



Movie Every Thursday @ 1pm

Soup Social, Wednesday January 26th @ 11am

We have several new residents. Bring a soup or something to go with soup and spend time in our *Commons* area. Soups tend to feed plenty, perhaps this can be a mixture of a few people making a soup to share and others bringing bread or salad to go with.

***Sign up in the mailroom.

Nordic Walking, Wednesday, January 26th @ 12:30pm

Nordic walking is total body exercise that will allow people to burn 25-35% more calories than normal walking. Nordic walking is excellent therapy for the brain, relieving depression, improving strength and energy as well as many benefits for folks w/ different physical ailments.

If you are interested, please join Pam Roberts directly following the Soup Social get together. She will have nordic walking poles available to try. The goal is to establish a long-term nordic walking group that can foster friendship and accountability. If you are curious this is a perfect opportunity to try this easy technique out indoors first.

Sweet Treats, Thursday, February 10th@ 12pm

Bring something sweet and treat yourself and your neighbors. Just a time to grab a cup of coffee, tea or cocoa, socialize and get to know your neighbors. Feel free to join for the movie following @ 1pm.

***Sign up in the mailroom.

Salad Social, Tuesday, February 22nd @ 11am

Bring a tasty salad or dip to share. It's still in our cold season. If someone wants to bring a warm dish to share do so.

*** Sign up in mailroom

Family Tea & Cookies, Thursday, March 3rdst @ 11am

This idea was suggested by a fellow resident. In her experience she took part of what was called "grandmother's tea". Folks came to share a little about their past and where they came from. A time to learn about each other's life always brings people closer. Give it a try. Bring some cookies to share along with stories and even pictures of your family.

No sign-up necessary.

Donuts & Coffee, Wednesday, March 9th @ 9am

Come enjoy a donut, drink a cup of coffee and socialize.

Baked Potato Bar, Thursday, March 17th @ 11:30am

Join in on some St. Patrick's Day fun. Wear green and come grab a bite to eat.

***Sign up in mailroom

Sip & Paint, Thursday, March 24th @ 4:30pm

This will be fun! Bring a drink of your liking and have some fun perhaps trying something new.

Barnyard Fairytale Paint artist Ashley Bishop will be teaching and guiding.

Check out the blurb below for more information.

Hi my name is Ashley Bishop and I am the artist and founder behind Barnyard Fairytale Paint Parties. I have always been an artistic person however, during 2020 I lost my job and found myself at home with little to do. I turned to painting, as my own form of therapy. Once it clicked for me that I can teach Paint Parties, my creativity blossomed. At each Paint Party I include all the supplies and step-by-step guided instructions. Beginners are welcome and all painters leave with a finished painting. So, gather up your friends and let's paint together!

***Signup required. We must have a final headcount one week prior. There is a \$35 dollar fee for this event. I must have payment upon registering for the event by Thursday, March 17th. Ashley can accept cash or check. Please make checks payable to Ashely Bishop for \$35. Ashley will pre-trace your canvas with your picture choice. Please let me know at time of payment which picture you would like to paint. Picture choices from left to right, #1, #2 or #3 **Register w/ Katy directly.**



BINGO, Tuesday, March 29th @ 7pm

Join in after dinner for some good ol' fun. \$8 to play. More details to come on this

Fabric Collage Fun, Thursdays, April 7th, 14th, 28th & May 5th @ 10am-12noon

Spend two hours every Thursday in April learning a new fun craft – Fabric collage. It's quick, easy and fun. Best of all – no sewing is required!!!

Brigitte Okamoto has been quilting since 1995 and in 2017 became a Certified Instructor for Laura Heine and currently travels the US teaching this fun form of fabric art. She also teaches applique by McKenna Ryan and paper piecing for Judy Niemeyer.

In this class you will learn how to collage a cute little wall hanging. All supplies will be provided – including fabric squares. Brigitte also has all the scissors, pressing sheets, etc. that are used for you to use so you don't need to purchase them before class. Brigitte will even finish your project on her longarm to do the cross-hatching quilting included in the price. Samples will be available to look at

starting February 1, 2022. You will be able to do one 8" x 8" square each week and at the end of the month take all four and make a wall hanging.

***Sign up w/ Katy and make payment of \$60 by March 31st. If you would like to attend just one or two classes, the charge will be \$20 per class. If you sign up for all four then you are saving some money.

Casserole Lunch, Tuesday, April 12th @ 11:30am

What is a casserole, exactly? By strict definition, the food takes the name of the dish in which it's baked and served. **Merriam-Webster** says the etymology of the word casserole can be traced from the Greek *kyathos* (cup) to the Old French *casse*, which means ladle. There's also the Latin *cattia*, which means ladle and pan. Eventually, the word evolved to mean a cooking vessel used over a fire (or in an oven) in which cooks combined ingredients, usually some kind of meat, grain, and sauce, to bake slowly. The food is then served directly from the same baking dish. A fun tidbit for you! Join in for some warm lunch shared w/ your neighbors. I look forward to trying your creations

***Sign up in the mailroom

Salad Social, Wednesday, April 27th @ 11:30am

Back by popular demand. You know the drill

***Sign up in the mailroom

Donuts & Coffee, Wednesday, May 11th @ 9am

Come enjoy a donut, drink a cup of coffee and socialize.

Sandwich Social, Tuesday, May 17th @ 11:30am

It can be a warm sub-sandwich, it can be cold cuts on your favorite bagels, croissants, or wraps. Get creative and share in serving up something fun w/ your neighbors.

***Sign up in the mailroom

Sip & Paint, Tuesday, May 24th @ 4:30pm

Bring a drink of your choice! Ashley will be back to put on another fun paint class. This time it will be summer themed. Same requests apply.

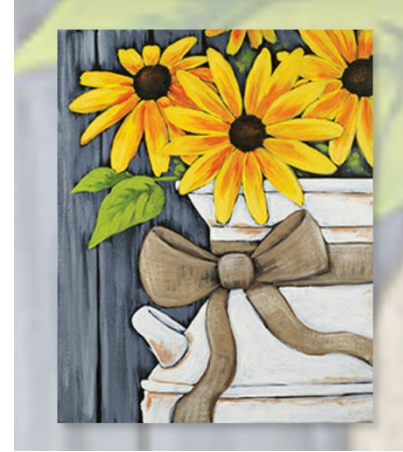
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WHEELBARROW PLANTER



PEACEFUL MORNING



Lemonade and Pie, Thursday, May 26th @ 12noon

Sounds like a fun combo! I know of a few residents that have shared some of their baking goodies and this will be a tasty event! Happy baking!

***Sign up in the mailroom