

SUNSHINE NEWS

January 2025 Cedarbrook Senior Care & Rehab



SUNSHINE NEWS

JANUARY 2025

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Our Mission

It's all about

C.H.O.I.C.E.S.
at Cedarbrook Nursing Homes

*A Community with Heart Offering
Individualized Care and Excellent Service.*



Adopted October 2006

THE BUZZ... AROUND CEDARBROOK



ATTENTION RESIDENTS:
OUR FIRST AND NEW MONTHLY THEME PARTY STARTS JANUARY WITH THE WINTER WONDERLAND THEME.
JOIN THE FUN JANUARY 27, 2025 IN THE CBA AUDITORIUM AT 2:15 PM.



January 19-25, 2025 is Activity Professionals Week! Stop and take the time to say “Thank You” to the activity staff. Let them know how important they are for keeping our residents active and social. Our residents lives are important to all, let’s appreciate all the hard work and fun the staff provides to keep our residents vital and thriving.

Check This Out 

Auxiliary would like everyone to know Gertrude Hawk candy bars prices are going up slightly! The new price will be \$1.75 each or 3 for \$5.00. We thank you for supporting Cedarbrook’s Auxiliary.

CAN YOU SPY... WITH YOUR LITTLE EYE, “MITTEN”  

COUNT HOW MANY YOU SPY.
(Answer on page 17)



WELCOME

NEW RESIDENTS
Robert Watson
Rebecca Dow
Leticia Imboden
Peter Yestrumskas
Alverna Erney
Bruce Wiegand

Twenty Twenty-five

**Hello, Hello, to the New Year Twenty Twenty-five
Old friends and new friends, we're happy to be alive!**

**Time goes so fast when you're having fun
Just think what is ahead and begin the run.**

**When you look outside and see the change,
You smile so broad at the open range.**

**Things are moving now because there are women on the crew,
Without them here, we would still be sad and in a stew.**

**I have a front row seat as I lie in my bed,
I just raise the bed and turn my head.**

**Some concrete has been poured,
And as you watch you can't be bored.
So each month as I watch this crew move,
I'll keep you posted and in the groove.**

Written & Submitted by Jean Larison



JOKES...BY KAY MOHR

**THIS IS A DOGWOOD TREE...
HOW CAN YOU TELL?**

BY ITS BARK!

**WHAT ALWAYS GETS TAKEN
BEFORE YOU CAN EVEN SEE IT?**

YOUR PICTURE.

**WHAT KIND OF CATS SHOULD
YOU NEVER PLAY GAMES WITH?**

A CHEETAH

**WHAT DID THE JUDGE SAY WHEN THE
SKUNK WALKED INTO THE COURTROOM?**

ODOR IN THE COURT!

**WHAT STARTS WITH T, IS FULL OF T,
AND ENDS WITH A T?**

A TEAPOT

WHAT ROOMS CAN'T YOU ENTER?

A MUSHROOM

HAPPY BIRTHDAY



Arlene Schappell
Frances Harrington
William "Matt" Post
Joan Hale
Gregoria Munoz Roman
Brenda Fritz
Jacqueline Peters
Earl Schmoyer
Jerome Mazeikas
Purple Diamond
Donald Brandon
Katherine Shumack
John Zupancich
Helen Powell
Barbara Oister
Edward Fynes Jr.
Jeffrey Kleinsmth
Beatrice Millner
Ruth Johnson
Marlene Saeger
Katarina Zamolyi

1st
2nd
3rd
4th
4th
4th
7th
11th
15th
16th
16th
18th
19th
19th
20th
20th
22nd
28th
29th
29th
29th



EMPLOYEE ANNIVERSARIES

<u>EMPLOYEE</u>	<u>DEPARTMENT</u>	<u>YEARS</u>
LISA BARACHIE	NURSING	35
REBECCA SCHRADEN	LIFE ENRICHMENT	31
PATRICE SHAFNISKY	NURSING	30
LUCIA VILLATORO	NURSING	30
CHARITY HORN	NURSING	27
LUZ CORTEZ	NURSING	27
ROBIN MCFETRIDGE	NURSING	27
KAREN STROHL	NURSING OFFICE	19
MARISOL IRIZARRY	LIFE ENRICHMENT	19
ALLEN MECK	PHYSICAL THERAPY	15
GEORGE JOSEPH	NURSING	14
EDURADO FERNANDES	FACILITIES	9
IRENA WASKIEWICZ	NURSING	8
BEVERLY BORTZ	NURSING	8
BRENDA FAUST	NURSING	8

