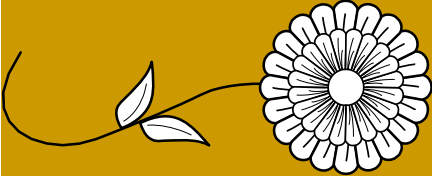




MONTHLY NEWSLETTER
JANUARY 2009

The Adult Day Care Center of Las Vegas would like to wish a **happy** and **healthy** New Year to everyone! As we embark on the New Year, our center has a continued commitment to create a place of fun, love, kindness, and caring. The center will continue to offer the fun activities that all of our participants love, including: Daily exercise programs; Chair Yoga, Tai Chi, Music Therapy, Organic Gardening, bingo competitions, arts & crafts projects and live entertainment in the afternoons. Our goal is to increase activities this year and remain the safe, comfortable environment that you will gladly send your loved ones to. So please join us as we go down the highway to adventures of 2009.



HIGHLIGHTS FROM DECEMBER

December was special! The center would like to thank the Lady Chefs of Las Vegas for a delicious meal that was enjoyed by all. After the luncheon, we experienced a musical performance by the fabulous Mark Miller which made the day spectacular. We would also like to thank all the family members, caregivers, and friends for attending this event. If you think you missed the opportunity to buy one of our Senior Art Adult Day Care Center Calendars, you didn't. They are still on sale for \$15 and they are quite beautiful. The gift of the theater is a gift of the spirit and we thank the UNLV Senior Adult Theater program for their wonderful performance. Faith Lutheran Jr/Sr High School came to our center with 20 students who sang songs, did activities and created our d'esprit rendition of Joan Miro painting with the seniors. It was a beautiful day.

NEW ARRIVALS

We are pleased to welcome the new participants who became a part our Center family in December: Terry Poss and Bertha Williams

CLOSURES

Adult Day Care Center will be closed on the following dates:

NEW YEARS DAY, Thursday, January 1st

MARTIN LUTHER KING JR Monday, January 19th





GET PLUGGED IN!

There is a beautiful *computer lab* here at the Center. It is located in the Quiet Room next to the arts & crafts department and the software definitely suits any and all needs with its vast technological abilities.

EVENTS IN JANUARY

Saturdays Are Special! We will be open every Saturday in the month of January. We would like everyone to join us for Chair Yoga on Mondays at 10:00am, Tai Chi on Tuesdays at 10:00am, and Music Therapy on Wednesdays at 10:00am. Caregivers are invited. Also, don't miss Chef Bonnie Mankoff's (executive chef of the Luxor Hotel) "Flavors in Harmony" on January 6th and 20th. Be on the look out for some special surprise events throughout the month. If these are not your regularly scheduled days, we would still love to see you here.

GETTING SCENT-IMENTAL

A new aromatherapy scent, *LAVENDER*; which removes stress, brings inner calm and peace, gives increased awareness, brings stability, good for headaches and it is our aromatic of choice this month.

SEE WHAT'S IN BLOOM!

The vegetable garden blossoms to gives us herbs and spices this month for Chef Foster's tasty meals here everyday.



JUST A FRIENDLY REMINDER

Dog therapy will take place on the 9th and 23rd of January. Look out! It's a bird; it a plane, its Dusty the Wonder Dog who will be appearing in January as well.

DON'T FORGET! YOU CAN AS ALWAYS PURCHASE GORGEOUS ARTWORK FROM OUR SENIORS. ALL PROCEEDS WILL, AS ALWAYS, BENEFIT THE ARTS AND CRAFTS DEPARTMENT HERE AT THE CENTER. SO COME OVER AND SEE WHAT THE SENIORS HAVE MADE AND OWN A MASTERPIECE.

HAPPY BIRTHDAY

Our birthday party will be held on the 4th Wednesday of the month, January 28th, 2009. Our January celebrants are Verdeen Reed (1/8), Maggie Collins (1/10), Cynthia Walters (1/17), Antonio Troncoso (1/22), and Phil Green (1/27). Entertainment will be provided and birthday treats will be served as well.

SUPPORT GROUP

Our ongoing support group meeting is held on the 2nd Wednesday of the month at 10:00 AM. January 14th is the next meeting and everyone is welcome and invited to attend!





.....

THANK YOU!

We would like to thank the unsung heroes who are in our seniors lives everyday, you truly do make the difference. We would like to thank our wonderful staff of nurses, aids, kitchen staff, Bingo Bob, and volunteers for doing an amazing job during 2008. We appreciate you and your hard work. We want to thank our seniors and their caregivers for their continued support. Health tip...we can all stay healthier this winter through the cold and flu season if we wash our hands frequently. Remember, that our staff is ALWAYS here to help and our doors are always open if you are in need of anything.

Dee Dee Woodberry

Activities Director



