



# ALTA RIDGE COMMUNITIES

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### Happy Birthday

Dec. 8 Billie  
Dec. 28 Rachel (CNA)  
Dec. 16 Christy (RN)

### Remember Me?

I've been working in television and film since 1961 as a writer, producer, director and actor.

Joey Bishop and Phil Foster were the first comedians I wrote for, before moving to TV shows such as "The Dick Van Dyke Show" and "The Lucy Show." I created and produced "Happy Days" and "Mork & Mindy," and have acted on TV ("Monk," "Murphy Brown") and in movies ("A League of Their Own," "Never Been Kissed"). I sometimes work with my sister, who is also an actor, producer and director. Have you guessed that I'm Garry Marshall?

### De-stress Your Holidays

For many of us, the holidays come with a dose of extra stress. Here's a one-minute stress reliever that you can do anywhere, anytime: mindful breathing. Take deep breaths that expand your entire abdomen (stomach, sides and lower back) while focusing solely on your breath.

December 2010

## Holiday Party

On Saturday, Dec. 4, at 2 p.m. we will be celebrating the Christmas season.

We welcome all the families and friends to join!

We will be having a visit from Santa Claus!

*Please R.S.V.P. by Dec. 1.*



### Seasonal Selections

The ABCs of December's most readily available fruits, flowers and veggies are:

- artichokes, apples and amaryllis
- beets, blood oranges and bok choy
- clementines, chrysanthemums, carnations and cranberries.



Betty and Kelly (CNA)



Willard and Jade (Dietary)



BAKING



Loree and Lauren (Activities)

## Winter Workouts Can Keep You Cozy

Chilly winter days provide a good excuse to stay wrapped up under a blanket. But that's even more reason to get moving and exercise. Even 20 minutes of working out can warm you up and keep you warm well after the session is over.

## Friendship Advice

"The most I can do for my friend is simply be his friend." —Henry David Thoreau

Sunday	Monday	Tuesday
<b>5</b>	<b>6</b>	<b>7</b>
09:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 01:00 Chair Aerobics 02:00 Arts & Crafts 03:00 Snack 04:00 Trivia 05:00 Dinner Time	09:00 Gussy Up 10:30 <b>December Portraits</b> 11:30 Sensory Stimulation 12:00 Lunch Time 01:00 Ring Toss 02:00 Back Massages 03:00 Snack 04:30 Magazine Review 05:00 Dinner Time	09:00 Gussy Up 10:30 Moving & Grooving 11:30 Trivia 12:00 Lunch 01:00 Manicures 03:00 Snack 03:30 Bingo 04:30 Magazine Review 05:00 Dinner Time
<b>12</b>	<b>13</b>	<b>14</b>
09:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 01:00 Chair Aerobics 02:00 Floor Games 03:00 Snack 04:00 Article Reviews 05:00 Dinner Time	09:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 01:00 December Birthdays! 03:00 <b>BIRTHDAY BASH!</b> 04:00 Mozart Mania 05:00 Dinner Time	09:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 01:00 Getting to Know You 02:30 Snack 03:00 <b>Henry Chandra Performs</b> 04:00 Making Cards 05:00 Dinner Time
<b>19</b>	<b>20</b>	<b>21</b>
09:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 01:00 Chair Aerobics 02:00 Lovin Laundry 03:00 Snack 04:00 Trivia 05:00 Dinner Time	09:00 Gussy Up 10:30 Stretching 11:30 World News 12:00 Lunch Time 01:00 Heart Health 02:00 Hot Cocoa 03:00 Snack 04:30 Golden Oldies 05:00 Dinner Time	09:00 Gussy Up 10:30 Moving & Grooving 11:30 Trivia 12:00 Lunch 01:00 Manicures 03:00 Snack 03:30 Bingo 04:30 Magazine Review 05:00 Dinner Time
<b>26</b>	<b>27</b>	<b>28</b>
09:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 01:00 Chair Aerobics 02:00 Arts & Crafts 03:00 Snack Time 04:00 Trivia 05:00 Dinner Time	09:00 Gussy Up 10:30 Winter Wonders 12:00 Lunch Time 01:00 R.O.M. 02:00 Manicures 03:00 Snack 03:30 Loom Weaving 04:30 Afternoon Social 05:00 Dinner Time	09:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 01:00 Beanbag Toss 02:00 Hand Massages 03:00 Snack 04:30 Golden Oldies 05:00 Dinner Time  <b>HAPPY BIRTHDAY RACHEL!</b> (CNA)