<u>EMPLOYEE</u>	<u>DEPARTMENT</u>	<u>YEARS</u>
JAMIE ALKHOURY	ENVIRONMENTAL	8
MOUNA ZAGHTITI	SOCIAL SERVICES	7
LORI BIONE	NURSING	7
MARIE SAINTFELIX	NURSING	6
MICHAELLE CHARLES	NURSING	4
BLAMA SHERIFF	NURSING	3
MICHELLE PERSING	NURSING OFFICE	2
JOHN CZIPOTH	FACILITIES	1
ANGEL ROTH	ENVIRONMENTAL	1
RITA SANTIAGO	ENVIRONMENTAL	1
SAMATHA LOVERA	NURSING	1
MODESTY MUNOZ-ZAVALA	NURSING	1
SHAQUENTA TURNQUEST	NURSING	1
JESSICA WALK	NURSING	1
LORA NARATIL	NURSING	1
STEPHANIE JONES	FAITH SERVICES	1



What YOU do
MATTERS!

SNOWMAN CHEESE BALL



INGREDIENT LIST

- 1 TUB (8 OZ.) CREAM CHEESE SPREAD, ROOM TEMPERATURE
- 1 PKG. (8 OZ.) SHREDDED MONTEREY JACK OR CHEDDAR CHEESE (YOUR CHOICE, ANY TYPE IS FINE.)
- 1/4 CUP FINELY CHOPPED FRESH CHIVES
- 1/4 CUP SLIVERED ALMONDS, TOASTED, CHOPPED
- 1/4 TSP. GROUND RED PEPPER (CAYENNE SUGGESTED BUT OPTIONAL)
- 1/4 CUP GRATED PARMESAN CHEESE
- 1/2 TSP. PEPPERCORNS
- 1 BABY CARROT



DIRECTIONS

1. MIX FIRST 5 INGREDIENTS UNTIL BLENDED. REFRIGERATE 1 HOUR.
2. DIVIDE CHEESE MIXTURE INTO 3 DIFFERENT-SIZE BALLS.
 - (1 SMALL, 1 MEDIUM AND 1 LARGE). COAT WITH PARMESAN.
 - ARRANGE IN LINE ON SERVING PLATE TO RESEMBLE A SNOWMAN LYING DOWN.
 - (LARGEST BALL SHOULD BE AT BOTTOM OF PLATE FOR THE SNOWMAN'S BASE, AND THE SMALLEST BALL SHOULD BE AT THE TOP FOR THE SNOWMAN'S HEAD.)
3. DECORATE WITH ALL REMAINING INGREDIENTS.
 - SERVE WITH CRACKERS.



CHAPLAIN'S CORNER

FEAR GOD, AND KEEP YOUR COMMITMENT

“Do not be quick with your mouth, do not be hasty in your heart to utter anything before God . . . so let your words be few. When you make a vow to God, do not delay to fulfill it. He has no pleasure in fools; fulfill your vow. It is better not to make a vow than to make one and not fulfill it. Do not let your mouth lead you into sin. And do not protest to the temple messenger, “My vow was a mistake.” Why should God be angry at what you say and destroy the work of your hands?” *Ecclesiastes 5:2,4-6*

King Solomon wrote this book most likely toward the end of his life, after he had repented of idolatry and his pursuit of foreign wives. Ecclesiastes is both a monument to Solomon's recommitment to the living God and a guide for others through the pitfalls and dangers of life.

