

Cedar Creek Cheetahs Take  in the Lightning League!



Our Community Newsletter

Discover what's going on in your neck of the woods

Lets Celebrate!

Staff Birthdays

Grace S.	1/4
Amanda K.	1/6
Lynn C.	1/19
Tracey C.	1/22
Braden S.	1/22
Christa B.	1/27
Alexandra F.	1/27

Resident Birthdays

Mike B.	1/1
Lynn G.	1/3
Marie G.	1/8
Mary Jeanne B.	1/13
Pat K.	1/17
Kathy F.	1/24
Victor B.	1/26

January 2024

Fun Facts:

- The month of January was named for the Roman god Janus. Janus had two heads, symbolizing one head looking backward and one looking forward.
- January originally had 30 days, until Julius Caesar added the 31st day.
- Ellis Island opened on January 1st, 1892. Since the opening, over 20 million people have immigrated to the United States.
- It is considered the coldest month of the year in the Northern Hemisphere. It is considered the warmest month of the year in the Southern Hemisphere.

JANUARY 2024



AL/IL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WC= Wellness Center 2nd floor, P=Pub 2nd floor, D=dining room 2nd floor, C= community room 1st floor, B=Bistro 1st floor, BP=Bistro Patio 1st floor</p>	<p>1 New Year's Day</p> <p>10:30 Group Exercise-Weights (WC) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>2</p> <p>10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Remembrance Gathering (C) 2:30 Live Music with Scott Belemont (D) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Yahtzee Dice Game (P)</p>	<p>3</p> <p>10:00 Catholic Communion Service (C) 10:30 Group Exercise-Exercise Bands (WC) 1:00 Craft Hour-Independent Activity (P) 2:30 Phase 10 Card Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Farkle Dice Game (P)</p>	<p>4</p> <p>10:30 Exercise Machines (WC) 1:00 Trythlon Team Meeting (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 6:00 Cribbage (Independent Activity- P)</p>	<p>5</p> <p>10:30 Group Exercise-Cardio (WC) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>6</p> <p>10:30 Group Exercise-Chair Yoga (WC) 1:00 Resident Choice Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)</p>
	<p>7</p> <p>10:30 Group Exercise (WC) 1:00 Kings in the Corner (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>8</p> <p>10:30 Group Exercise-Weights (WC) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>9</p> <p>10:30 Spiritual Talk with Jean (P) Non-Denominational 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Movie Night-Grumpy Old Men</p>	<p>10</p> <p>8:45 Aquarium Outing 10:30 Group Exercise-Exercise Bands (WC) 2:30 Cooking Activity-Puppy Chow (B) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Stuck in the Mud Dice Game (P)</p>	<p>11</p> <p>10:00 Ladies Hour-Brunch (D) 10:30 Exercise Machines (WC) 1:00 Tryathlon Practice (P) 2:30 Quarter Bingo (D) Remember to bring your quarters!</p>	<p>12</p> <p>10:30 Group Exercise-Cardio (WC) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Card Club-Independent Activity (P)</p>
<p>14</p> <p>10:30 Group Exercise (WC) 1:00 Headbands Game (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>15 Martin Luther King Day</p> <p>10:30 Group Exercise-Weights (WC) 1:00 Tryathlon Practice (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>16</p> <p>10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Tryathlon Competition (P) 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Skip-Bo Card Game (P)</p>	<p>17</p> <p>10:00 Catholic Communion Service (C) 10:30 Group Exercise-Exercise Bands (WC) 1:30 Oldies and Hymns with Kay (D) 2:30 Kings in the Corner Card Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Three or More Dice Game (P)</p>	<p>18</p> <p>10:00 Men's Hour- Show and Tell Coffee hour (P) 10:30 Exercise Machines (WC) 1:00 Tryathlon Competition (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 6:00 Cribbage (Independent Activity- P)</p>	<p>19</p> <p>10:30 Group Exercise-Cardio (WC) 1:00 The Really Big Show (P) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>20</p> <p>10:30 Group Exercise-Chair Yoga (WC) 1:00 Crazy 8's Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)</p>

Building Announcements

HAPPY HOLIDAYS FROM THE CEDAR CREEK NURSING STAFF!

