

A Note from Admissions

Social Security & SSI have announced that recipients will receive a cost-of-living adjustment of 5.9 % for 2022. You should have received a letter in the mail from Social Security verifying your 2022 benefits during the month of December. Please provide a copy of it to Kristy in Admissions. It is important that we take a copy of these letters so that we keep your annual income certifications up-to-date and accurate.



Our Staff

Tom McMullen	Executive Director
Rheana Rodriguez	Resident Service Manager
Kristy Livingston	Director of Marketing & Admissions
Donna See	Activity Director
John Germano	Executive Chef
David Vaughan	Maintenance Director
Sue Kelley	Business Office Manager

GFA Federal Credit Union

On-Site Banking offered on the 2nd Thursday of each month. GFA is located in the Conference Room on the 1st floor. Please contact the front desk if you are planning to meet with GFA Federal Credit Union.

Quote of the Month

“It’s not the situation, it’s your reaction to the situation.”

-Bob Conklin

Meetings

Coffee with a Cop 1/6–10:00am

Activities 1/17–11:15am

Food Committee 1/13–1:30pm

Resident Council 1/19–2:00pm

Coffee with Tom 1/20–10:00am

Educational Programs

The Great Courses: Wonders of the National Parks 1/3, 1/24 & 1/31 - 2:00pm

1/10 - Health Talk: Incontinence – 2:00pm

Medical Services

NaviCare office hours TBD

Trans Care Podiatry appointments TBD, starting at 9:00 am

Blood Pressure Clinic 1/10 – 2:30pm

Upcoming Trips

1/4 Shopping: Wal-Mart @ 1:15pm

1/18 Shopping: Wal Mart @ 1:15pm

Special Events

1/11 – Did You Know I...? – 2:00

1/13 – January Birthday Party with Heather Marie – 2:00

1/17 – Entertainment by the Williams Brothers – 2:00

1/18 - Card Crafting with Dee – 2:00

1/25 – Peanut Auction – 2:00

Hey Thanks!

To Ryan Development for their generous donation to our Resident Activity fund in memory of Victor M.

To Fanny R. for her donation of a new Christmas tree and ornaments

To Dee L., Sue K. and the family of Doris W. for their donations of Peanut Auction / Christmas items

To Ed S. for donating his daily Telegram & Gazette newspapers to the community

To the family of Geline L. for their donation of a holiday cake for the staff and beautiful “alternate” desk for our dining area

To the family of Marie K. for their donation of holiday cupcakes for the staff



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January 2022



Happy 2022! Another year of Covid has passed, and I hope that this coming year will be filled with happiness, good health and normality for us all! It is hard to believe how long we have all been enduring these challenges. Please, we still need your help with visitation. If you can, call first so that we can schedule your visit. It helps us balance time for the testing and screening that needs to take place, and distributes the congestion in the lobby. It has been very busy at the front desk, particularly on weekends. If you are not feeling well, do not visit - Please. With a little cooperation, hand sanitizer, and social distancing, we will get through this cold season happy and healthy.

Happy New Year!

Tom

* Sign up required ** guests welcome (\$) cost to attend

January 2022



Please note that all Activities are subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Resident Birthdays Claudette L. Jan. 2 Doris Cou. Jan. 11 Richard J. Jan. 12 Bob A. Jan. 23 Ann S. Jan. 29						1. 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Wii Bowling 3:30 Social Hour New Year's Day
2. 10:00 Rosary 11:00 Daily Word Puzzles 1:00 Sunday Christian Service 2:00 Bingo 3:30 Social Hour	3. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 The Great Courses: Wonders of the National Parks 3:30 Social Hour 6:00 Monday Miniseries: Chesapeake Shores	4. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Shopping: Wal Mart* 1:30 Friday Movie on Tuesday 3:30 Social Hour 6:00 Scrabble Club *Manicures by Appointment	5. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 6:00 Wednesday Movie: A Chorus Line	6. 10:00 Coffee with a Cop 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Walking Club 2:00 Holiday Un-Decorating 3:30 Social Hour 6:00 Cribbage Club	7. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Catholic Mass 3:30 Social Hour 6:00 Friday Movie: The Lion King	8. 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Wii Bowling 3:30 Social Hour
9. 10:00 Rosary 11:00 Daily Word Puzzles 1:00 Sunday Christian Service 2:00 Bingo 3:30 Social Hour	10. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Health Talk: Incontinence 2:30 Balance & Blood Pressure Clinics 3:30 Social Hour 6:00 Monday Miniseries: Chesapeake Shores	11. 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Friday Movie on Tuesday 2:00 Did You Know I ...? 3:30 Social Hour 6:00 Scrabble Club *Manicures by Appointment	12. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 6:00 Wednesday Movie: The Searchers	13. 10:00 GFA Banking* 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Walking Club 2:00 January Birthday Party with Heather Marie 3:30 Social Hour 6:00 Cribbage Club	14. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Beanbag Toss 2:00 Virtual Catholic Mass 3:30 Social Hour 6:00 Friday Movie: Grease	15. 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Wii Bowling 3:30 Social Hour
16. 10:00 Rosary 11:00 Daily Word Puzzles 1:00 Sunday Christian Service 2:00 Bingo 3:30 Social Hour	17. 10:30 Exercise 11:00 Daily Word Puzzles 11:15 Activity Meeting 2:00 Entertainment by the Williams Brothers 3:30 Social Hour 6:00 Monday Miniseries: Chesapeake Shores Martin Luther King Day	18. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Shopping: Wal Mart* 2:00 Card Crafting with Dee 3:30 Social Hour 6:00 Scrabble Club *Manicures by Appointment	19. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Resident Council 3:30 Social Hour 6:00 Wednesday Movie: The Call of the Wild	20. 10:00 Coffee with Tom 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 6:00 Cribbage Club	21. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Walking Club 2:00 Virtual Catholic Mass 3:30 Social Hour 6:00 Friday Movie: Moulin Rouge	22. 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Wii Bowling 3:30 Social Hour
23./30. 10:00 Rosary 11:00 Daily Word Puzzles 1:00 Sunday Christian Service 2:00 Bingo 3:30 Social Hour	24./31. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 The Great Courses: Wonders of the National Parks 3:30 Social Hour 6:00 Monday Miniseries: Chesapeake Shores	25. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Peanut Auction 3:30 Social Hour 6:00 Scrabble Club *Manicures by Appointment	26. 10:30 Exercise 11:00 Daily Word Puzzles 2:00 Bingo 3:30 Social Hour 6:00 Wednesday Movie: The Father	27. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Walking Club 2:00 January Word Games & Trivia 3:30 Social Hour 6:00 Cribbage Club	28. 10:30 Exercise 11:00 Daily Word Puzzles 1:15 Balloon Badminton 2:00 Virtual Catholic Mass 3:30 Social Hour 6:00 Friday Movie: Mary Poppins	29. 10:30 Exercise 11:00 Daily Word Puzzles 1:30 Wii Bowling 3:30 Social Hour