- **Searching**—like Solomon who searched for satisfaction almost like it was a scientific experiment. He discovered that life without God was a long and fruitless search for enjoyment, meaning, and fulfillment. True happiness is not in power to accumulate or attain because we always desire more than we can have. Brothers and sisters in Christ Jesus, there are always circumstances beyond our control which can snatch away our possessions or attainments.
- There are people still searching. Yet the more they try to get, the more they realize how little they really have. No pleasure or happiness is possible without God. Above everything, we should strive to know and love God.
- **Emptiness**—Solomon shows how empty it is to pursue this life's pleasures rather than a relationship with an eternal God. The search for pleasure, wealth, and success is ultimately disappointing, and nothing in the world can ever satisfy our longing, restless hearts. The cure for emptiness is you must be centered on God. Fear God throughout your life and fill your life with serving God and others rather than selfish pleasures.
- **Works**—Solomon even tried to shake peoples' confidence in their own efforts, abilities, and wisdom, and direct them to faith in God as the only sound basis for living. Without God, there is no lasting reward or benefits in hard work.
 1. Working with the wrong attitude leaves us empty.
 2. Work accepted as an assignment from God can be seen as a gift, so examine what you expect from your efforts.
 3. God gives you and I abilities and opportunities to work so you can use your time well.
- **Death**—Please note that the certainty of death makes all merely human achievements futile. It is God who has the plan for human destiny that goes way beyond life and death. The reality of aging and dying reminds us of the end to come when God will judge each person's life.

Ref. Revelation 20:11-15

- Because life is short, in these last days, we need a last day lifestyle that will manifest greater wisdom, divine discernment and understanding of heart of our commitment to serve God and Him only.
- There must be a dismantling, a disconnection of our thinking process from the matrix (world) and rewired, reconfigured, there must be an upgrade in our CPU so God the Holy Spirit can download new programs and processing systems.
- We all must be hard-wired to the main operating system that provides true life to all created things.

In Conclusion: let us not be ignorant but wise as we see the day approaching of the Lord's return for his Bride, the Church of Jesus Christ. Remember ***“Fear God and keep your commitment to serve Him only.”***

Pastor Anthony (Tony) Jones, Cedarbrook Allentown

NEW YEAR WORD SEARCH

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

Ball Drop
Celebrate
Confetti
Countdown
Eve



Family
Festive
Fireworks
Happy New Year
Hat
January



Kiss
Midnight
Parade
Party
Resolution



In Loving Memory

At Rest

*Irene Arena
Robert Achey
Eleanor Kollar
Geraldine Galanti
Sylvia Nicholson
Geraldine Filemyr*

LOVE IS MISSING
someone whenever
you're apart, but
somehow feeling
warm inside because
YOU'RE CLOSE
in heart

*We miss you. We
love you. We
remember you.*



WINTER



Today I decided to write a poem.
Remembering back to my childhood home.
Waking up to see glistening snow,
Lying on the ground below.
I would run down the stairs,
Go outside into the crisp cold air.
Playing with my sister and brother,
Waving to our father and mother.
These days I'm happy to look out the patio door,
Watching snowflakes fall with my friends on my floor.
Life is what you make of it.
Look at people you see and smile just a little bit.



**Written & Submitted by,
Lenora Robertson**



Residents' Council Meeting Minutes Monday – December 9th, 2024

- Jean Larison, President, called the meeting to order.
- Karen Snyder, Secretary, read the highlights from the November meeting.
- Marilyn Barker, Vice-President, read the Resident Right for December.



EQUAL ACCESS TO QUALITY CARE – Sec. 1919(c)(4)

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.

Jean welcomed new residents for November.

Old Business: Rhett discussed the old business.

- Last meeting we unfortunately did schedule a Resident Council meeting on a holiday and that was a concern that was brought to our attention by a D2 resident.
 - We want to apologize again for the oversight and moving forward we will take extra care to avoid scheduling meetings on significant days.
- C3 inquired about nursing and in the lunch room and having aides and staff assisting in toileting. Nursing observed the CNA process and found that the process is working like it should. Aides are consistently helping those who are needing assistance.
- Question regarding improper use of urinal and medications. Staff were educated on proper use/sanitization of urinals. Also, medication administration record was reviewed and was found to be consistent and accurate. Sometimes the medications that you are provided here may not be the same frequency or time as the ones that you have taken at home.

New Business:

- Jason, Administrator
 - We are actively interviewing for a Life Enrichment Director. We have interviewed a couple candidates so far and have a few more interviews set up.
 - E-wing renovation is going well. Foundational system is being installed. Workers are moving ahead for the rest of the project.
 - Wish you all a Merry Christmas and Happy Holidays!
- Emily for Life Enrichment
 - We will continue with Bingo every week.
 - Entertainment every Saturday.



