

HILLSIDE NEWS

December 2024 Cedarbrook Fountain Hill Senior Care & Rehab



**HAPPY
HOLIDAYS**





HILLSIDE NEWS



December 2024

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724 Delaware Avenue Bethlehem, PA 18015
Phone: 610-691-6700 Fax: 610-867-2332 Hotline: 610-336-9604**

- Jason Cumello, MBA, NHA – Director/ Administrator**
- Michelle Julian, RN, BSN, MS, NHA – Assistant Administrator**
- Natalia Villamil - Administrative Assistant**
- Jessica Kelly - Assistant Director of Life Enrichment**
- Chaplain Laura Stone - Faith Services**
- Kerry Magliane - Volunteer Coordinator**
- MeAlaa-Eldin A. Mira, M.D. - Medical Director**
- Teresa Samuels - Director of Nursing**
- Tara Pendrak, RN, BSN, MSN - Assistant Director of Nursing**
- Jessica Sanchez - Director of Social Services**
- Amber Surman - Assistant Director of Social Services**
- Heidi Heffelfinger - Social Worker**
- Ashley Merkel - Social Worker**
- Eduardo Fernandes - Director of Facilities**
- Freddie Aquila - Building Supervisor**
- Ricardo Cintado - Director of Environmental Services**
- Francis Andrews – Asst. Director of Environmental Services Fountain Hill**
- Tim Picerno - Director of Rehab**
- Lisa Shuttle - Assistant Director of Rehab**
- Torie Yackanicz - Clinical Nutrition Manager**

THE MEANING OF C.H.O.I.C.E.S.

Adopted by Cedarbrook employees in 2006, Cedarbrook’s mission proudly states a commitment to residents and relatives who need senior care. When Lehigh County families choose Cedarbrook, they are selecting a

“Community with Heart Offering Individualized Care and Excellent Service.”

Visit us on our Facebook page and website for updates and pictures of recent events!

**www.facebook.com/cedarbrookseniorcareandrehab
website: <https://www.cedarbrookseniorcare.com>**



THE HAPPENINGS... AT THE HILL

DECEMBER SPECIAL PROGRAMS

ALL PROGRAMS ARE IN THE MAIN DINING ROOM UNLESS OTHERWISE STATED
PROGRAMS ARE SUBJECT TO CHANGE



- 12/1 MASS & ROSARY- 2:30 PM
- 12/2 CRAFTY CORNER: PUT YOUR MITTS UP DOOR DÉCOR - 2:30 PM
- 12/3 LE GAMES & APPLE PIE - 2:30 PM
- 12/4 DECEMBER BIRTHDAY PARTY WITH ELAINE G. - 2:30 PM
- 12/5 VETERANS VISITS FROM THE PURPLE HEART- 2:30 PM
- 12/6 HOLIDAY HIJINKS WITH JOE KEPPEL - 2:30 PM
- 12/9 DECEMBER PAINT BY NUMBERS - 2:30 PM
- 12/11 CEDARBROOK SCIENCE: CANDY CANES - 2:30 PM
- 12/12 FULTON BANK FUN! - 10:00 AM
- 12/12 RESIDENTS' COUNCIL- 2:30 PM
- 12/13 HOLIDAY SING-ALONG WTH KRISTEN MORGENSTERN - 2:30 PM
- 12/16 HELPING HANDS: XMAS CARE PACKAGES FOR THE 6TH STREET SHELTER - 2:30 PM
- 12/17 LE GAMES & MAPLE TREATS - 2:30 PM
- 12/18 CHRISTMAS PROGRAM WITH THE VALLEY VOICES CHOIR - 2:30 PM
- 12/19 THE NIGHT BEFORE XMAS STORY & MAKE YOUR OWN GINGERBREAD MEN COOKIES WITH PHIL - 2:30 PM
- 12/20 CARIBBEAN CHRISTMAS WITH JEFF ROSS - 2:30 PM
- 12/23 BAKING BONANZA: REINDEER FOOD & VANILLA SPICED EGGNOG - 2:30 PM
- 12/24 SANTA SINGS WITH STEVE WALKER - 2:30 PM
- 12/25 NATIVITY BINGO - 10:30 AM
- 12/25 CHRISTMAS WITH CRACKED WALNUTS - 2:00 PM
- 12/26 MEN'S PROGRAM - GUY TALK: CARS, CARS, CARS! - 10:30 AM
- 12/26 JEOPARDY- 2:30 PM
- 12/27 MUSIC BY JOHN COSENTINI - 2:30 PM
- 12/30 CRANIUM CRUNCHERS - 2:30 PM
- 12/31 NEW YEAR'S EVE BINGO - 10:30 AM
- 12/31 NEW YEAR'S EVE BASH WITH KRISTA SMITH - 2:30 PM

