









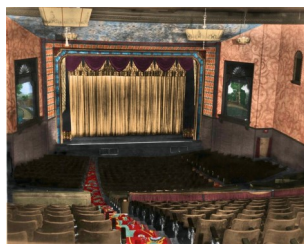
January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30 Cornhole Practice (EB) 10:30 Morning Stretch (EB) 11:00 Weights (EB) 1:00 Gentle Yoga (EB) 3:00 The Benefits of a Hobby with Kathy (EB)	2 10:30 Balance (EB) 11:00 Latin Chair Cardio (EB) 1:00 Build with Bands (EB) 2:00 Essential Foot Care Presentation (EB) 4:00 Social with Aaron Reed (EB)	3 10:00 Noodle Hockey (EB) 10:30 Chair Volleyball (EB) 1:00 Ice Cream Social (EB) 1:00 - 2:00 Country Store (Flr.2) 1:30 Resident Fitness Goals with Jalen (OS) 3:00 Vision Boards (EB) 6:30 Evening Movie (TR)	4 10:30 Bingo (EB) 2:00 *Scenic Drive (OS) 6:30 Evening Movie (TR) 
5 8:00-1:00 *Church Run (OS) 10:00 Coffee & Donuts (EB) 2:00 *Walk with Nancy (FL) 3:30 Vespers (EB) 6:30 Evening Movie (TR)	6 10:00 BP Clinic (EB) 10:30 Weights (EB) 11:00 Morning Stretch (EB) 1:00 Bingo (EB) 2:30 Scrabble with Ron (EB) 3:00 Book Club (CK) 4:00 Documentary: "The Origin of Language" -TED Talk (TR)	7 10:30 Balance (EB) 11:00 Yoga (EB) 1:00 Chair Volleyball (EB) 2:00 Speaker Series: Nutrition and Supplementation (EB) 3:30 Bugs R Us: "Dinosaurs" (EB) 6:00 Bible Study (CK)	8 9:30 Cornhole Practice (EB) 10:00 Resident Board (CR) 10:30 Morning Stretch (EB) 11:00 Weights (EB) 1:00 Build with Bands (EB) 1:00 *Crater Rock Museum (OS) 3:30 "Guess the Hollywood Family" (EB)	9 Happy Birthday Jay! 10:00 Healthy Eats: Eggs & Nuts (CK) 10:30 Balance (EB) 11:00 Latin Chair Cardio (EB) 1:00 Yoga (EB) 2:00 *TriComm Cornhole Tournament (EB) 4:00 Social with Shawna Alford (EB)	10 10:00 Noodle Hockey (EB) 10:30 Tri Comm Chair Volleyball (EB) 1:00 Resident Council (EB) 2:00 Ice Cream Social (EB) 2:00 - 3:00 Country Store (Flr.2) 3:00 The Art of Giving with Kathy (EB) 6:30 Evening Movie (TR)	11 10:30 Bingo (EB) 1:30 *Paint Pouring (CFT) 2:00 *Scenic Drive (OS) 6:30 Evening Movie (TR) 
12 Happy Birthday Bob F! 8:00-1:00 *Church Run (OS) 10:00 Coffee & Donuts (EB) 2:00 *Walk with Nancy (FL) 3:30 Vespers (EB) 6:30 Evening Movie (TR) 	13 10:00 BP Clinic (EB) 10:30 Weights (EB) 11:00 Morning Stretch (EB) 1:00 Bingo (EB) 4:00 Documentary: "Small Changes, Big Results - Denzel Washington" (TR)	14 10:30 Balance (EB) 11:00 Yoga (EB) 11:00 *Tri Comm Lunch at Orchid Gardens (OS) 1:00 Chair Volleyball (EB) 2:00 Speaker Series: Abundant Life Care Management (EB) 3:30 Floral Arranging (CK) 6:00 Bible Study (CK)	15 9:30 Cornhole Practice (EB) 10:30 Morning Stretch (EB) 11:00 Weights (EB) 12:00 Birthday Party (DR) 1:00 Gentle Yoga (EB) 2:00 Dancing with Tess (EB) 4:30 *Dinner at Bambu (OS)	16 9:00 Essential Foot Care (Chess Room) 10:00 *Make mini lemon poppy seed loaves (CK) 10:30 Balance (EB) 11:00 Latin Chair Cardio (EB) 1:00 Yoga (EB) 1:30 *Holly Theater Tour (OS) 4:00 Social with John Ivey	17 8:30 *Breakfast at Debbie's Diner (OS) 10:00 Noodle Hockey (EB) 10:30 Chair Volleyball (EB) 1:00 Ice Cream Social (EB) 1:00 - 2:00 Country Store (Flr.2) 1:30 Sara's Sound Healing (EB) 6:30 Evening Movie (TR) 	18 10:30 Bingo (EB) 1:30 **"Welcome" Door Hanger (CFT) 2:00 *Scenic Drive (OS) 6:30 Evening Movie (TR)
19 8:00-1:00 *Church Run (OS) 10:00 Coffee & Donuts (EB) 2:00 *Walk with Nancy (FL) 3:30 Vespers (EB) 6:30 Evening Movie (TR)	20 10:00 BP Clinic (EB) 10:30 Weights (EB) 11:00 Morning Stretch (EB) 1:00 Bingo (EB) 3:00 Book Club (CK) 4:00 Documentary: "The Appalachian Rainforest" (TR)	21 10:30 Balance (EB) 11:00 Yoga (EB) 1:00 Chair Volleyball (EB) 2:00 Speaker Series: Nutrition and Exercise as we Age (EB) 4:30 *Cooking with Kathy and Maria (CK) 6:00 Bible Study (CK) 	22 9:30 Cornhole Practice (EB) 10:30 Morning Stretch (EB) 11:00 Weights (EB) 1:00 Gentle Yoga (EB) 2:00 Play "Human Slot Machine" (EB) 4:00 *Cocktail Hour with Ceriyah and Theresa (CK)	23 10:30 Balance (EB) 11:00 Latin Chair Cardio (EB) 1:00 Yoga (EB) 1:30 *Tie Dye t shirts (EB) 4:00 "Getting to Know You Social" (EB) 5:00 - 7:00 Resident Appreciation Dinner (DR)	24 10:00 Noodle Hockey (EB) 10:30 Chair Volleyball (EB) 1:00 Ice Cream Social (EB) 1:00 Country Store (Flr.2) 1:30 *Mall Walk with Jalen (OS) 3:30 *Make a hat for horse racing (CFT) 6:30 Evening Movie (TR)	25 Happy Birthday Marianne! 10:30 Bingo (EB) 1:00 *Valentine craft (CFT) 2:00 *Scenic Drive (OS) 6:30 Evening Movie (TR)
26 8:00-1:00 *Church Run (OS) 10:00 Coffee & Donuts (EB) 2:00 *Walk with Nancy (FL) 3:30 Vespers (EB) 6:30 Evening Movie (TR)	27 10:00 BP Clinic (EB) 10:30 Weights (EB) 11:00 Morning Stretch (EB) 1:00 Bingo (EB) 4:00 Documentary: "Father of Crater Lake National Park - William Gladstone Steel."	28 10:30 Balance (EB) 11:00 Yoga (EB) 1:00 Chair Volleyball (EB) 2:00 Speaker Series: Balance and Fall Prevention (EB) 6:00 Bible Study (CK)	29 9:30 Cornhole Practice (EB) 10:30 Morning Stretch (EB) 11:00 Weights (EB) 1:30 Horse Racing (EB) 4:00 New Game!! Chronology (EB)	30 10:30 Balance (EB) 11:00 Latin Chair Cardio (EB) 1:00 Yoga (EB) 2:00 Resident VS Employees Cornhole. (EB) 4:00 Social with John Frohn Meyer (EB) 6:00 *Tri Comm "The Lion in Winter" at Collaborative (OS)	31 10:00 Noodle Hockey (EB) 10:30 Chair Volleyball (EB) 1:00 Ice Cream Social (EB) 1:00 Country Store (Flr.2) 3:00 *Create a watercolor journal (CK) 6:30 Evening Movie (TR) 	

