

JANUARY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Meet the Team Lisa Lopez, Executive Director Megan Owens, LVN Jessica Torres, Resident Care Coord. Ambar Munoz, Clinical Staffing Coord. Terryl Troyer, Sales Director Chelsea Ogburn, Business Office Director Kay Diaz, AL Life Enrichment Sara Carrejo, MC Life Enrichment Lupe Ramirez, Maintenance Director Joe Ouellette, Ageility Team Lead</p>	<p>Location Keys 1LR, 1st Floor Living Room 2LR, 2nd Floor Living Room 3LR, 3rd Floor Living Room FP, Front Patio BP, Back Patio DR, Dining Room O, Outing (Must be signed up at the front desk)</p>	<p>Activity Legend E - Emotional EN - Environmental FN - Financial IN - Intellectual PH - Physical SO - Social SP - Spiritual VO - Vocational</p>	<p>Birthdays 1/15 - Andres Menchaca</p>	<p>Quote of the month "The magic in new beginnings is the most powerful of them all." - Josiyah Martin.</p>	<p>Meal Times 8:00 am Breakfast 12:00 pm Lunch 5:00 pm Dinner Snacks are always available upon request</p>	<p>1 New Year's Day Happy New Year, Cheers to 2022! 10:00 2LR Chair Exercise DVD 10:30 BP Walking for Health 1:30 1LR Blood Pressure Clinic; See MedTech 2:00 2LR Afternoon Movie; 4:00 2LR Board Games; Scrabble</p>
<p>2 9:30 BP Garden Maintenance Plant Watering 9:30 Garden Maintenance Plant Watering 10:00 2LR Self Lead Meditation 11:00 1LR Weekly Devotional 1:30 2LR Card Games; UNO 2:00 2LR Afternoon Documentary; The Alpinist</p>	<p>3 9:30 2LR Blended Balance Class w/ Aaron 10:00 2LR Beauty Salon Day 10:00 2LR Flexibility Fitness Class 11:00 2LR Baking Club; SF Carrot Cake 2:00 3LR Get Crafty Class; Center Pieces 3:00 2LR Monday Manicures 6:00 2LR Evening Movie; Money Ball</p>	<p>4 Bus Appointments 9:00-1:00PM 10:00 2LR YOGA with Nicole 10:30 BP Walking for Health Day; New Year Trivia 11:00 2LR National Spaghetti Day Lunch 12:00 DR National Spaghetti Day Lunch 2:00 3LR Nickle & Dime Bingo 6:00 2LR Evening Games; Connect Four</p>	<p>5 8:00 DR Omelet Bar 9:30 O Wal-Mart Shopping Trip 10:00 2LR Chair Exercise DVD 1:30 2LR Trader Joe's Flower Arranging 2:30 O Mystery Drive 4:00 2LR Bowling</p>	<p>6 9:30 BP Garden Maintenance Plant Watering 10:00 2LR Strength Fitness Class 10:30 BP Walking for Health 1:30 2LR Health Talk; 2:00 3LR Nickle & Dime Bingo 6:00 2LR Movie Matinee;</p>	<p>7 9:30 2LR Blended Balance Class w/ Aaron 10:00 2LR Full Body Exercise Class 11:00 3LR Loteria (Mexican Bingo) 1:30 2LR Resident Council Meeting 3:00 DR Happy Hour with Mrs. Smiles Sings</p>	<p>8 10:00 2LR Chair Exercise DVD 10:30 BP Walking for Health 1:30 1LR Blood Pressure Clinic; See MedTech 2:00 2LR Afternoon Movie; i am sam 4:00 2LR Board Games; Trouble</p>
<p>9 9:30 BP Garden Maintenance Plant Watering 10:00 2LR Self Lead Meditation 11:00 1LR Weekly Devotional 1:30 2LR Card Games; Left Center Right 2:00 2LR Afternoon Documentary; Dolly Parton Here I Am 4:00 2LR Gospel Hymns</p>	<p>10 9:30 2LR Blended Balance Class w/ Aaron PH 9:30 2LR Blended Balance Class w/ Aaron E 10:00 2LR Beauty Salon Day PH 10:00 2LR DVD Flexibility Fitness Class E 11:00 DR Baking Club; Pecan Cake IN 2:00 3LR Get Crafty Class; Festive Door Hanger E 3:00 2LR Monday Manicures SO 6:00 2LR Evening Movie;</p>	<p>11 PH 10:00 2LR YOGA with Nicole IN 11:00 2LR Ted Talk, Technology Class PH 1:30 BP Walk for Health IN 3:00 3LR Nickle & Dime Bingo IN 6:00 2LR Evening Games; Checkers</p>	<p>12 FN 9:30 