

Prairie Home JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>January 29th Dan S.</p> <p>~~~~</p> <p>January Fun Facts: Flower: <i>Snowdrop and Carnation</i></p> <p>Birthstone: <i>Garnet, representing Constancy</i></p> <p>Zodiac Signs: <i>Capricorn 12/22-1/19</i> <i>Aquarius 1/20-2/18</i></p>	<p>Monday, December 31 3:00pm Join us for New Year's Eve Party!</p> <p><i>Here's a toast to the future, a toast to the past, and a toast to our family and friends, far and near. May the future be pleasant, the past a bright dream. May our friends remain faithful and dear!</i></p>  <p>~~~Anonymous</p>	<p>1 <i>Welcome 2019!</i></p>  <p>8:30am Morning Stroll</p> <p>9:30am Coffee and Reminisce</p> <p>10:00am Tournament of Roses Parade On Channel 13</p> <p>4:00pm Rose Bowl Washington Buckeyes vs Ohio State Buckeyes Channel 28</p> <p>6:00pm Dominos</p>	<p>2 8:30am Morning Stroll</p> <p>9:00am Coffee Hour & Orange Rolls</p> <p>9:30am Chair Exercise Dining Room</p> <p>10:00am Scrabble In the Café</p> <p>1:30pm Catholic Mass West Lounge</p> <p>2:30pm Card Club-500 West Lounge</p> <p>6:00pm Dominos West Lounge</p>	<p>3 8:30am Morning Stroll</p> <p>9:00am Coffee & Tea in the Café</p> <p>9:30am Chair Exercise Dining Room</p> <p>10:00am Bible Chat with Jim Center Lounge</p> <p>2:00pm Movie Matinee: <u>The Bucket List</u> Center Lounge</p> <p>6:00pm Dominos</p>	<p>4 8:30am Morning Stroll</p> <p>9:00am Coffee & Tea In the Café</p> <p>2:00pm Euchre</p> <p>2:30pm Happy Hour Featuring Brandy Old Fashioned Cocktails</p> <p>6:00pm Dominos West Lounge</p> <p>6:30pm Movie Night: <u>For the Boys</u> <i>Starring Bette Midler</i> Center Lounge</p>	<p>5 <i>Boogie Woogie Bugle Boy Day</i></p> <p>8:30am Morning Stroll</p> <p>9:00am Coffee & Tea In the Café</p> <p>10:00am Big Band Music CD West Lounge</p> <p>3:35pm AFC Wild Card Colts vs Texans On ESPN</p> <p>7:15pm NFC Wild Card Seattle Seahawks vs Dallas Cowboys On FOX</p>

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6 <i>Feast of the Epiphany</i> 9:30am Coffee Hour In the Café 12:05pm AFC Wild Card Chargers vs Ravens On CBS 3:00pm Card Club- Euchre Dining Room 3:40pm NFC Wild Card Philadelphia Eagles vs Chicago Bears On NBC 6:00pm Dominos West Lounge	7 8:30am Morning Stroll 9:00am Coffee & Tea In the Café 9:30am Chair Exercise Dining Room 1:30pm Bingo Dining Room 2:30pm Warm Up Social Coffee, Tea, Hot Cider 3:00pm Euchre Dining Room 6:00pm Scrabble West Lounge	8 8:30am Morning Stroll 9:00am Coffee & Tea In the Café 9:30am Chair Exercise Dining Room 10:00am First Session of the Prairie 2019 Home Book Club! Front Lounge 10:30am: Pet Therapy 1:00pm Shopping at Festival Foods 6:00pm Dominos	9 8:30am Morning Stroll 9:00am Coffee Hour with Muffins In the Café 9:30am Chair Exercise Dining Room 1:30pm Catholic Mass West Lounge 2:30pm Card Club-500 West Lounge 3:00pm Scrabble In the Café 6:00pm Dominos	10 8:30am Morning Stroll 9:00am Coffee & Tea In the Cafe 10:00am Bible Chat With Jim In the Center Lounge 2:30pm Cookie and Coffee Social & Reminisce <i>What did you do for fun as a child?</i> 3:00pm Card Club- Euchre 6:00pm Dominos	11 8:30am Morning Stroll 9:00am Coffee & Tea In the Café 9:30am Chair Exercise Dining Room 2:00pm Card Club- Euchre Dining Room 2:30pm Happy Hour Featuring Wine, Beer, Soda and Deviled Eggs 6:00pm Dominos West Lounge	12 8:30am Morning Stroll 9:30am Coffee & Tea In the Café 2:00pm Musical Entertainment by Truth & Spirit Band 3:35pm AFC Divisional Playoff Game <i>Team TBD vs Kansas City Chiefs</i> on NBC 7:15pm NFC Divisional Playoff Game <i>Team TBD vs Los Angeles Rams</i> on FOX