Nominees for the next year:

- At this time, we are going to have the voting for the new Officers.
 - Rhett will explain how it will be done.
 - Sheets have been given to all residents with all three residents names for each position. Simply put a check next to the person if you are in agreement with the nomination. If you would like to write a different name for a position you can do so by writing the name of who you would like on the line.

Resident Concerns / Comments:

- A dietary meeting is held after this meeting. Please ask questions concerning dietary at that time.
- Resident on the upper deck asked what happened with the raise from two meeting ago.
 - Jean stated that she is still waiting to hear any information regarding the MA raise.
 - Jason stated that he has heard there might be news on it soon.
- D7 resident inquired about first floor washer and dryer. Says that it has been broken for about two months.
 - Brought up a concern regarding another residents' behavior on the unit.
 - Recommended Emily Strohl for the Life Enrichment Director position.

Announcements:

- The next meeting will be held Monday, January 13th at 2:15 pm in the Auditorium. Residents are invited to attend the Food Committee meeting immediately following Residents' Council.

Results from Voting:

- Unanimously without anyone writing another candidate, we have 20 votes for each candidate.
- Jean Larison for President
- Marilyn Barker for Vice President
- Karen Snyder for Secretary
- Congratulations to you ladies. Thank you everyone for voting for your Resident Council Officers for the next year.
- The meeting was adjourned.



HAPPY NEW YEAR!

Dear Cedarbrook Volunteers, on behalf of our residents, staff, and family members, we wish to thank you for your many hours of dedication and caring. Cedarbrook is truly blessed in every possible sense of the word by having you as a volunteer. You are the true embodiment of the meaning of the holiday spirit. Your uniqueness lies in your ability to share that spirit all year long and not just during the holidays. You carry messages of love wherever you go and your deeds, no matter how big or small, will never go unnoticed by our Cedarbrook Residents and Staff.

Everyone at Cedarbrook wishes all our devoted volunteers a happy and healthy New Year!

Current Volunteer Opportunities

- Sunday afternoons for church 1:45-4:00, we would love a consistent weekly volunteer. Spend just an hour or two helping residents attend church.
- Volunteer to play the piano for 1 hour church service twice a month.
- Volunteers are needed to transport residents to all our in-house activities. Any day of the week, mornings, 10:00AM - 12:00PM or afternoons 1:45PM - 4:00PM.
- Saturday afternoon volunteers are needed to assist with our wide variety of activities and entertainment 1:45PM - 4:00PM.
- Painting ladies' fingernails – any weekday 10:00AM – 12:00PM or 1:45PM - 4:00PM.
- Volunteer to be a one on one visitor. Personal help is sometimes needed to assist with special tasks or just socialize in the family room. Play cards, help with technology, read the newspaper, etc.
- Become an active Auxiliary Member at either location and help with “fun”raisers that provide many different events for our residents.
- Volunteers who have a well-behaved dog or cat. Animals always bring some much-needed love to our residents. Furry visits sometimes just help to make someone smile. Contact the LE Department for further details. (610) 336-5681.
- Assist with on-unit cooking or competitive games. Any day of the week 10:00AM – 12:00PM or 1:45PM – 3:45PM. Your time and help can be flexible.

Check out our Activities Calendar in the newsletter or at: Cedarbrookseniorcare.com

We welcome volunteers over the age of 13. Contact the volunteer office to schedule an interview. Please remember to call the L.E. Department if you are going to be absent or late. Sign in for your time spent volunteering. You are important to our residents, staff, and programs; we really do need YOU.

**VOLUNTEER
WITH US**

Kerry Magliane, Volunteer Coordinator, 610-336-5684

kerrymagliane@lehighcounty.org



WE



Our Volunteers

EMPLOYEE PET OF THE MONTH



Name of employee and department...

Emily Strohl, Life Enrichment.

Type of animal/ breed...

Domestic Tabby Cat



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

Meow, because he does nothing but meow all the time!

How old is your pet?

He is a farm cat, so not sure of his age.

How and when did you choose your pet?

He chose us. He showed up at our farm house one day and never left. Meow is very friendly and social so he has stuck around. We are always happy to see him.

Does your pet do any special tricks?