O Dollar Tree Shopping Trip PH 10:00 2LR Chair Exercise DVD FN 11:30 O Out to Lunch; Cracker Barrel EN 1:30 BP Walk for health E 2:30 2LR Trader Joe's Flower Arranging IN 3:00 2LR Health Talk with Joe E 4:00 2LR Jewelry Making</p>	<p>13 EN 9:30 BP Garden Maintenance Plant Watering PH 10:00 2LR Strength Fitness Class EN 10:30 BP Walking for Health IN 1:30 2LR Health Talk; Slowing the Spread of Germs IN 3:00 3LR Nickle & Dime Bingo SO 4:15 DR Another Year Younger Birthday Celebration</p>	<p>14 PH 9:30 2LR Blended Balance Class w/ Aaron 10:00 2LR Full Body Exercise Class PH 10:00 2LR Full Body Exercise Class IN 11:00 3LR Loteria (Mexican Bingo) 11:00 3LR Loteria (Mexican Bingo) IN 2:00 2LR Resident Engagement Meeting SO 3:00 DR Happy Hour with Izzy</p>	<p>15 PH 10:00 2LR Chair Exercise DVD EN 10:30 BP Walking for Health SO 12:30 DR National Strawberry Ice Cream Day PH 1:30 1LR Blood Pressure Clinic; See MedTech SO 2:00 2LR Afternoon Movie; My Girl IN 4:00 2LR Board Games; Yahtzee</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>EN 9:30 BP Garden Maintenance Plant Watering</p> <p>SP 10:00 2LR Self Lead Meditation</p> <p>SP 11:00 1LR Weekly Devotional</p> <p>IN 1:30 2LR Card Games; Phase 10</p> <p>IN 2:00 2LR Afternoon Documentary; Bob Ross</p> <p>SP 4:00 2LR Gospel Hymns</p>	<p>17 Martin Luther King Day</p> <p>PH 9:30 2LR Blended Balance Class w/ Aaron</p> <p>E 10:00 2LR Beauty Salon Day</p> <p>PH 10:00 2LR DVD Flexibility Fitness Class</p> <p>E 11:00 2LR Baking Club; SF Blueberry Loaf Cake</p> <p>IN 1:30 2LR Martin Luther King Jr. Day</p> <p>E 2:00 3LR Get Crafty Class; Stain Glass Window Ornament</p> <p>E 3:00 2LR Monday Manicures</p>	<p>18</p> <p>PH 9:30 2LR YOGA with Nicole</p> <p>IN 11:00 2LR National Winnie the Pooh Day Trivia</p> <p>EN 1:30 BP Walk for health</p> <p>IN 3:00 3LR Nickle & Dime Bingo</p> <p>IN 6:00 2LR Evening Games; Connect Four</p>	<p>19</p> <p>IN 8:00 DR Waffle Bar</p> <p>FN 9:30 O Walmart Shopping Trip</p> <p>PH 10:00 2LR Chair Exercise DVD</p> <p>11:30 2LR Trader Joe's Flower Arranging</p> <p>SP 1:30 2LR Our Savior Lutheran Service</p> <p>2:00 2LR National Popcorn Day Snack Bar</p> <p>2:45 O JCP Shopping Trip</p> <p>4:00 2LR Jewelry Making</p>	<p>20</p> <p>EN 9:30 BP Garden Maintenance Plant Watering</p> <p>PH 10:00 2LR Strength Fitness Class</p> <p>EN 10:30 BP Walking for Health</p> <p>IN 1:30 2LR Health Talk; Slowing the Spread of Germs</p> <p>IN 3:00 3LR Nickle & Dime Bingo</p> <p>SO 6:00 2LR Movie Matinee; Downton Abby</p>	<p>21</p> <p>PH 9:30 2LR Blended Balance Class w/ Aaron</p> <p>PH 10:00 2LR Full Body Exercise Class</p> <p>IN 11:00 3LR Loteria (Mexican Bingo)</p> <p>1:30 DR Menu Chat</p> <p>3:00 DR Happy Hour National Cheese Day Charcuterie Board</p>	<p>22</p> <p>PH 10:00 2LR Chair Exercise DVD</p> <p>EN 10:30 BP Walking for Health</p> <p>PH 1:30 1LR Blood Pressure Clinic; See MedTech</p> <p>2:00 2LR Afternoon Movie; Jumanji</p> <p>4:00 2LR Board Games; Chess</p>