Wednesday	Thursday	Friday	Saturday
1	2	3	4
09:00 Gussy Up 10:00 Lunch Bunch 10:30 Manicures 12:00 Lunch Time 01:00 Classics Show 02:00 Van Ride 03:00 Snack 04:00 Color-Rama 05:00 Dinner Time	09:00 Gussy Up 10:30 Chair Aerobics 11:30 Name That Tune 12:00 Lunch Time 01:00 Happy Housekeeping 02:00 Hand Massages 02:30 Pizza Party 04:00 Golden Oldies 05:00 Dinner Time	09:00 Gussy Up 10:30 Fall Festivities 11:30 Finish the Phrase 12:00 Lunch Time 01:00 Water Painting 02:00 Voices Performs 03:00 Snack 04:00 Fun Fiction 05:00 Dinner Time	09:00 Gussy Up 10:30 Chair Aerobics 11:30 Decoration 12:00 Lunch Time 01:00 Holiday Preparation 02:00 <b><i>Holiday Event</i></b> 03:00 <b><i>Santa Claus Visits</i></b> 04:30 Golden Oldies 05:00 Dinner Time *All Friends and Family Welcome to Our Holiday Party!!!
8	9	10	11
09:00 Gussy Up 10:00 Van Ride 10:30 Mind Crunches 12:00 Lunch Time 02:00 It's A Wonderful Life ! 03:00 Snack 04:00 Puzzles 05:00 Dinner Time 06:00 Evening Lights Tour  <b>HAPPY BIRTHDAY BILLIE!</b>	09:00 Gussy Up 10:30 Shake A Tail Feather 11:30 Local Laughs 12:00 Lunch Time 01:00 Name That Tune 02:00 Floor Games 03:00 Snack 04:00 Ancestry Awareness 05:00 Dinner Time	09:00 Gussy Up 10:00 <b><i>Sit &amp; Dance W/ Becky</i></b> 11:00 Bible Study 12:00 Lunch Time 01:00 Getting to Know You 02:30 Snack 03:00 Galen Young Performs 04:00 Making Cards 05:00 Dinner Time	09:00 Gussy Up 10:30 Winter Fun 11:30 Finish the Phrase 12:00 Lunch Time 01:00 Arts & Crafts 02:00 Bowling 03:00 Snack 04:00 Fun Facts 05:00 Dinner Time
15	16	17	18
09:00 Gussy Up 10:00 Van Ride 10:30 Movie Time 12:00 Lunch Time 01:00 Trading Stories 02:00 Van Ride 03:00 Snack 03:30 Terry Performs 05:00 Dinner Time	09:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 01:00 Loom Weaving 02:00 Wrapping 03:00 Snack 04:00 Creative Canvas 05:00 Dinner Time  <b>HAPPY BIRTHDAY CHRISTY! (RN)</b>	09:00 Gussy Up 10:45 <b><i>Waterford Choir</i></b> 11:15 Pottery 12:00 Lunch Time 01:00 Getting to Know You 02:30 <b><i>Sit &amp; Dance W/ Becky</i></b> 03:00 Snack 04:00 Making Cards 05:00 Dinner Time	09:00 Gussy Up 10:30 Garden Club 12:00 Lunch Time 01:00 Tic-Tac-Toe 02:00 Play Ball 03:00 Snack 03:30 Balloon Badminton 04:30 Afternoon Social 05:00 Dinner Time
22	23	24	25
09:00 Gussy Up 10:00 Van Ride 10:30 Manicures 12:00 Lunch Time 01:00 Classics Show 02:00 Van Ride 03:00 Snack 04:00 Color-Rama 05:00 Dinner Time	09:00 Gussy Up 10:30 Sing-a-Longs 11:30 Local News 12:00 Lunch Time 01:00 Pottery 02:00 Broadway Tunes 03:00 Snack 04:00 Making Cards 05:00 Dinner Time	09:00 Gussy Up 10:30 Movin & Groovin 11:30 Gift Exchange 12:00 Lunch Time 01:00 Sing-a-longs 02:00 Holiday Happenings 03:00 Snack 04:00 Santa Stories 05:00 Dinner Time  <b>CHRISTMAS EVE!</b>	09:00 Gussy Up 10:30 Family & Friends 12:00 Lunch Time 01:00 Family & Friends 03:00 Snack 04:30 Golden Oldies 05:00 Dinner Time  <b>MERRY CHRISTMAS!</b>
29	30	31	
09:00 Gussy Up 10:00 Van Ride 10:30 Mind Crunches 12:00 Lunch Time 01:00 Relaxation Therapy 02:00 Van Ride 03:00 Snack 04:00 Puzzles 05:00 Dinner Time	09:00 Gussy Up 10:30 Winter Fun 11:30 Finish the Phrase 12:00 Lunch Time 01:00 Arts & Crafts 02:00 Bowling 03:00 Snack 04:00 Fun Facts 05:00 Dinner Time	09:00 Gussy Up 10:30 Chair Aerobics 11:30 2010 Trivia 12:00 Lunch Time 01:00 Looking Back 03:00 Snack 03:30 Afternoon Social 05:00 Dinner Time  <b>NEW YEAR'S EVE!</b>	

# December 2010

## Resident of the Month



Vivian Thackery

For December, Vivian Thackery was chosen as Resident of the Month. Our beautiful Vivian moved to our community in August of this year. We have grown to appreciate and learn that Vivian was a very accomplished seamstress, and had a talent for crocheting beautiful blankets, Christmas trees and ornaments. She also enjoyed cooking. We understand that she made taffy with the neighborhood kids and also loved to make Christmas cookies. At Alta Ridge, she loves to participate in our craft time, and she especially loves making flower pens. Vivian also loves to look her best; she really enjoys her weekly hair appointments. Vivian has a sweet disposition and a contagious smile. Vivian was a fabulous housewife most of her life and is most proud of her two children Kelli and Roger. Alta Ridge feels very fortunate to be a part of Vivian's life and hopes to create many memories with her.

## Employee of the Month



Gladys Alvarez

Alta Ridge would like to present December's Employee of the Month, Gladys Alvarez. Gladys has added so much to our CNA team. She is a very compassionate person with gentle hands and a warm heart. You can often find her dancing with the residents in the activity room and spending quality individual time. Gladys holds in her hands a wonderful future, inspiring to become a medical assistant. When Gladys is away from work, she spends time at the gym and has a passion for sports. She has been happily married for 22 years and is the proud mother of three sons and one daughter. Gladys loves to travel to the Bahamas to visit with her family. We want to thank Gladys for her efforts and want her to know that she is making a difference in our residents' lives.