

Sundial Living

Guided by goodness, loyalty, faith, and fun

October 2017



Resident Corner

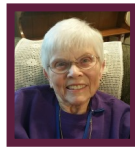
Meet Margaret A.



This beautiful lady has been a resident here for 10 years! You'll often times see her sitting in the living room doing Sudoku puzzles.

Margaret was born April 26, 1920 in Oklahoma. She moved to Oroville at the age of five. Her parents owned an olive processing plant during the Depression. In spite of the Depression, Margaret and her brother went to college at Cal Berkley. Once she graduated, she moved to McCloud, CA, and began teaching. This is where she met her husband, Layton. They had one child, a boy named Lee who Margaret describes as being very tall. She believes he is 6'6" or so. Margaret also has two grandchildren and one great grandchild.

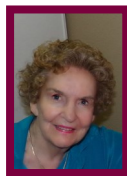
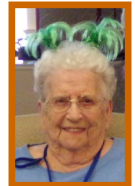
Please take a minute and visit with Margaret, she loves the company. We guarantee you'll be pleased to find out some interesting things that this 97 year old has experienced in her lifetime.



I love fall because the weather is cooler and the colors are bright. ~ Wanda P

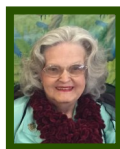


I love fall because the colors are very beautiful and the weather is nice. ~ Peggy



I love fall because it isn't winter! I really love summer most because it's full of sunshine and brightness. I do love the fall leaves, however. ~ Faye

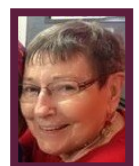
I love fall because of the trees and the colored leaves. I also like that the weather is cool. ~ Clarence S.



I love fall because the weather is much better and there are more activities! ~ Macky P.





I love fall because there are beautiful, colored flowers. ~ Virginia L.





October



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:15 Fitness 10:00 Bupkis 1:00 Church in the Living Room 2:30 Uno	2 9:15 Fitness 10:00 Yahtzee! 1:00 Tim's Dice 2:30 Uno	3 9:15 Fitness 10:00 Resident Council 1:00 Uno 2:00 Bingo in the Living Room	4 9:15 Fitness 10:00 Manicures 1:00 More Manicures 2:00 Heaven's Radio	5 8:45 Bible Study 9:15 Fitness 10:00 Skipbo 1:30 Play Practice 2:30 Hearts 4:00 Dinner Music*	6 9:15 Fitness 10:00 Hearts 11:00 Lunch Bunch 2:00 Friday Flick	7 9:15 Fitness 10:00 Skipbo 1:00 Bingo in the P.M. 3:00 Crafts
8 9:15 Fitness 10:00 Hearts 1:30 Music** with Ken 3:00 Smoothies** & A Story	9 9:15 Fitness 10:00 Bupkis 1:30 Play Practice 2:00 Crafts	10 9:30 Flu Shot Clinic 1:00 Tim's Dice 2:00 Hymns** with Dan	11 9:15 Fitness 10:00 Manicures 1:00 More Mani's 2:00 Hearts 3:15 Coloring & Smoothies	12 8:45 Bible Study 9:15 Fitness 10:00 Tim's Dice 1:30 Play Practice 2:00 Hearts 6:30 Wine & Paint Party	13 9:15 Fitness 10:30 River City Line Dancers 1:00 Bupkis 2:00 Friday Flick	14 9:15 Fitness 10:00 Hearts 1:00 Bingo in the Living Room 3:00 Baking with Tammy
15 9:15 Fitness 10:00 Skipbo 1:00 Church in the Living Room 2:00 Bingo in the Living Room	16 9:15 Fitness 10:00 Uno 1:00 Play practice 1:30 Tiny Stories** 2:30 Crafts	17 9:15 Fitness 10:00 Health Talk With Tamara 1:30 Music** with Homespun 3:00 Yahtzee!	18 9:15 Fitness 10:00 Manicures 1:00 Uno 2:00 Heaven's Radio 3:00 Bupkis 4:00 Dinner music**	19 8:45 Bible Study 9:15 Fitness 10:00 Bupkis 1:00 Skipbo 2:30 Crafts 4:00 Dinner Music**	20 9:15 Fitness 10:00 Skipbo 1:30 Fall Scenic Drive 	21 9:15 Fitness 10:00 Uno 1:30 Bingo in the Living Room 4:00 Dinner music* with Kane
22 9:15 Fitness 10:00 Yahtzee! 1:30 Music with Ken 3:00 Crafts	23 9:15 Chair yoga 10:00 Bupkis 1:30 Music** w/George 2:30 Uno	24 9:15 Fitness 10:00 Uno 1:30 Tim's Dice 3:00 Smoothies** And Bupkis	25 9:15 Fitness 10:00 Manicures 1:00 More Mani - cures 2:00 Music** with Ardel	26 8:45 Bible Study 9:15 Fitness 10:00 Bupkis 1:30 Play Practice & Presentation 2:30 Bupkis 4:00 Dinner Music**	27 9:15 Fitness 10:00 Hearts 1:00 Uno 2:00 Baking with Cara	28 9:15 Fitness 1:00 Bingo 3:00 Crafts
29 9:15 Fitness 10:00 Uno 1:00 Church in Living Room 2:30 Bupkis	30 9:15 Fitness 10:00 Crafts 1:00 Skipbo 2:30 Bingo Buck Cash in 3:00 Bupkis	31 9:15 Fitness 10:00 Halloween Bingo 1:30 Employee "Thank you" Giveaway 2:30 Halloween Flick "Hocus Pocus"				True North Programs** Compass Senior Living has adopted True North Programs to enrich the lives of our residents. These programs include: "Tiny Stories", "Music Makes Memories", "#Gen2000 Project", and "Brain Power Nutrition Boost." For more information, please visit ~ sundialalf.com



Look what we've been up to!



National Assisted Living Week was a week of fun, laughs, and many hugs!



Jammin' with Dan, one of our entertainers. He's helping make delicious berry jam!



True North Employee

Kathie D.



Kathie has worked for Sundial for 13 years. She is a med tech and a team lead for the night shift.

Her teammates nominated her because they appreciate that she is hard working, fair, and fun to be with.

Kathie enjoys being a mother and grandmother. She spends much of her free time helping with her grandchildren. She also enjoys attending her church.



Meet Your Leadership Team

Suzanna Trompczynski ~ Administrator

Lisa Silva ~ Wellness Coordinator

Cara Gilliland ~ Life Enrichment

Stacey McGarvin ~ Dining Services

Elizabeth Amlin ~ Community Relations

Kirk Kingsford ~ Operations Director

Amy McConathy ~ Business Services

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395 Hilltop Drive
Redding, CA 96003



Well, Color Me Pumpkin!

Thursday, October 12th 6:30-8pm
395 Hilltop Drive, Redding

You're invited to a Wine and Paint Party
at Sundial Assisted Living!

- **First 5 guests to sign up, paint for free.**

All others \$25.00 (discounted for this event).

Last day to register is October 5th.

Call us to reserve your spot now.

*Please R.S.V.P. to Elizabeth 530.241.2900
eamlin@sundialalf.com*

