chocolate Chip Ice-Cream
Supper
Tomato Soup
Macaroni
Fiesta Corn/ Mexican Corn Bread
Churros

January 2024

Meal Calendar

Australia Day (Observed)

Meal Tickets can be purchased for \$4.00 at the front desk.