



# The Springs at Mill Creek SENIOR CALENDAR January 2020



## 2020 January

Independent Living  
Assisted Living

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|--|---|---|--|--|
| <b>ROOM KEY</b><br><b>Bold lines are Special Events</b><br>BY: Back Yard<br>D: Dining Room<br>L: Library<br>L2: Second Floor   | L3: Third Floor<br>P: Presentation<br>S: Springs Room<br>T: Transportation<br>WL: West Lounge<br><i>All activities subject to change.</i>   |  | <b>1 NEW YEARS DAY</b><br>9:30 Sit & Fit Resident Lead (L2)<br>11:00 Resident Lead Games (L2)<br>4:00 Sit & Fit Resident Lead (L2)<br>6:00 Movie (L2)                               | <b>2</b><br>9:30 Sit & Fit (L2)<br>11:00 Coffee Mug Craft w/Fay (L2)<br>2:30 History Video "Roaring 20's" (L2)<br>4:00 Sit & Fit Resident Lead (L2)   | <b>3</b><br>9:30 Sit & Fit (L2)<br>10:30 Choir Practice (WL)<br>1:00 Cribbage challenge with Andrea! (L2)<br>1:30 Shopping (T)<br>2:30 Make your Steps count! Discussion with Andrea (L2)<br>4:00 Sit & Fit Resident Lead (L2) | <b>4</b><br>9:30 Sit & Fit (L2)<br>11:00 Step-by-Step Painting: "Carnations" January's Flower"<br>1:00 Pinochle (L2)<br>2:00 Bingo! (S)<br>3:30 Help Cory & Margie organize Our Library (L2) |
| <b>5</b><br>10:30 Catholic Communion (L2)<br>11:00 Creating a Community Cookbook ~ Bring your Favorite recipes! (L2)<br>1:00 Scrabble Battle with Cory (L2)<br>3:00 Movie & Popcorn (L2) | <b>6</b><br>9:30 Sit & Fit (L2)<br>11:00 Craft ~ Yearly Calendar (L2)<br>1:30 Shopping (T)<br>3:00 Happy Hour with music by W/ Tex & Amy (S)<br>4:00 Sit & Fit Resident Lead (L2)<br>4:00 Grief Support (L3)                    | <b>7</b><br>9:30 Sit & Fit (L2)<br>9:30 Flowers w/ Jessica (D)<br>11:30 Put together sweet treat Goodie Bags for Firefighters (L2)<br>1:00 Pinochle (L2)<br>1:00 Bible Study (L3)<br>2:00 Trip to Public Library (T)<br>3:00 Chair Yoga (S)<br>4:00 Sit & Fit Resident Lead (L2) | <b>8</b><br>9:30 Sit & Fit (L2)<br>10:30 Nail Care (L2)<br>1:00 Our kitchen chat w/ Executive Chef (L2)<br>1:30 Shopping (T)<br>2:45 Bingo (S)<br>4:00 Sit & Fit Resident Lead (L2) | <b>9</b><br>9:30 Sit & Fit (L2)<br>10:00 Non-Denominational Church Service (L2)<br>11:30 Deliver Goodie bags to Wasco county Fire Department (T)<br>2:00 Cooking with Fay ~ Make a Green Bean Salad (L3)<br>3:00 Sunshine Smilers (S) | <b>10</b><br>9:30 Sit & Fit (L2)<br>10:30 Choir Practice (WL)<br>1:30 Shopping (T)<br>2:30 Food Stories from Home office (L2)<br>4:00 Sit & Fit Resident Lead (L2)   | <b>11</b><br>9:30 Sit & Fit (L2)<br>11:00 The Dalles Civic Marketplace (T)<br>1:00 Pinochle (L2)<br>2:00 Bingo! (S)<br>3:30 Help Cory & Margie organize Our Library (L2)                     |
| <b>12</b><br>10:30 Catholic Communion (L2)<br>11:00 Mad Lib Fun Stories (L2)<br>1:00 Cooking with Cory ~ Loaded Potato Bites (Yum) (L2)<br>3:00 Movie & Popcorn (L2)                     | <b>13</b><br>9:30 Sit & Fit (L2)<br>11:00 Global Cafe Coffee sampling (L2)<br>1:30 Shopping (T)<br>3:00 Happy Hour (S)<br>4:00 Sit & Fit Resident Lead (L2)<br>4:00 Grief Support (L3)  | <b>14</b><br>9:30 Sit & Fit (L2)<br>10:30 Resident Council (S)<br>1:00 Pinochle (L2)<br>1:00 Bible Study (L3)<br>3:00 Chair Chi w/Jayce (S)<br>4:00 Sit & Fit Res. Lead (L2)   | <b>15</b><br>9:30 Sit & Fit (L2)<br>10:30 Nail Care (L2)<br>1:30 Shopping (T)<br>2:45 Bingo (S)<br>4:00 Sit & Fit Resident Lead (L2)<br>6:00 Movie & Popcorn (L2)                   | <b>16</b><br>9:30 Sit & Fit (L2)<br>11:00 Eagle Watching at The Dalles Dam Visitor Center (T)<br>2:30 Ask a Nurse w/ Jayce (L2)<br>3:00 Sunshine Smilers (L2)<br>4:00 Sit & Fit Resident Lead (L2)                                    | <b>17</b><br>9:30 Sit & Fit (L2)<br>10:30 Choir Practice (WL)<br>1:00 Let's Track Our Steps (WL)<br>1:30 Shopping (T)<br>2:30 Noodle Volleyball (S)<br>4:00 Sit & Fit Resident Lead (L2)                                       | <b>18</b><br>9:30 Sit & Fit (L2)<br>11:00 Cory's Rummikub Battle (L2)<br>1:00 Pinochle (L2)<br>2:00 Music performed by The Simcoe Boys (S)   |