It may not be a special trick, but when he sees anyone he rolls around on his back meowing constantly.

Funniest memory of your pet...

Finding Meow laying on the hood of my car.

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

Meow has the run of the farm, if he's being naughty we never witness it. He is always a good boy around people.

Does your pet have a favorite toy or treat?

He's an outdoor farm cat so the world is his favorite toy.

Fun facts about your pet or the breed...

At times he's out with the chickens and tries to play with them, but he has never hurt any of them. He wants to be friends.





Winter Weather Word Scramble

ANSWERS ON PAGE 16



1. Wons Firdt _____
2. Yhave Taco _____
3. Lizardzb _____
4. Storf _____
5. Glensidd _____
6. Farsc _____
7. Lecici _____
8. Wrenit Smort _____
9. Smitten _____
10. Shigle _____
11. Mannsow _____
12. Logio _____
13. Rite Sincha _____
14. Tribestof _____
15. Kinigs _____
16. Cei Shigfin _____
17. Bowllans Thigf _____
18. Flowsnake _____
19. Tho Acooc _____
20. Zingrefe Partseemuter _____

DIETICIAN NUTRITION

MYTH BUSTERS - EVIDENCE BASED ADVICE ON SOCIAL MEDIA

“Social media is often used as a source of news and information, but how can we know whether that information is based on scientific evidence, or simply the opinion of an influencer?”

WHAT TO LOOK FOR

- *Credibility: Organizations that are well known to be trustworthy and unbiased, like the CDC or Mayo Clinic.*
- *Agenda: Consider what might be gained by the person giving the advice. If they're advising you to buy a product or service, your health and wellbeing may not be their first priority.*
- *Qualifications: Credentials are an indication that you are receiving information from a qualified health professional. Registered Dietitian Nutritionists (RD or RDN) are the experts in nutrition. Other healthcare professionals receive little to no education or training in nutrition.*
- *Language: Evidence based information will not use terms like always or never. It will not make guarantees, lofty health claims, or promise to cure disease. Evidence based information uses cautious language like "may reduce risk" or "improved symptoms".*

THE INFLUENCER

An influencer is an individual who has the power to affect the opinions, behaviors, and purchasing decisions of others. They may be experts, or not have any formal training at all. It is tempting to conflate polished video content with professional advice, but don't let an influencer change your opinions or your habits before checking into their education and experience.

➤ *Social media is a great tool for:*

- 1. Recipe ideas*
- 2. Cooking tips*
- 3. Meal planning strategies*
- 4. Connecting with an online community to help you stay motivated*

➤ *Social media is NOT necessarily good for:*

- 1. Figuring out what's "healthy"*
- 2. Learning about a specific medical condition*
- 3. Advice about YOUR individual health needs*
- 4. Gaining information that is free from opinion or bias*

DIETITIAN OR NUTRITIONIST? WHAT'S THE DIFFERENCE?

The short answer: A dietitian is a nutritionist, but a nutritionist is not necessarily a dietitian. A Registered Dietitian Nutritionist (RD/RDN) is a federally recognized credential that requires a federal exam, a Master's degree, and a minimum of 1200 supervised practice hours. Once registered, the RD/RDN is required to complete 75 continuing education credits every 5 years. They are the experts in nutrition. The term Nutritionist has no specific education or criteria attached to it. In most states, a Nutritionist may provide education on general nutrition recommendations for health, but they are not legally allowed to provide nutrition recommendations to address a specific medical condition or health concern. Anyone can call themselves a nutritionist, proceed with caution.

RISK VS. REWARD

Social media has many perceived benefits, and perhaps as many risks. As it has grown in popularity, it's become clear that social media use is associated with increased risk of anxiety, depression, negative body image, and sleep disturbances. For those seeking advice to improve their health, social media use may be counterproductive."





NEW YEAR'S SUPERSTITIONS



IF YOU'RE LOOKING FOR A FEW EXTRA WAYS TO CULTIVATE GOOD FORTUNE FOR 2025, THESE NEW YEAR'S EVE SUPERSTITIONS INCLUDE CUSTOMS FROM ACROSS THE GLOBE.

Put on Some Polka Dot

In search of a sartorial selection that will secure an auspicious start to the new year? In the Philippines, it's considered good luck to wear polka dots on December 31.