CAN YOU SPY...
WITH YOUR LITTLE EYE,
"Candy Cane" 



COUNT HOW MANY YOU SPY.
(Answer on page 16)



Dear Residents,

As the holiday season approaches, I wanted to take a moment to extend my warmest wishes to each and every one of you. This time of year is a special opportunity to reflect on the past months, celebrate our achievements, and look forward to the future with hope and optimism. 2024 has been a year of growth and resilience for our community. We have faced challenges together, supported one another, and created countless memories that will last a lifetime. Your strength, kindness, and unwavering spirit have been truly inspiring, and I am grateful to be part of such a wonderful community.

The holidays are a time for joy, togetherness, and celebration. Our dedicated staff has been working tirelessly to ensure that this season is filled with festive activities, delicious meals, and opportunities for connection. We have planned a variety of events and gatherings to bring the holiday spirit to life, and we hope that you will join us in these celebrations.

I would also like to take this opportunity to express my heartfelt gratitude to our staff and volunteers. Their hard work, compassion, and dedication are the backbone of our community, and their efforts make a significant difference in the lives of our residents every day.

As we gather with friends and family, whether in person or virtually, let us cherish the moments we share and the bonds we have formed. The holiday season is a reminder of the importance of love, kindness, and gratitude, and I am thankful for the privilege of being part of your lives.

On behalf of the entire team at Cedarbrook Senior Care & Rehab, I wish you a joyous holiday season filled with peace, happiness, and good health. May the coming year bring you continued blessings and new opportunities for growth and fulfillment.

Warmest regards,

Michelle Julian

Michelle Julian, RN, BSN, MS, NHA



Happy Birthday

Michael Thompson	4th
Frank Duggan	5th
Margaret Siff	6th
Marion Hendricks	6th
Lorraine Batavia	7th
Gloria Strohl	13th
Doris Willhauck	14th
Bruce Stout	18th
Adrien Saintil	19th
Patricia Stuber	20th
Mirta Mercado Acosta	25th
Eileen Ottaviani	30th

Let's Celebrate!



WELCOME TO THE TEAM!



NEW EMPLOYEES

Cheryl Kish
Nevaeh Skulteti
Alida Rivera

WELCOME New Residents

Naomi Walp
Agridina Escudero
Howard Fulmer





CHAPLAIN'S CORNER



Having Peace in The Midst of Your Storm

"Peace, I leave with you, my peace I give to you; not as the world give do I give to you. Let not your heart be troubled, neither let it be afraid."



St. John 14:27



Have you ever been in a real-life storm where you thought that your life would come to an end? Well, if not, I certainly have and let me tell you, it is the most frightening experience one can ever have. At one time or another we all have had some real-life storm experience in our life, like a financial storm, or a relationship or employment storm. Whatever life challenge you may be encountering I assure you that you are not alone in this world. In fact, I don't know anyone who has not been tested in one way or another. Being in a storm means you really have no control over your situation and as the storm continues to build up momentum and become more intense, your body and emotions begin to react with great force and counterattack your present situation with the attempt to regain complete control over one's life. Yes! We all have been there and done that and we all know what the outcome was; complete disaster and chaos. Broken families and relationships, death of a loved one, or financial lost just to name a few, you can fill in the blank of your own life.