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13 8:30am Morning Stroll 9:30am Coffee Hour In the Cafe 12:05pm AFC Divisional Playoff Game <i>Team TBD vs New England Patriots</i> On CBS 2:00pm Card Club- Euchre 3:40pm NF Divisional Playoff Game <i>Team TBD vs New Orleans Saints</i> On FOX Channel 3	14 8:30am Morning Stroll 9:00am Coffee & Tea Café 9:30am Chair Exercise 10:00am Tenant Meeting Dining Room 11:00am Lunch at The Waterfront 1:30pm Bingo Dining Room 3:00pm Hot Cider Social & Reminisce <i>What was your first job?</i>	15 8:30am Morning Stroll 9:00am Coffee & Tea Café 9:30am Chair Exercise 10:00am Prairie Home Book Club 10:30am: Pet Therapy 10:30am Assisted Tenants Weight & Blood Pressure Clinic Nurse's Office 6:00pm Dominos	16 8:30am Morning Stroll 9:00am Coffee Hour with Banana Bread Café 9:30am Chair Exercise Dining Room 1:30pm Catholic Mass West Lounge 2:30pm Card Club-500 West Lounge 3:00pm Scrabble Café 6:00pm Dominos	17 8:30am Morning Stroll 9:00am Coffee & Tea Café 10:00am Bible Chat With Jim Center Lounge 10:00am Mandala Stone Art with Nancy Dining Room 2:00pm Card Club- Euchre 4:00pm Lutheran Prayer Service Front Lounge	18 8:30am Morning Stroll 9:00am Coffee & Tea Café 9:30am Chair Exercise Dining Room 2:00pm Euchre Dining Room 2:30pm Happy Hour Featuring Hot Cocoa Drinks Dining Room 6:00pm Dominos West Lounge	19 <i>National Popcorn Day</i> 9:30am Coffee & Tea Café 10:00am Music Time – Polka CD West Lounge 2:00 Euchre Dining Room 3:00pm Popcorn Social & Reminisce <i>What is your fondest childhood memory?</i> 5:00pm The Lawrence Welk Show On PBS