| <b>19</b><br>10:30 Catholic Communion (L2)<br>11:00 Finish Creating a Community Cookbook (L2)<br>1:00 "Take 2" Mural drive (T)<br>3:00 Movie & Popcorn (L2)                              | <b>20</b><br>9:30 Sit & Fit (L2)<br>10:30 Professional Chair Massage By Jenn Nanie LMT (S)<br>1:30 Shopping (T)<br>3:00 Happy Hour with music by Wayo Hogan (S)<br>4:00 Sit & Fit Resident Lead (L2)<br>4:00 Grief Support (L3) | <b>21</b><br>9:30 Sit & Fit (L2)<br>9:30 Flowers w/ Jessica (D)<br>1:00 Pinochle (L2)<br>1:00 Bible Study (L3)<br>3:00 Chair Yoga (S)<br>4:00 Sit & Fit Resident Lead (L2)   | <b>22</b><br>9:30 Sit & Fit (L2)<br>10:30 Nail Care (L2)<br>1:30 Shopping (T)<br>2:45 Bingo (S)<br>4:00 Sit & Fit Resident Lead (L2)<br>6:00 Movie & Popcorn (L2)                   | <b>23</b><br>9:30 Sit & Fit (L2)<br>10:30 Drumming Circle (S)<br>1:30 Trip to Public Library (T)<br>3:00 Sunshine Smilers (S)<br>4:00 Sit & Fit Resident Lead (L2)<br>6:00 Poker Night (L3)   | <b>24</b><br>9:30 Sit & Fit (L2)<br>10:30 Choir Practice (WL)<br>1:30 Shopping (T)<br>2:30 Springs Bunco (L2)<br>4:00 Sit & Fit Resident Lead (L2)   | <b>25</b><br>9:30 Sit & Fit (L2)<br>11:00 Lunch Bunch ~ Spooky's (T)<br>1:00 Pinochle (L2)<br>2:00 Bingo! (S)<br>3:30 Help Cory & Margie organize Our Library (L2)                           |
| <b>26</b><br>10:30 Catholic Communion (L2)<br>11:00 "Herd Your Horses Game" with Cory (L2)<br>1:00 Cooking with Cory ~ Tex-Mex Queso Cups (L3)<br>3:00 Old Western Movie & Party (L2)    | <b>27</b><br>9:30 Sit & Fit (L2)<br>11:00 Macho Chicken Wing Tasting (L2)<br>1:30 Shopping (T)<br>3:00 Happy Hour Country Music Karaoke/Cd's (S)<br>4:00 Sit & Fit Resident Lead (L2)<br>4:00 Grief Support (L3)                | <b>28</b><br>9:30 Sit & Fit (L2)<br>9:30 Flowers w/ Jessica (D)<br>11:00 Oregon Trail Presentation (S)<br>1:00 Pinochle (L2)<br>1:00 Bible Study (L3)<br>3:00 Chair Chi w/Jayce (S)<br>4:00 Sit & Fit Resident Lead (L2)   | <b>29</b><br>9:30 Sit & Fit (L2)<br>10:30 Nail Care (L2)<br>1:30 Shopping (T)<br>2:45 Bingo (S)<br>4:00 Sit & Fit Resident Lead (L2)<br>6:00 Movie & Popcorn (L2)                   | <b>30</b><br>9:30 Sit & Fit (L2)<br>11:00 Lunch Bunch Bar-B-Que (T)<br>2:00 Tibbets Band (S)<br>4:00 Sit & Fit Resident Lead (L2)   | <b>31</b><br>9:30 Sit & Fit (L2)<br>10:30 Choir Practice (WL)<br>1:00 Let's Track our steps (L2)<br>1:30 Shopping (T)<br>3:00 What's the Scoop Ice Cream Social & Test your Trivia (S)<br>4:00 Sit & Fit Resident Lead (L2)    |  |

### THE MORE YOU KNOW...



### The flu vaccine: a necessary precaution for seniors

Contrary to popular belief, influenza infection, better known as the flu, isn't always benign. Elderly people and those with a weakened immune system are at risk for experiencing potentially fatal complications. This is why the flu vaccine is so important.

While its efficacy isn't guaranteed, the vaccine can prevent vulnerable people from contracting the flu. Even when infection does occur, being vaccinated can mitigate the symptoms and prevent complications from arising. Finally, the risk of hospitalization is much lower for someone who's been vaccinated.

Remember that you need to receive the vaccine every year as the flu virus mutates constantly. Speak to your healthcare professional to find out where and when you can receive the vaccine.

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### Focus on the Important Things Let us handle the rest



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