Open the Windows

Though it may be chilly outside, New Year's superstitions tell us to leave the windows open so you can let the old year out and the new one in.

Jump Off a Chair

A traditional New Year's Eve superstition in Denmark is to leap from a sofa or chair as the clock strikes midnight. It's considered good luck if you jump, and bad luck if you don't, so make your decision wisely.

Avoid the Tears

Save your tears for another day, because crying on New Year's Day could set a year of sadness in motion.

Carry an Empty Suitcase Around

It can just be around your house for a few minutes, but in Colombia, it's seen as setting yourself up for adventures in the new year.

Put Mistletoe Under Your Pillow

In this Irish superstition, people hoping to find a romantic partner place a sprig of mistletoe under their pillow before they fall asleep on New Year's Eve.

Don't Clean the House

We can *really* get behind this superstition. If you're concerned about "sweeping" or "washing" away any luck coming your way, don't do any cleaning—including dishes and laundry.

Eat 12 Grapes at Midnight

This food superstition that originated in Spain is meant to bring you luck for the year ahead. Just eat 12 grapes at midnight—one for every month—or put them on a skewer and eat as a fun garnish.

WORD SCRAMBLE ANSWERS

1. Snow Drift
2. Heavy Coat
3. Blizzard
4. Frost
5. Sledding
6. Scarf
7. Icicle
8. Winter Storm
9. Mittens
10. Sleigh
11. Snowman
12. Igloo
13. Tire Chains
14. Frostbite
15. Skiing
16. Ice Fishing
17. Snowball Fight
18. Snowflake
19. Hot Cocoa
20. Freezing Temperatures



HOW MANY DID YOU SPY?
There are 25 "Mittens"



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.



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.

LOST AND FOUND

DID YOU LOSE SOMETHING?



Lost and Found is located at security on first floor entrance. Many items await to be claimed. Please stop by to see if any items belong to you.

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



JANUARY 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			<p>1 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music with Tanya & Marge Aud. & Chan. 22</p>	<p>2 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Rosary - Chapel</p>	<p>3 2:15 PM Card Club Family Room 3:45 PM SSN Meeting Family Room</p>	<p>4 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Tom Acker Aud. & Chan.22</p>
<p>5 2:15 PM Church with Pastor Tony Auditorium & Channel 22</p> 	<p>6 2:15 PM Auxiliary Cash BINGO Auditorium</p>	<p>7 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>	<p>8 2:15 PM January Birthday Bash *Invite Only* Family Room 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan.22</p>	<p>9 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:30 PM Splash of Color Family Room</p>	<p>10 2:15 PM Card Club Family Room</p> 	<p>11 10:15 AM Puzzle Your Mind Family Room</p>
<p>12 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22</p>	<p>13 2:30 PM Residents' Council Aud. & Chan.22</p> 	<p>14 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>	<p>15 2:15 PM Bible Study with Pastor Tony Aud. & Chan. 22</p>	<p>16 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Catholic Mass Aud. & Chan. 22</p>	<p>17 2:15 PM Card Club Family Room</p>	<p>18 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by John Stanley</p>
<p>19 2:15 PM Church with Pastor Tony Auditorium & Channel 22</p> 	<p>20 On Unit Activities</p> <p style="text-align: center;">A C T I V I T Y P R O F E S S I O N A L S W E E K</p>	<p>21 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>	<p>22 2:15 PM Bible Study with Chaplain Stephanie Aud. & Chan.22</p>	<p>23 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room</p>	<p>24 2:15 PM Card Club Family Room</p>	<p>25 10:15 AM Puzzle Your Mind Family Room 2:15PM House Movie Aud. & Chan. 22</p> 
<p>26 2:15 PM Church with Chaplain Stephanie Auditorium & Channel 22</p> 	<p>27 2:15 PM Winter Wonderland Party with Tom Storm Aud.& Chan. 22</p>	<p>28 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22</p>	<p>29 2:15 PM Bible Study with Pastor Tony Aud. & Chan. 22</p> 	<p>30 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room</p>	<p>31 2:15 PM Card Club Family Room 2:15 PM House Games Auditorium</p>	<p>*All Programs Subject to Change*</p> 