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 8:30am Morning Stroll 9:30am Coffee Hour In the Cafe 2:05pm NFC Conference Championship Game On FOX 3:00pm Card Club- Euchre Dining Room 5:40pm AFC Conference Championship Game On CBS 6:00pm Dominos West Lounge	21 8:30am Morning Stroll 9:00am Coffee & Tea Café 9:30am Chair Exercise 10:00am Prairie Home Book Club Front Lounge 1:30pm Bingo Dining Room 3:00pm Cookie and Coffee Social & Reminisce <i>What was your</i> <i>most memorable</i> <i>vacation?</i>	22 8:30am Morning Stroll 9:00am Coffee & Tea Café 9:30am Chair Exercise Dining Room 10:30am: Pet Therapy 2:00pm "Musical Memories" with Judi K Dining Room 3:00pm Card Club- Euchre 6:00pm Dominos West Lounge	23 <i>Congratulations</i> <i>to Father</i> <i>Malin-</i> <i>2019 Iverson</i> <i>Freking Award</i> <i>Winner!</i> 8:30am Morning Stroll 9:00am Coffee Hour with Muffins In the Café 10:00am Chair Exercise Dining Room 1:30pm Catholic Mass 2:30pm Card Club-500 West Lounge 6:00pm Dominos	24 8:30am Morning Stroll 9:00am Coffee & Tea 10:00am Bible Chat With Jim Center Lounge 1:30pm Shopping at Festival Foods 3:00pm Scrabble Café 6:00pm Movie Night: <u><i>West Side</i></u> <u><i>Story</i></u> <i>1961 Classic</i> <i>movie musical</i> <i>starring</i> <i>Natalie Wood</i>	25 8:30am Morning Stroll 9:00am Coffee & Tea Café 9:30am Chair Exercise Dining Room 2:00pm Card Club In the West Lounge 2:30pm Happy Hour featuring Beer, Wine, Soda, Cheese and Crackers Dining Room 6:00pm Dominos West Lounge	26 8:30am Morning Stroll 9:30am Coffee & Tea In the Café 10:00am Country Music CD West Lounge 2:00pm Card Club- Euchre Dining Room 3:00pm Scrabble Café 5:00pm Lawrence Welk On PBS 6:00pm Dominos

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
27 8:30am Morning Stroll 9:30am Coffee Hour In the Cafe 2:00pm NFL Pro Bowl Game AFC vs NFC On ESPN Channel 28 3:00pm Card Club- Euchre 6:00pm Movie Night: <u>Mrs. Doubtfire</u> <i>A comedy</i> <i>starring Robin</i> <i>Williams and</i> <i>Sally Fields</i> Center Lounge	28 <i>Happy Birthday,</i> <i>Dan S!</i> 8:30am Morning Stroll 9:00am Coffee & Tea Café 9:30am Chair Exercise 10:00am Prairie Home Book Club Front Lounge 11:30am Lunch at Jacqlon's 1:30pm Bingo 2:30pm Hot Cider Social Dining Room	29 8:30am Morning Stroll 9:00am Coffee & Tea Café 9:30am Chair Exercise Dining Room 10:30am: Pet Therapy 2:00pm Card Club- Euchre 4:30pm Candlelight Dinner- All tenants welcome! Menu will be posted soon!	30 8:30am Morning Stroll 9:00am Coffee Hour with Cinnamon Rolls 10:00am Chair Exercise Dining Room 1:30pm Catholic Mass West Lounge 2:00pm Coffee and Cake Social in Honor of Father Malin 3:00pm Card Club-500 6:00pm Dominos	31 8:30am Birthday Breakfast <i>Monte Cristo</i> <i>Breakfast</i> <i>Casserole,</i> <i>Fresh Fruit,</i> <i>Orange Juice,</i> <i>and Coffee</i> 9:30am Chair Exercise Dining Room 10:00am Bible Chat With Jim Center Lounge 2:00pm Euchre 3:00pm Scrabble 6:00pm Dominos	January Is... National Staying Healthy Month National Book Month Celebrate the Past Month National Polka Month Bath Safety Month Celebration of Life Month National Hobby Month National Thank You Month	If you experience any of the following Gastrointestinal, upper respiratory cold or flu-like symptoms Please remain in your apartment and page or call staff at 526-4850 to report your symptoms. Thank you for your cooperation in minimizing the spread of contagious illness!

Handwashing is one of the best ways to protect yourself and others from getting sick.

Clean hands can stop germs from spreading from one person to another and throughout an entire community.

What is the right way to wash your hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

When should you wash your hands?

- **Before**, during, and after preparing food and **Before** eating food
 - **After** using the toilet
 - **After** blowing your nose, coughing, or sneezing
 - **After** touching an animal, animal feed, or animal waste
 - **After** touching garbage
- Center for Disease Control

If you experience any signs of upper respiratory illness or stomach flu, call Prairie Home staff at 526-4850 to report your symptoms. Please stay in your apartment; we will bring a meal tray to you. If you need to leave your apartment to go to the doctor, call staff for assistance. Thank you for your cooperation in controlling the spread of illness at Prairie Home!