

395 Hilltop Dr.
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sundialalf.com



SUNDIAL
ASSISTED LIVING

January 2017



Guided by Goodness, Loyalty, Faith, and Fun

Sundial Living

Jolly January

Laughing all the way into **2017 !!**

Reading takes us to amazing places. Join us at Sundial's


Second Annual Book Swap!

Saturday, January 28th from 10am-2pm
395 Hilltop Drive, Redding

Sundial Assisted Living wants to start the year off with a fresh, new selection of books in our library and YOU can as well!

Bring your gently-loved books and come enjoy hot tea and tasty treats as you rummage through Sundial's library!

Drawing for \$50 Barnes and Noble gift card

Please R.S.V.P. to Elizabeth Amlin
eamlin@sundialalf.com
or call 530.241-2900. 

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Why did the snowman want a divorce?

Because he thought his wife was a flake!

Told by resident, Virginia Lynch (Upper left)

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Fitness 9:15 10:00 Uno 10:30 Catholic Service 1:00 Bingo in the P.M.	2 Fitness 9:15 10:00 Tim's Dice Game 1:00 Hearts 2:00 A New Year's Walk and Story	3 Fitness 9:15 10:00 Tuesday Manicures 1:00 Bingo in the p.m.	4 Fitness 9:15 10:00 Skipbo 1:00 Smoothies 2:00 Heaven's Radio	5 9:15 Fitness 10:00 Manicures And a Movie 1:00 More Manicures	6 9:15 Freaky Friday Fitness 10:00 Bubkis 1:00 "For the Love of Pie" Outing	7 9:15 Fitness 10:00 Uno 1:30: Bingo in the P.M.
8 9:15 Fitness 10:00 Hearts 10:30 Catholic service 1:00 Church in the Living Room	9 9:15 Fitness 10:00 Skipbo 2:00 Diana and Friends	10 9:15 Fitness 10:00 Bupkis 1:30 Music with Homespun	11 9:15 Fitness 10:00 Time's Dice Game 1:30 Bingo!	12 9:15 Fitness 10:00 Manicures 1:00 More Manicures and a Movie!	13 9:15 Freaky Friday Fitness 10:00 Hearts 1:30 New Year's Tea Party	14 9:15 Fitness 10:00 Skipbo 1:30 Theatre Practice 2:00 Bingo!
15 9:15 Fitness 10:00 Uno 10:30 Catholic Service 1:00 Church Service & Music with Ken	16 9:15 Fitness 10:00 Hearts 1:00 play practice 2:00 Diana on the Keyboard	17 9:15 Fitness 10:00 Health Talk With Tamara 1:30 A walk and A Funny Story	18 9:15 Fitness 10:00 Heaven's Radio 1:30 Comedy Hour with Carol Burnett	19 9:15 Fitness 10:00 Manicures 1:00 play practice 2:00 Bingo!	20 9:15 Freaky Friday Fitness 10:00 Skipbo 11:00 Lunch Bunch 2:00 play practice	21 9:15 Fitness 10:00 Tim's Dice 1:30 Bingo!
22 9:15 Fitness 10:00 Hearts 10:30 Catholic Service 1:00 Church in the Living Room	23 9:15 Fitness 10:00 Skipbo 1:30 A walk and A funny story 2:30 play practice	24 9:15 Fitness 10:00 Hearts 1:00 Smoothies 2:00 Hymns with Dan	25 9:15 Fitness 10:00 Bupkis 1:00 play practice 2:00 Silly Checkers Tournament	26 9:15 Fitness 10:00 Tim's Dice 11:00 Resident Birthday Party At lunch 2:00 Play practice	27 9:15 Freaky Friday Fitness 10:00 Uno 2:00 Comedy by The Theatre Troup	28 9:15 Fitness 10:00-2:00 Book Swap 2:00 Bingo!
29 9:15 Fitness 10:00 Skipbo 1:00 Church in the Living Room and music with Ken	30 9:15 Fitness 10:00 Hearts 1:00 A Funny Movie and Popcorn!	31 9:15 Fitness 10:00 Bupkis 1:00 A Walk and A funny Story 2:00 Craft time				

Stars are Born! Holly had her baby girls!



Abigail Grace
15.5 inches long
3 lbs. 13 oz

Annalee Hope
16.5 Inches long
3lbs 13 oz

Born November 27,
2016

During December, we have had the pleasure of having so many beautiful music entertainers!

A wonderful treat for our residents, was the performance of Shasta High School's Madrigals. The Madrigal choir is an advanced mixed choir that is most featured for their "Evening with the Madrigals Dinner" This is a beautiful sounding renaissance era group. The group mingled with our residents, while staying in character including accents of the renaissance times. After visiting, the Madrigals enchanted us with their beautiful voices! Our residents were in awe with the outstanding talent of these young men and women.



Coming this Month...

New-Year Tea Party
Friday January 13th 1:30 PM

Residents Birthday
Party
January 26th 11:00

Comedy by
Theater Troup
January 27th 2:00

2nd Annual
Book Swap
January 28th 10:00-2:00

Birthdays....

Mackey Parrish 1/1

Bob Wright 1/19

Sundial Leadership Team

Suzanna Trompczynski Administrator
Amy McConathy Business Services
Stacey McGarvin Dining Services
Carma Hunter Life Enrichment
Kirk Kingsford Operations Director
Elizabeth Amlin Community Relations