The Holly Theater

On Thursday, January 16th, we will have the unique opportunity to have a personal guided tour of the inside of the Holly Theater. Be sure to sign up for this one. The bus will leave here at 1:30pm on Jan. 16th.



Employee Birthdays

Jermaine Brelan
Andrew Ferry
Layla LaMascus
Ron Gideons



1/8
1/18
1/19
1/28

January marks the return of Horse Racing to Horton Plaza! Join us for the opening race of the 2025 season. In preparation of the big event, come to the craft room on Jan. 24th at 3:30pm to decorate a hat. The bigger the hat, the bigger the luck! See you at the track! Bring quarters & dollars if you'd like to bet.



January Entertainment -

January 2nd is Aaron Reed, one half of the Reed Brothers. He plays guitar and sings.

January 9th is Shawna Alford who comes to us from Rogue Music Academy. She plays songs from the 20's through the 70's on piano

January 16th will be newcomer John Ivey. He plays guitar and sings familiar songs.

January 23rd, our dinner entertainment will Edward Aguirre. He is pianist and will provide background music while you enjoy your meal.

January 30th is John Frohnmeyer who plays guitar and does sing-a-long songs.



Tie Dye T Shirts



Thursday,
January 23rd
1:30pm in the
Elsie Butler Hall.

General Manager
Danielle Stovall

Assistant Manager
Natasha Lomas

Community Relations
Julie Ersepke

Personal Care Director
Erin Osuna

Social Coordinator
Ging Kanjanakaset

Speaker Series for January -

- Tuesday, January 7th at 2pm will be Jalen with Nutrition and Supplementation.
- Tuesday, January 14th at 2pm will be Marya Kain with Benefits of having an advocate to assist you in meeting your needs through the aging process.
- Tuesday, January 21st at 2pm will be Jaime Wilson with the Importance of Exercise and Nutrition as we Age.
- Tuesday, January 28th at 2pm will be Dave Schwartz with Balance and Fall Fall Prevention.

We encourage you to extend an invitation to friends and family who might benefit from this talk series.



HORTON HORIZONS

"Retirement Living at its Best"

JANUARY 2025



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