This brings me to what Jesus said in the holy scriptures. That is the peace that Christ gives to the believer is not the same as the world gives. God's peace is a peace that can sustain you in whatever storm you might find yourself in life. President Ronald Reagan once said and I quote: **"Peace is not the absence of conflict; it is the ability to handle conflict by peaceful means."** Jesus is not saying he will completely remove the problem you are facing. What he is saying is that he will give you his grace of peace, which means he will carry you through your storm. **Psalms 23:1** tells us that Jesus Christ is the Lord Our Shepherd; I shall not want. When you find yourself in the eye of the storm, just know Jesus has you in the palm of his hand. He will comfort you and bring peace to your heart. The scripture also says **"let not your heart be troubled, neither be afraid."** God tells us that we are to rejoice in the Lord always (ref. 4:4-7). We all need to trust more in our Creator for he knows what's best for our lives. In **Psalms 46:10** it says **"Be still and know I am God."** Life will continue to challenge us all but I want to encourage you all to remain faithful to God's great love He has for you. Never doubt yourself but keep believing that God loves you and sent his Son Jesus Christ to die for your sins that you may have eternal life. Just "Only" believe and confess He is Lord over all, Amen.

*Pastor Anthony (Tony) Jones
Cedarbrook - Allentown*



Name of employee and department...

Allen Meck, Rehab Department.

Type of animal/ breed...

Dog. German Shepherd / Schnauzer mix.

How old is your pet?

She was born June 4, 2020, so 4 years old.



Pet's name, how did you come up with it?

We named her Hershey because she is always giving kisses.

How and when did you choose your pet?

We went to a pet adoption event at Macungie Park.

From there, we took Hershey home.



Does your pet do any special tricks?

Yes, she knows how to roll over. Hershey also does what we call the "Hershey" crawl on the grass when she is tired.



Funniest memory of your pet...

Playing with all the leaves that are on the ground. Plus she makes these grunting noises when she wants attention.

Does your pet have any bad/ naughty habits that drive you crazy?

When we take her for her walk she constantly pulls on her leash. This makes us have to run to keep up with her.

Does your pet have a favorite toy or treat?

She loves her Mr. Penguin toy.



Fun facts about your pet or the breed...

With her being half shepherd, we never have to be afraid. She is always on alert to protect our family.



Christmas Word Search



N P O V N I J C W K X D M G A L I L E E F B X D
 I J B I C F N R I L U V Z K Y N Y L R Y D F R A
 B X E C W R T Q S B Y W N W H K T P T R Y D M B
 W D Z S X E U D E Q F M X R R G I A H S S F A M
 N K G B A F Y I T G T L U T K F V V R L H H T J
 G E S N E C N I K N A R F I W U I S E E E D T S
 U J Q W D C C H D T I U U E E U T Q E M P A H L
 Y H E H T I Q Q X C S H M O K Z A A F A H V E A
 I M C L O T H E S C G A T H U K N Z E C E I W E
 N Z W S G J R U Z V H Y Y A L E S N G C R D L P
 N G E U Q M X Z R N I B P I Q H Z M H Z D H J B
 G P F S S D P V L O K S G S Q F U X M A S B K I
 A Z U E P C K O E C A R Q S R I S P E O C O W S
 L W P J L H J O S E P H Y E V Y R A M H J O M H
 G N I L D D A W S T I I E M N E M O P Q K R S G
 G A V X V V J B H T J A R E Y E A F X N W E K I
 W W Y X L Y A G T Z C W E O K L S C G Y J N A Y
 W A T G R W P E E H S S G O P B B U Y B Z W R C
 G W S O V V Y G R U D T N M E A Z W L E G N A S
 J R A T S C I Q A K A E A O I T I I C O B A J W
 G X P G O L D A Z O J C M I A S C T U L F Y C R
 L E U N A M M E A X R F K H R R Y M P Q F H N I
 D Y S F O X J M N X X M S X M E H E L H T E B K
 D Y Z E X B H S A M T S I R H C K L Q L N X C T