<p>23</p> <p>EN 9:30 BP Garden Maintenance Plant Watering</p> <p>SP 10:00 2LR Self Lead Meditation</p> <p>SP 11:00 1LR Weekly Devotional</p> <p>IN 1:30 2LR Card Games; Solitary</p> <p>IN 2:00 2LR Afternoon Documentary; Betty White First Lady of TV</p> <p>SP 4:00 2LR Gospel Hymns</p>	<p>24</p> <p>PH 9:30 2LR Blended Balance Class w/ Aaron</p> <p>E 10:00 2LR Beauty Salon Day</p> <p>PH 10:00 2LR DVD Flexibility Fitness Class</p> <p>11:00 2LR Baking Club; National Peanut Butter & Pie Day</p> <p>2:00 3LR Get Crafty Class; Winter Painting</p> <p>E 3:00 2LR Monday Manicures</p> <p>6:00 2LR Evening Movie; Texas Rangers</p>	<p>25</p> <p>PH 10:00 2LR YOGA with Nicole</p> <p>11:00 2LR National Trivia Day; New Year Trivia</p> <p>3:00 DR New Neighbor Social w/ Toons by TJ</p> <p>4:00 3LR Nickle & Dime Bingo</p> <p>6:00 2LR Evening Games; Checkers</p>	<p>26</p> <p>9:30 CVS Shopping Trip</p> <p>9:30 O CVS Shopping Trip</p> <p>PH 10:00 2LR Chair Exercise DVD</p> <p>1:30 2LR Trader Joe's Flower Arranging</p> <p>2:15 O Nature Adventure; Park Trip</p> <p>4:00 2LR Bowling</p>	<p>27</p> <p>EN 9:30 BP Garden Maintenance Plant Watering</p> <p>PH 10:00 2LR Strength Fitness Class</p> <p>EN 10:30 BP Walking for Health</p> <p>IN 1:30 2LR Health Talk; Slowing the Spread of Germs</p> <p>IN 3:00 3LR Nickle & Dime Bingo</p> <p>SO 6:00 2LR Movie Matinee; Downton Abby</p>	<p>28</p> <p>PH 9:30 2LR Blended Balance Class w/ Aaron</p> <p>PH 10:00 2LR Full Body Exercise Class</p> <p>IN 11:00 3LR Loteria (Mexican Bingo)</p> <p>1:30 2LR Resident Activity Assessment</p> <p>3:00 DR Happy Hour with Izzy</p>	<p>29</p> <p>PH 10:00 2LR Chair Exercise DVD</p> <p>EN 10:30 BP Walking for Health</p> <p>11:00 3LR National Puzzle Day</p> <p>PH 1:30 1LR Blood Pressure Clinic; See MedTech</p> <p>2:00 2LR Afternoon Movie; Blue Miracle</p> <p>4:00 2LR Board Games; Scrabble</p>
<p>30</p> <p>EN 9:30 BP Garden Maintenance Plant Watering</p> <p>SP 10:00 2LR Self Lead Meditation</p> <p>SP 11:00 1LR Weekly Devotional</p> <p>1:30 2LR Card Games; Go Fish</p> <p>2:00 2LR Afternoon Documentary; Found</p> <p>SP 4:00 2LR Gospel Hymns</p>	<p>31</p> <p>PH 9:30 2LR Blended Balance Class w/ Aaron</p> <p>E 10:00 2LR Beauty Salon Day</p> <p>PH 10:00 2LR DVD Flexibility Fitness Class</p> <p>11:00 2LR Baking Club; National Hot Chocolate Day Bar</p> <p>2:00 3LR Get Crafty Class; Creative Coffee Mugs</p> <p>E 3:00 2LR Monday Manicures</p> <p>6:00 2LR Evening Movie; Polar Express</p>	<p>Happy New Year! The year is 2022, can you believe it? The Etta is so excited to kick off this new year with all of you. We will celebrate old traditions with new ones on the rise. We will be hosting a blood drive to give back to our local community on January 21, 2022. We will be keeping the traditions alive as we buckle up for rodeo and host our annual cowboy breakfast on January 28th.</p>	<p>Resident of the Month! Andres Menchaca, Andres has lived at the Etta for a little over two years. Andres was in the army for 40 years and the air force for 6 months, he loves to tell us about the great war stories and everything he went through during his time in service. Andres will be celebrating his 101 birthday this month on January 15th, joins us in celebrating him by sending in birthday cards!</p>	<p>Employee of the Month! Congratulations Jaqueline Calderon! Jackie is a memory care med tech who joined our community in October 2021. Jackie loves helping the residents and enjoys doing crafts with them. Her favorite hobbies are crafts, dancing, and being with her family.</p>	<p>Upcoming Special Events 1/1 New Year's Day 1/17 Martin Luther King Jr. Day 1/21 Community Blood Drive 1/25 New Neighbor Welcome Social with Toons by TJ 1/28 Cowboy Breakfast Drive-up</p>	<p>Assisted Living All events are subject to change, sorry for any inconveniences.</p>