

Highlights

FROM LAST MONTH'S FUN!



Christmas in Goodyear



Enjoying activities with staff



Enjoying holiday season fun!



Having a blast with holiday activities



In the holiday spirit!



Jack with the classic look on his face "uh oh I'm caught getting more than one cupcake"



Painting pine cones



Puzzle fun!

PARK WELLNESS CORNER

Seniors guide to staying healthy.



MINDFUL TIPS FOR A STRESS-FREE WINTER SEASON

- ✓ Create a holiday budget
- ✓ Let go of perfectionism
- ✓ Give yourself permission to say "NO"
- ✓ Put on some carols & listen quietly
- ✓ Go for a mindful walk
- ✓ Put yourself & self-care first
- ✓ Prioritize to-do list items
- ✓ Stick to your usual routine
- ✓ Ask for help from others

Jannea Downs
Wellness Director /General Manager



Our Park Senior Villas Team

- Jannea Downs- General Manager
- Rosa Belcher – Health & Wellness Director
- Tonya Calkins- Marketing Director
- Leon Tatum- Dietary Director
- Greg Kooistra – Maintenance Director
- Georgia Burkes-Activities Coordinator

OFFICE HOURS

Monday - Friday8am-5pm
 SaturdayBy Appointment
 SundayClosed
 Office602-633-2300
 Care Line602-679-6008
 Fax623-594-9164

PARK Senior Villas

ASSISTED LIVING & MEMORY CARE COMMUNITIES

JANUARY 2021

EMPLOYEE SPOTLIGHT

Anajely Lopez

Anajely, was born in Phoenix Arizona and was raised by both of her loving Grandparents. She has 2 Dogs, Louie and Daisy. Her favorite food is Italian. Anajely's most enjoyable hobbies are shopping and taking care of her Grandparents on her days off. She has worked for PARK Senior Villas as an assistant caregiver for 1 year. She really enjoys working at PARK and doing activities with the residents. She says it gives her the most joy when they smile. Anajely is always happy she really enjoys encouraging our residents and working with them to reach their full potential and maintain their independence. Anajely's, long-term goal is launching her newly started candle making business. She is a loving, caring and fun person and we are delighted to have her on our team at PARK Senior Villas.



RESIDENT SPOTLIGHT

Donna Felio

(Resident in Villa 9)

Donna was born in Chicago, Illinois on July 10, 1937. A few years later, she moved to San Francisco with her Mom and Dad where her sister, Linda, was born in 1946. The next move was to Washington where Donna finished her schooling and graduated from High School in Spokane. She relocated to California a few years later and worked as an entrepreneur and had many successful businesses. Donna was most passionate about the online business called WNBA. WNBA dealt with the sale of trading cards for female athletes and other memorabilia, books and related products. Donna also worked in the accounting field. Her final move was to Arizona in 2013 where she continued her WNBA online business until retirement. Donna enjoys reading and is very knowledgeable on many subjects. She also enjoys playing a variety of card and board games. She has 8 nephews (four in Texas and four in California).



ST MARY'S FOOD DRIVE

Thank you for your generous donations to the holiday food drive

Let's keep it going into the new year!

Help your community & families in need by donating non-perishable items to the front office

RESIDENTS GIFT EXCHANGE

On behalf of the family at PARK Senior Villas we greatly appreciate the thoughtfulness of the community & staff for their gift donations. Because of you, every resident received a gift!

January

ACTIVITY CALENDAR

Please Note - Calendar Events are subject to change



Happy Birthday!

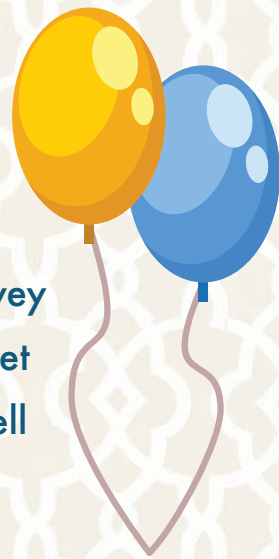
Celebrating our
January Birthdays!

January 10-Geraldine Olvey

January 19-Marjorie Tacket

January 28-Therese Schnell

January 29-Mary Corona



Welcome!

to our
new resident!

