

Cache Valley Assisted Living
& Memory Care Community

Activity Calendar and Newsletter for January 2010

January Birthdays

11th - Loraine J.

17th - Jack B.

27th - Clyde J.

Management Team

Administrator

Cathy Volt

Resident Care

Annette Allsop, RN

Community

Sales Manager

Rebekah Jessop

Administrative

Assistant

Kalyn Wight

Dietary Supervisor

Donicio Gomez

Life Engagement

Josie Jenson

Maintenance

Richard Barnes

Housekeeping

Christine Williams





Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>"I have found that if you love life, life will love you back." -Arthur Rubinstein</p>						<p>10:00 Bowling 11:30 Exercise 2:30 Wii Bowling 3:30 Duck Races</p> <p>US Bowling Day</p>	<p>9:30 Manicures 10:30 Walk 2:00 Games 4:00 Make Postcards</p> <p>Positive Postcard Day</p>
<p>9:30 Music & the Spoken Word 10:30 Walk 2:30 Chocolate Covered Cherry Social 4:30 LDS Church Services Choc. Cherry Day</p>	<p>10:30 Music 11:30 Sit-N-B-Fit 2:00 Scenic Drive 3:30 Bingo 6:00 Family Home Evening</p>	<p>10:00 Current Events 10:30 Relief Society 11:15 Sittercise 2:00 Trivia Game 3:30 Reminisce Trivia Day</p>	<p>Beauty Shop Open 10:00 Games 11:30 Stretching 12:00 Resident Council 2:30 Doughnut Social 3:30 Library</p>	<p>10:00 Thank You Cards 11:30 Sit-n-Fit 1:00 Shopping 3:30 Games</p> <p>Maintenance Day</p>	<p>10:00 Golf 11:30 Exercise 2:30 Hardware Ranch 4:30 Movie</p> <p>Elvis Presley 1935</p>	<p>9:30 Manicures 10:30 Walk 2:30 Apricot Social 3:30 Games</p> <p>Apricot Day</p>	
<p>9:30 Music & the Spoken Word 10:30 Walk 3:30 Games 4:30 LDS Church Services</p>	<p>10:30 Music 11:30 Sit-N-B-Fit 2:00 Scenic Drive 3:30 Bingo 6:00 Family Home Evening Happy Birthday, Loraine</p>	<p>10:00 Current Events 10:30 Relief Society 11:15 Sittercise 2:00 Journal 3:30 Reminisce</p>	<p>Beauty Shop Open 10:00 Stretching 11:00 Xylophone Music 2:30 Trivia 3:00 - 4:30 Community Bingo</p>	<p>10:00 Horseshoes 11:30 Sit-n-Fit 1:00 Shopping 3:30 Alpine H.H. Social</p>	<p>10:00 Scrabble 11:30 Exercise 2:30 Secret Pal Deliveries 3:00 Bowling</p> <p>Secret Pal Day</p>	<p>9:30 Manicures 10:30 Walk 3:30 Games 4:00 Fig Newton Social</p> <p>Fig Newton Day</p>	
<p>9:30 Music & the Spoken Word 10:30 Walk 3:30 Ben Franklin Trivia 4:30 LDS Church Services Ben Franklin 1706 Happy Birthday, Jack</p>	<p>10:30 Music 11:30 Sit-N-B-Fit 2:00 Scenic Drive 3:30 Bingo 6:00 Family Home Evening</p>	<p>10:00 Current Events 10:30 Relief Society 11:15 Sittercise 2:00 Make a Hat Craft 3:30 Reminisce Hat Day</p>	<p>Beauty Shop Open 10:00 Crafts 11:30 Stretching 2:30 Music Therapy 3:30 Employee Appreciation Social Employee Appreciation Day</p>	<p>10:00 Target Practice 11:30 Sit-n-Fit 1:00 Shopping 3:30 Hot Cider Social</p>	<p>10:00 Bingo 11:30 Exercise 2:30 Trivia 3:30 Blonde Brownie Social</p> <p>Blonde Brownie Day</p>	<p>9:30 Manicures 10:30 Walk 3:30 Social 4:00 Games</p> <p>Give a Compliment Day</p>	
<p>9:30 Music & SW 10:30 Walk 2:30 Eskimo Pie Social 4:30 LDS Church Services</p>	<p>10:30 Music 11:30 Sit-N-B-Fit 2:00 Scenic Drive 3:30 Bingo 6:00 Family Home Evening</p>	<p>10:00 Current Events 10:30 Relief Society 11:15 Sittercise 2:00 Games 3:30 Reminisce Fun at Work Day</p>	<p>Beauty Shop Open 10:00 Wheelchair Races 11:30 Stretching 2:30 Music Therapy 3:30 Bingo Happy Birthday, Clyde</p>	<p>10:00 Ziltch / Hearts 11:30 Sit-n-Fit 1:00 Shopping 3:30 Cheese Social</p> <p>Cheese Lover's Day</p>	<p>10:00 Dream Day 11:30 Exercise 2:30 Games 3:30 Birthday Social</p>	<p>9:30 Manicures 10:30 Walk 3:30 Games 4:30 Trivia</p> <p>Franklin D. Roosevelt 1882</p>	
<p>9:30 Music & SW 10:30 Walk 3:30 Puzzles 4:30 LDS Church Services</p>							

New Year's Trivia

1. In the Jewish New Year celebration, what is eaten to symbolize a sweet new year?
(A) Apples and Honey
(B) Chocolate
(C) Fruit Cake
2. In the United States, the coming of the New Year is celebrated by the lowering of a gigantic crystal ball. Where does this event take place?
(A) Central Park
(B) Times Square
(C) The Statue of Liberty
3. Why do the Chinese celebrate the New Year by letting off firecrackers?
(A) To commemorate departed family members
(B) To encourage good luck in the coming year
(C) To scare away evil spirits
4. Ecuador has a unique New Year's Eve tradition, the burning of "old years" in public places. What are they?
(A) Old clothes
(B) Newspapers and magazines from the previous year
(C) Effigies representing people and events from the previous year
5. To ring in the New Year in Spain, it is traditional to do what on each chime of the clock?
(A) Eat a grape
(B) Take a sip of wine
(C) Clap your hands
6. In Italy, what do people do on New Year's Day to bring good luck in the coming year?
(A) Go to mass
(B) Wear red underwear
(C) Eat black-eyed peas
7. Under which of the following calendars is New Year's Day observed on January 1?
(A) Roman
(B) Julian
(C) Gregorian
8. What determines the date of the Chinese New Year?
(A) The first full moon after the winter solstice
(B) The second new moon after the winter solstice
(C) The Friday after the first full moon after the winter solstice
9. In many places, the coming of the New Year is celebrated by singing the traditional Scottish song "Auld Lang Syne". What does "auld lang syne" mean?
(A) New Year's Day
(B) Sweet memories
(C) Old long ago
10. What is the Jewish New Year called?
(A) Hanukkah
(B) Yom Kippur
(C) Rosh Hashanah

Answers: (1)A (2)B (3)C (4)C (5)A (6)B (7)C (8)B (9)C (10)C

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