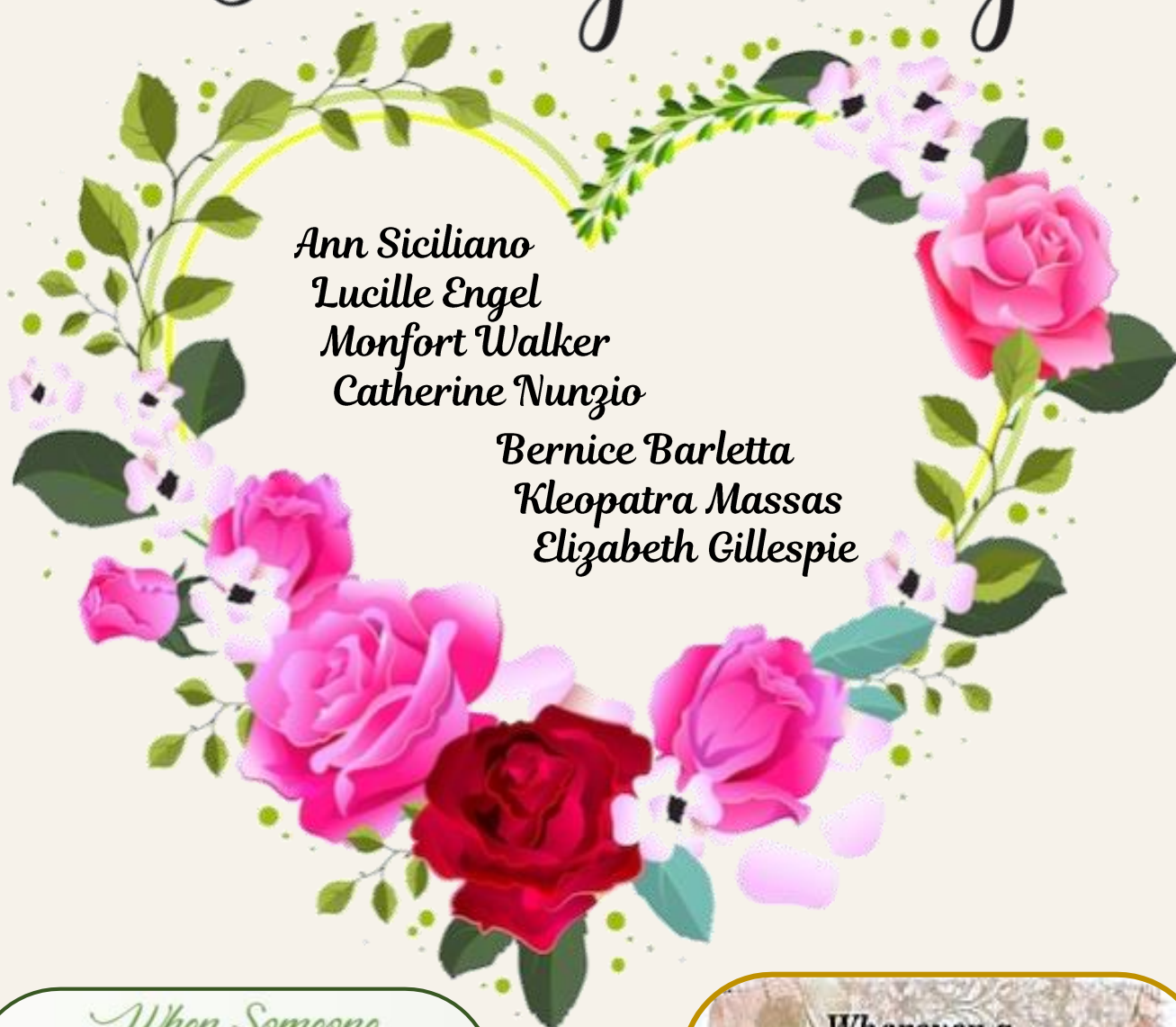
- | | | | | |
|--------------|----------|---------|-----------|-----------|
| David | inn | clothes | swaddling | Emmanuel |
| Matthew | Luke | Messiah | men | wise |
| three | angel | Galilee | Nazareth | Bethlehem |
| frankincense | myrrh | gold | camels | sheep |
| cows | nativity | star | Shepherds | manger |
| stable | Joseph | Mary | Christmas | Jesus |