Jerome Goodrich

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2021</h1> <h2>Happy New Year</h2>						
<p>9:00am -Sunday Service TV 10:30 am Puzzles/Cards/Coloring 1:30pm – Afternoon Stroll 3:00pm – Ice Cream Social 7:00pm – Rest & Relaxation</p> <p style="text-align: right;">3</p>	<p>8:00am – Coffee & Conversation 9:30am -Exercise 10:00am – Matinee Movie Popcorn 10:00am- Painting and drawing workshop 2:30 pm – Puzzles, coloring, cards 3:00pm- Bingo social 7:00pm – Evening Cards Games</p> <p style="text-align: right;">4</p>	<p>8:00am -Coffee & Conversation 10:15am- Group Exercises 1:30pm -Manicures/ Nailcare 3:00pm – Trivia Fun Facts 7:00pm -Evening Word Games</p> <p style="text-align: right;">5</p>	<p>8:00am coffee & conversation 9:30am Outdoor Stroll 10:30 am Creative Color 10:00Am Bible study H9 2:30pmAfternoonStroll 3:00pm Creative Crafts 7:00pm – Evening Movie of choice</p> <p style="text-align: right;">6</p>	<p>8:00am – Coffee & Conversation 9:30am -Exercise 10:00am – Shake rattle & roll 11:00 Spa time 2:30 pm – Parachute Fun 3:00pm- Bingo social 7:00pm – Evening Cards Game</p> <p style="text-align: right;">7</p>	<p>8:00am - coffee & conversation 9:30am -Outdoor Strolls 10:00am -Matinee Movie, Popcorn 1:30pm -Afternoon Strolls/ Walks 3:00pm – Resident's choice Activity 7:00pm – Evening Movie of choice</p> <p style="text-align: center;">New Year's Day</p> <p style="text-align: right;">8</p>	<p>8:00am – Coffee & conversation 10:15am – Group Exercises 1:30pm – Manicures 3:00pm Bingo 7:00pm Movie of Choice</p> <p style="text-align: right;">2</p>
<p>9:00am -Sunday Service TV 10:30 am Puzzles/Cards/Coloring 1:30pm – Afternoon Stroll 3:00pm – Ice Cream Social 7:00pm – Rest & Relaxation</p> <p style="text-align: right;">10</p>	<p>8:00am – Coffee & Conversation 9:30am -Exercise 10:00am – Matinee Movie Popcorn 10:00am- Painting and drawing workshop 2:30 pm – Puzzles, coloring, cards 3:00pm- Bingo social 7:00pm – Evening Cards Games</p> <p style="text-align: right;">11</p>	<p>8:00am -Coffee & Conversation 10:15am- Group Exercises 1:30pm -Manicures/ Nailcare 3:00pm – Trivia Fun Facts 7:00pm -Evening Word Games</p> <p style="text-align: right;">12</p>	<p>8:00am coffee & conversation 9:30am Outdoor Stroll 10:30 am Creative Color 10:00Am Bible study H9 2:30pmAfternoonStroll 3:00pm Creative Crafts 7:00pm – Evening Movie of choice</p> <p style="text-align: right;">13</p>	<p>8:00am – Coffee & Conversation 9:30am -Exercise 10:00am – Shake rattle & roll 2:30 pm – Parachute Fun 3:00pm- Bingo social 7:00pm – Evening Cards Game</p> <p style="text-align: right;">14</p>	<p>8:00am - coffee & conversation 9:30am -Outdoor Strolls 10:00am -Matinee Movie, Popcorn 1:30pm -Afternoon Strolls/ Walks 3:00pm – Resident's choice Activity 7:00pm – Evening Movie of choice</p> <p style="text-align: right;">15</p>	<p>8:00am – Coffee & conversation 10:15am – Group Exercises 1:30pm – Manicures 3:00pm Bingo 7:00pm Movie of Choice</p> <p style="text-align: right;">16</p>