Friendly Reminders:

- If you are leaving for the holidays and Cedar Creek staff assist with administering your medications, please notify nursing staffing at least 48 hours in advance so we can properly prepare your medications.
- Aegis Therapy is now up and running M-F located out of the Wellness Center here at Cedar Creek! If you are interested in outpatient therapies, please let Justine, Caroline, or Danielle know so we can send over your referral for therapy!

Message from Maintenance

I would like to remind everyone that after a measurable snow fall and after the parking lots are plowed, we need you to brush off the snow from your car before moving it to a clean parking spot. It helps to do this as soon after the lots are plowed.

Building Announcements

For those of you who know Christa, you may have noticed her absence from the floor over the past few weeks. She recently has accepted a position in the business office and will be stepping into this new role in the beginning of 2024 for Paige. She is overjoyed to be learning new ways to help you all! For those of you who don't know her, she has been with Cedar Creek for the past two and a half years as a lead home health aide and recently has been working on staffing for our home health aides. Working to serve you all in new ways is something she loves to do. "I'm excited to help our residents in any way I can. By learning new roles, I am able to be an advocate for everyone in different ways." Congrats Christa!



Building Announcements

Resident reminder: We understand this is your home, but please refrain from going through and/or taking items from communal areas in the building. This includes the front desk counter and drawers, office room cabinets, Wellness Center desk(s)/cabinets, Bistro and Pub cabinets/drawers. These areas are for staff to house items to help run our community smoothly, as well as personal items. This excludes Bistro fridge, which offers snacks regularly.

Thank you
- Cedar Creek Leadership

Dining

Always available menus switch on the 1st of the year. Soups will also be listed on the menus starting the first of the year.

The dining room is missing a lot of dishes. Please check your room and bring back any dishes or silverware you may have. We are very low on ice cream dishes; if we do not have these dishes, we can't serve ice cream.

Thank you, Dining Department.

Main Events

Outings

Sea Life Aquarium- January 10th at
8:45a.m.- 1:30p.m.

Walmart- January 24th
9a.m.-12:30p.m.

Ladies Hour- Brunch in the dining room on January 11th at 10a.m.

Men's Hour- Coffee hour show and tell with Danishes in the Pub on January 18th at 10a.m.

Spark Games

Our next challenge starts January 16th. This quarter our competition is the Tryathlon. Please see Amanda or Kurt for more details and on how to join the team!

Monthly Birthday Social

Join us Wednesday January 24th at 2:30p.m. in the Dining Room for our monthly birthday social. We will be serving up cake, ice cream and have live music.

JANUARY 2024



AL/IL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21</p> <p>10:30 Group Exercise (WC) 1:00 Kings in the Corner (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>22</p> <p>10:30 Group Exercise-Weights (WC) 1:00 Tryathlon Practice (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>23</p> <p>10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Tryathlon Competition (P) 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Movie Night-Grumpier Old Men (C)</p>	<p>24</p> <p>9:00 Walmart Outing 10:30 Group Exercise-Exercise Bands (WC) 2:30 Monthly Birthday Social with Live Music from Mary Franz (D) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Tabletop Curling (P)</p>	<p>25</p> <p>10:30 Exercise Machines (WC) 1:00 Tryathlon Competition (P) 2:30 Quarter Bingo (D) Remember to bring your quarters!</p>	<p>26</p> <p>10:30 Group Exercise-Cardio (WC) 1:00 The Really Big Show (P) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Card Club-Independent Activity (P)</p>	<p>27 Holocaust Remembrance Day</p> <p>10:30 Chair Yoga (WC) 1:00 Spoons Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)</p>
<p>28</p> <p>10:30 Group Exercise (WC) 1:00 Headbands Game (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>29</p> <p>10:30 Group Exercise-Weights (WC) 1:00 Tryathlon Practice (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>30</p> <p>10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Tryathlon Competition (P) 2:00 Resident Council Meeting (C) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Yahtzee Dice Game (P)</p>	<p>31</p> <p>10:30 Group Exercise-Exercise Bands (WC) 1:30 Oldies and Hymns with Kay (D) 2:30 Phase 10 Card Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Uno Card Game (P)</p>	<p>Resident Birthdays Mike B. 1/1 Lynn G. 1/3 Marie G. 1/8 Mary Jeanne B. 1/13 Pat K. 1/17 Kathy F. 1/24 Victor B. 1/26</p>		<p>Please note activities are subject to change.</p>