In loving memory

*Ann Siciliano
Lucille Engel
Monfort Walker
Catherine Nunzio*

*Bernice Barletta
Kleopatra Massas
Elizabeth Gillespie*



When Someone
YOU LOVE
• BECOMES A •
Memory
the memory
 becomes a
Treasure

Wherever a
*Beautiful
Soul*
has been
There is a
trail of
beautiful
Memories

EGGNOG PIE

Even better than holiday eggnog in a glass is eggnog on a plate!
This creamy pie delivers all that rich, wonderful flavor.

Ingredients

- 1 deep dish pie crust
- 1 tablespoon unflavored gelatin
- 1/4 cup cold water
- 1/3 cup sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon salt
- 2 cups eggnog
- 1 teaspoon vanilla extract
- 1 teaspoon rum extract
- 1 cup heavy whipping cream, whipped
- Ground cinnamon or nutmeg, optional



Directions

1. In a small bowl, add the water. Sprinkle the gelatin over the water and let stand for one minute. In a saucepan, combine the sugar, cornstarch and salt. Stir in the eggnog until smooth. Stirring constantly, bring the mixture to a boil. Cook and stir for two minutes or until thickened. Stir in the gelatin until dissolved. Remove the filling from the heat and cool to room temperature.
2. Once the filling has cooled, stir in the extracts and fold in the whipped cream. Pour the filling into the cooled crust. Refrigerate the pie until firm. Dust the pie with cinnamon or nutmeg before serving, if desired.



Winter Word Scramble

Answers on page 16

UAFSMEFR _____

ANAWAZK _____

LOSITEMET _____

KHUHANKA _____

WAFOLSKEN _____

THO LOACECOTH _____

CEI GASTNIK _____

NSAWNOM _____

HIRSMCSTA _____

TISMTNE _____

DOCL _____

GEGOGN _____

REASTEW _____

ZAIDBRZL _____

IDGNSEDL _____

PLAFERIEC _____



EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
Nadine Hudacek	Nursing Office	24
Jeniffer Sanchez- Rosario	Nursing	14
Emily Cabrera	Nursing	8
Ashley Merkel	Social Services	8
Stacey Rodriguez	Nursing	7
Neelam Kumari	Nursing	7
Rosa Roldan	Central Services	4
Jennifer Stocklas	Nursing	3
Tishwan Fulwood	Environmental	3
Barbara Moersheim	Nursing	2
Anna Albelice	Nursing	2
Marta Barahona	Nursing	1
Charlene Langly	Nursing	1

*Thank You For The Lives You Touch!
We Appreciate You So Much!*

THANK YOU
for all you do!



VOLUNTEERS ARE VERY IMPORTANT PEOPLE

Volunteers are the stars that shine brightly at Cedarbrook. With each volunteer helping in their own special way. They bring light in to the days of our residents and staff. Cedarbrook is very blessed to have these shining stars of every age and ability adding to the many activities for our residents. Your help makes a huge impact on the lives of everyone at Cedarbrook.

- **Volunteers are needed to transport residents to in-house activities, entertainment, and church. Any day of the week, mornings, 10:00AM – 12:00PM or afternoons 1:45PM – 4:00PM.**
- **Saturday afternoons a wide variety of activities and entertainment 1:45PM – 4:00PM.**
- **Sunday afternoons for church 1:45PM – 4:00PM.**
- **Assist our staff delivering the "Angel" gifts to residents between December 20 – 25**
- **Painting ladies fingernails - any weekday 10:00AM – 12:00PM or 1:45PM – 4:00PM.**

Reminder:
Please remember to call the Life Enrichment department if you are going to be absent or late. You are important to our residents, staff, and programs; we really do need YOU.