<p>9:00am -Sunday Service TV 10:30 am Puzzles/Cards/Coloring 1:30pm – Afternoon Stroll 3:00pm – Ice Cream Social 7:00pm – Rest & Relaxation</p> <p style="text-align: right;">17</p>	<p>8:00am – Coffee & Conversation 9:30am -Exercise 10:00am – Matinee Movie Popcorn 10:00am- Painting and drawing workshop 2:30 pm – Puzzles, coloring, cards 3:00pm- Bingo social 7:00pm – Evening Cards Games</p> <p style="text-align: center;">Martin Luther King Day</p> <p style="text-align: right;">18</p>	<p>8:00am -Coffee & Conversation 10:15am- Group Exercises 1:30pm -Manicures/ Nailcare 3:00pm – Trivia Fun Facts 7:00pm -Evening Word Games</p> <p style="text-align: right;">19</p>	<p>8:00am coffee & conversation 9:30am Outdoor Stroll 10:30 am Creative Color 10:00Am Bible study H9 2:30pmAfternoonStroll 3:00pm Creative Crafts 7:00pm – Evening Movie of choice</p> <p style="text-align: right;">20</p>	<p>8:00am – Coffee & Conversation 9:30am -Exercise 10:00am – Shake rattle & roll 11:00am – spa time 2:30 pm – Parachute Fun 3:00pm- Bingo social 7:00pm – Evening Cards Game</p> <p style="text-align: right;">21</p>	<p>8:00am - coffee & conversation 9:30am -Outdoor Strolls 10:00am -Matinee Movie, Popcorn 1:30pm -Afternoon Strolls/ Walks 3:00pm – Resident's choice Activity 7:00pm – Evening Movie of choice</p> <p style="text-align: right;">22</p>	<p>8:00am – Coffee & conversation 10:15am – Group Exercises 1:30pm – Manicures 3:00pm Bingo 7:00pm Movie of Choice</p> <p style="text-align: right;">23</p>
<p>9:00am -Sunday Service TV 10:30 am Puzzles/Cards/Coloring 1:30pm – Afternoon Stroll 3:00pm – Ice Cream Social 7:00pm – Rest & Relaxation Activity Professionals Week</p> <p style="text-align: right;">24</p>	<p>8:00am – Coffee & Conversation 9:30am -Exercise 10:00am – Matinee Movie Popcorn 10:00am- Painting and drawing workshop 2:30 pm – Puzzles, coloring, cards 3:00pm- Bingo social 7:00pm – Evening Cards Games</p> <p style="text-align: right;">25</p>	<p>8:00am -Coffee & Conversation 10:15am- Group Exercises 1:30pm -Manicures/ Nailcare 3:00pm – Trivia Fun Facts 7:00pm -Evening Word Games</p> <p style="text-align: center;">Australia Day (observed)</p> <p style="text-align: right;">26</p>	<p>8:00am coffee & conversation 9:30am Outdoor Stroll 10:30 am Creative Color 10:00Am Bible study H9 2:30pmAfternoonStroll 3:00pm Creative Crafts 7:00pm – Evening Movie of choice</p> <p style="text-align: right;">27</p>	<p>8:00am – Coffee & Conversation 9:30am -Exercise 10:00am – Shake rattle & roll 2:30 pm – Parachute Fun 3:00pm- Bingo social 7:00pm – Evening Cards Game</p> <p style="text-align: right;">28</p>	<p>8:00am - coffee & conversation 9:30am -Outdoor Strolls 10:00am -Matinee Movie, Popcorn 1:30pm -Afternoon Strolls/ Walks 3:00pm – Resident's choice Activity 7:00pm – Evening Movie of choice</p> <p style="text-align: right;">29</p>	<p>8:00am – Coffee & conversation 10:15am – Group Exercises 1:30pm – Manicures 3:00pm Bingo 7:00pm Movie of Choice</p> <p style="text-align: right;">30</p>
<p>9:00am -Sunday Service TV 10:30 am Puzzles/Cards/Coloring 1:30pm – Afternoon Stroll 3:00pm – Ice Cream Social 7:00pm – Rest & Relaxation</p> <p style="text-align: right;">31</p>	<p>4211 N. Pebble Creek Parkway Goodyear, AZ 85395 602-633-2300 www.parkseniorvillas.com</p> <p>Activities are subject to change</p>					