**Call Kerry to sign up at 610-336-5684
Or email**

kerrymagliane@lehighcounty.org



We wish you all a wonderful holiday season.



DIETICIAN NUTRITION

Mindfulness & Gratitude

“Mindful eating is a practice used to help bring awareness to our eating habits, give us space to slow down, and help us focus all five senses on the experience of eating. By eating in this way, we can develop gratitude towards our bodies, food choices and develop an appreciation for what they do for us. This practice has very little to do with the calories, fat or sugar within a meal, instead the focus is more on building good, lasting habits. Research has shown that eating in a mindful way can help facilitate improved mood, weight loss & help us connect to our bodies and food in a positive way. To begin this journey, it is important to limit distractions – turn off the TV and cellphone – and have plenty of time to savor a meal. This may be best enjoyed alone or in the presence of others who are also open to this approach to eating. This way you are able to take in the aromas, flavors and feelings that may arise.

Mindful Eating Practice: 1. Pick a food item (chocolate, cracker, etc.). 2. Hold it in your hand and notice how it looks. Feel the weight of it. 3. Examine its surface/packaging. Look at it as if it’s the first time you have seen it. 4. Touch it - feel the textures of the food with your hand. 5. Open the wrapper and smell, how does it make you feel? 6. Move the food between your fingers, notice it’s texture. Is it sticky? Rough? Smooth? 7. Place the item in your mouth but don’t chew it yet. Hold it there. Do you notice how you feel? 8. Roll the food around in your mouth. Notice what is happening. Is there a taste? Are you salivating? 9. Slowly begin to chew. Notice what each bite brings. 10. Chew until it is liquified before you swallow. 11. After you swallow, close your eyes and take in what you just experienced.

The Health Benefits of Mindfulness: 1. Eat with Gratitude. Connecting with our food helps us slow down and appreciate our food, where it came from, who made or harvested it & also helps us have more positive emotions with food. 2. Healthier food choices. Studies have shown that when we are intentional about our food choices, we tend to select healthier foods and have better regulation of what we eat. 3. Support weight loss. This may not be the reason most start to practice mindful eating, but those that do tend to see weight loss as an added benefit as we tend to have less impulsive eating and decreased calorie consumption. Eating slowly also helps us digest food thoroughly, resulting in more effective digestion. Remember it takes 20 minutes for your brain to register fullness cues. 4. Less Mindless Eating. Shifting our focus to mindful eating lessens the emotional association with food and helps us listen to our internal cues. This has been shown to help us select healthier food and decrease negative emotions around our food choices. Studies have found that those with a history of disordered eating have found marked improvement in their symptoms when taking a more mindful approach to food.”



Residents' Council Meeting Minutes Thursday, November 14, 2024

- Jude Tonzola, President, called Residents' Council meeting to order.
- Minutes from September's and October's Residents' Council meeting
- were read by Heidi Heffelfinger, Council Liaison.
- Jude Tonzola asked for a motion to accept September's and October's
- minutes as read. Elizabeth Landis moved to accept and it was seconded
- by Betty Lou Hall.
- Heidi Heffelfinger read the list of the new, deceased and discharged
- residents since our last meeting.
- Marvin Kerchner, Vice President, read The Resident's Right for November.



Equal Access to Quality Care –

Your nursing facility must establish and maintain the same policies and practices for all residents regardless of source of payment, regarding transfer, discharge and provision of nursing facility services required under the state plan.

Old Business:

- Referrals were read and reviewed by Resident Council Liaison, Heidi Heffelfinger.

New Business:

- Nominations for new Resident Council Members will take place at the next meeting.

Resident Concerns/Comments:

- Resident had a concern with the noise from their roommate's concentrator during the night.
 - ✓ A referral will be sent to the proper department.
- A shared a concern about staff not introducing themselves to residents while in room and/or during care.
 - ✓ A referral will be sent to the proper department.
- Resident inquired about the emergency phone in the elevators, specifically asking where the phone is located and how to call for help.
 - ✓ Michelle addressed the question during the meeting, clarifying that there is no physical phone. Instead, there is a speaker connected to the emergency line. To call for help, you have to press the emergency call button, which is marked with a picture of a phone.



The Council President spoke on behalf of residents about the decrease in the amount of entertainment we receive through our Life Enrichment Department.

- ✓ Michelle Julian responded, post pandemic, entertainment was one of the safest activities residents can participate in. It allowed for social distancing. We are now returning to normal entertainment levels. Entertainment is paid for them through the resident advisory investment fund (RAI). It is donation and has a finite amount of money in it. We will continue to schedule entertainment while remaining fiscally responsible.

Announcements:

Michelle Julian—Asst. Administrator

- The HR office will remain in the chapel area a little longer due to a delay in the remodel. Thank you for everyone's patience and understanding.

Jason Cumello — Administrator

- Informed the residents the Life Enrichment Director, Jennifer Szakacs-Strohl, is no longer with Cedarbrook.

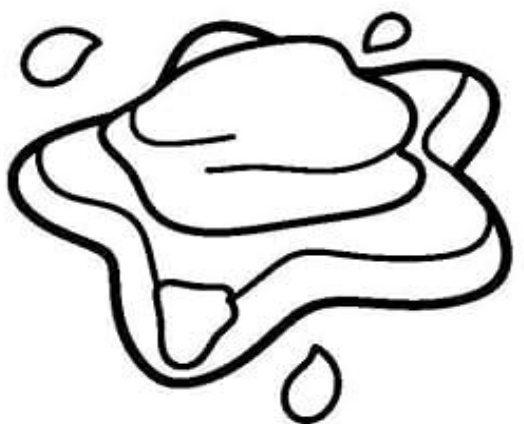
Jessica Kelly — Asst. Director of Life Enrichment

- Jessica went over the activities for the remainder of the month of November.
- Activity calendars are available to all residents on the back of the Hillside News.

Conclusion:

- The next Residents' Council Meeting will be held on December 12, 2024 at 2:30pm in the Main Dining Room.
- Jude Tonzola made a motion to adjourn the meeting. Barbara Gower moved to accept the motion and it was seconded by Betty Lou Hall.
- Residents were invited to attend the Food Committee Meeting immediately following Residents' Council.

Holiday Coloring Page



WORD FIND ANSWERS

1. Earmuffs
2. Kwanzaa
3. Mistletoe
4. Hanukkah
5. Snowflake
6. Hot Chocolate
7. Ice Skating
8. Snowman
9. Christmas
10. Mittens
11. Cold
12. Eggnog
13. Sweater
14. Blizzard
15. Sledding
16. Fireplace



DID YOU LOSE SOMETHING?



Lost and Found is located at security in the lobby. Many items await the claim of their rightful owner. Please stop at the Receptionist to see if any items belong to you.

NEED A REPAIR? SOMETHING FIXED?



Here's how to get it done....

Any resident having difficulties with equipment such as lights, radios, beds, TV's, wheelchairs, ETC. Please contact your unit clerk, nursing staff, or charge nurse on unit for a work order to be sent to Facilities for repairs.

***ATTENTION VISITORS AND STAFF * : FOR THE SAFETY OF OUR RESIDENTS PLEASE DO NOT USE PUSH PINS IN RESIDENT ROOMS.**

DO YOU HAVE A CONCERN?

If you have a question or concern, Pennsylvania's Long-term Care Ombudsman Program can help. Your local Ombudsman is trained to advocate for your rights and will work to resolve your problems by:

- ◆ *Listening to your concerns*
- ◆ *Respecting your choices*
- ◆ *Offering ideas and options to help you meet your individual needs*
- ◆ *Services are free and confidential*

Contact your local Ombudsman
(484) 619-3337

Pennsylvania
Department of Aging Office
of the Long-Term Care Ombudsman

If you have a question, concern, or complaint, which you believe has not been satisfactorily addressed by our staff, feel free to call our **Administrative Hotline**. Our Hotline can also be used to report suspected fraud, waste and abuse in accordance with the federal Deficit Reduction Act of 2005. The Hotline number is posted throughout the facility. An Administrative Assistant will take calls, or you can record a message when no one is available. Please follow the instructions when leaving a recorded message. Your call is confidential, but you do need to provide your name and telephone number, in case we need to contact you for more information, and to inform you of the action taken. You can report Fraud, Waste and Abuse to the Lehigh County **Ethics Hotline at (610)782-3999.**

This information is confidential and caller may remain anonymous.

HOW MANY DID YOU SPY?

There are **29**
"Candy Canes"



Wireless access to the Internet is now available at Cedarbrook-Allentown and Cedarbrook-Fountain Hill. Residents with wireless devices such as laptops, notebooks, tablets (Kindle, Nook, etc.) may request access through their Social Worker or Natalia Villamil, Administrative Assistant. Our PC Specialist will assign a unique username and password which must be kept confidential.



DECEMBER 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1
2:30 PM
Mass
& Rosary

2
2:30 PM
Crafty Corner:
Put Your Mitts
Up Door Decor



3
10:30 AM
BINGO Bucks
BINGO
1:30 PM
Bible Study
2:30 PM
LE Games &
Apple Pie

4
10:30AM
Needles &
Hooks
2:30 PM
December
Birthday Party
with Elaine
Gammon



6
10:30 AM
Coffee Social
& Chat
2:30 PM
Holiday Hijinks
with Joe Keppel

7
2:30 PM
BINGO

8
2:30 PM
Church with
Chaplain Laura
& The
Jerusalem
Lutheran
Church Choir

9
10:30 AM
Morning
Movement
2:30 PM
December Paint
by Numbers

10
10:30 AM
BINGO
1:30 PM
Bible Study
2:30 PM
LE Games

11
2:30 PM:
Cedarbrook
Science:
Candy Canes



12
10:00 AM
Fulton Bank Fun!
2:30 PM
Residents'
Council
Meeting

13
10:30 AM
Coffee Social
& Chat
2:30 PM
Holiday Sing
Along with
Kristen
Morgenstern

14
2:30 PM
BINGO



15
2:30 PM
Church with
Chaplain Laura

16
10:30 AM
Spanish Church
Service
2:00 PM
Helping Hands:
Christmas Care
Packages for 6th
Street Shelter

17
10:30 AM
BINGO
1:30 PM
Bible Study
2:30 PM
LE Games &
Maple Treats

18
10:30AM
Needles &
Hooks
2:30 PM
Christmas
Program with
the Valley
Voices Choir



19
2:30 PM
The Night
Before Christmas
Story & Make
Your Own
Gingerbread Men
Cookies with Phil

20
10:30 AM
Coffee Social
& Chat
2:30 PM
Caribbean
Christmas with
Jeff Ross

21
2:30 PM
BINGO

22
2:30 PM
Church with
Chaplain Laura

23
10:30 AM
Baking
Bonanza:
Reindeer Food &
Vanilla Spiced
Eggnog



24
10:30 AM
BINGO
1:30 PM
Bible Study
2:30 PM
Santa Sings
with Steve
Walker

25
10:30 AM
Nativity
BINGO
2:00 PM
Christmas with
Cracked
Walnuts



26
10:30 AM
Men's Program:
Guy Talk: Cars,
Cars, Cars!
2:30 PM
Jeopardy

27 10:30 AM
Coffee Social
& Chat
2:30 PM
Music by John
Cosentini

28
2:30 PM
BINGO

29
2:30 PM
Church with
Chaplain Laura

30
10:30 AM
Morning
Movement
2:30 PM
Cranium
Crunchers

31
10:30 AM
New Year's Eve
BINGO
1:30 PM
Bible Study
2:30 PM
New Year's Eve
Bash with
Krista Smith



Programs
subject to
change