

Sundial Living

Guided by goodness, loyalty, faith, and fun

November 2017



Resident's Corner

Meet

Mackey P.



This beautiful lady has been a resident with us for over a year now.



Mackey was born in Bartlesville, OK. She lived in mid-California before moving to this area. She raised her four children, two girls, and two boys, as a single mother. She worked as a secretary and enjoyed that work very much.

Here at Sundial, Mackey likes to participate in most of our activities and enjoys walking the grounds in good weather. Mackey is fun to visit with. Be sure and say hello when you see her!



Our wine and paint party was so much fun.
Residents have asked to do it again soon.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>  <p>True North Programs**</p> <p>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."</p> <p>For more information, please visit ~ dialaif.com</p> </div>						
5 915 Fitness 1000 Hearts 130 Music w/Ken 300 Sunday Flick	6 915 Fitness 1000 Uno 130 Hearts 300 Edelweiss	7 915 Fitness 1000 Resident Council 130 Homespun 245 Bupkis	8 915 Fitness 1000 Manicures 130 Baking w/Carma 300 Uno	9 845 Bible Study 915 Fitness 1000 Bupkis 130 Bingo! 400 Dinner Music** 600 Music Makes Memories "Alive Inside" presentation	10 915 Fitness 1000 Skipbo 100 Uno 230 Smoothies** & Movie Matinee	11 915 Fitness 1000 Bupkis 100 Bingo w/ Patti 200 Uno
12 915 Fitness 1000 Uno 100 Church Service 200 Hearts	13 915 Fitness 1000 Bupkis 100 Tiny Stories 130 Hearts 230 Crafts & Smoothies	14 915 Fitness 1000 Yahtzee! 100 Uno 230 Bingo!	15 915 Fitness 1000 Manicures 100 Manicures 200 Heaven's Radio 300 Play Practice	16 915 Fitness 1000 Hearts 100 Bupkis 230 Trivia & Treats	17 915 Fitness 1000 Uno 1100 Lunch Bunch 130 Skipbo 230 Friday Flick	18 915 Fitness 1000 Yahtzee! 100 Bingo w/Patti 230 Movie Matinee 400 Dinner music**
19 915 Fitness 1000 Bupkis 130 Music* w/ Ken 245 Skipbo	20 9 to 10 Fitness- Chair Yoga 1000 Hearts 100 Uno 230 Bingo	21 915 Fitness 1000 Health Talk 100 Bupkis 200 Hymns with Dan	22 915 Fitness 1000 Manicure 130 Bupkis 300 Smoothies**	23 915 Fitness 1000 Tom Boyd 100 Tim's Dice 230 Movie Matinee <i>Happy Thanksgiving</i>	24 915 Fitness 1000 Skipbo 100 Uno 230 Hearts	25 915 Fitness 1000 Bupkis 100 Bingo w/Patti 230 Tim's Dice
26 915 Fitness 1000 Hearts 100 Bupkis 200 Rapture Brass	27 915 Fitness 1000 Yahtzee! 100 Bupkis 230 Hearts 330 Smoothies**	28 915 Fitness 1000 Uno 100 Tim's Dice 200 Skipbo 330 Tiny Stories**	29 915 Fitness 1000 Manicures 100 Manicures 230 Hearts	30 915 Fitness 1000 Bupkis 100 Skipbo 230 Bingo! 400 Dinner Music**	<div>  <p>As we express our <i>gratitude</i>, we must never forget that the highest appreciation is not to utter words, but <i>to live</i> by them. ~ John F. Kennedy</p> </div>	

November Birthdays

Peggy H.	11-7
Pauline D.	11-12
Florence G.	11-15 "102"
Ruth T.	11-19
Neda H.	11-28



Residents dipped pumpkins for a craft last week. The results were amazing.

True North Employee Bekah T.



Bekah has been with us for six months. She is a hard worker, a team player, and she is very loving to our residents.

Bekah married this past August. In her spare time, Bekah enjoys reading books, watching movies, and spending time outdoors with her husband. She also derby skates and although she is not currently on a team, she looks forward to skating again. They have a fur baby, a dog named Luna.

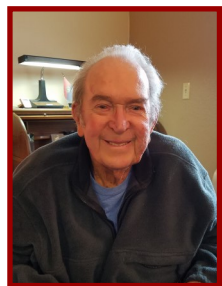
Introducing our newest residents!

Meet Caroline G.

She comes to us from Cottonwood, CA. where she retired as an elementary school teacher. Caroline wears a smile constantly. She enjoys music, art, and card games.



Meet Bill S.



He comes to us from Redding, CA. He was married to his wife Caroline for 71 years. Bill worked at a bank after high school, then was drafted and served in WWII. When Bill came back to the U.S., he went right back into banking and retired from that career. He had two daughters who gave them four grandchildren. He loves to fish.

Meet Your Leadership Team

Suzanna Trompczynski ~ Administrator
 Cara Gilliland ~ Life Enrichment
 Stacey McGarvin ~ Dining Services
 Elizabeth Amlin ~ Community Relations
 Kirk Kingsford ~ Maintenance
 Amy McConathy ~ Business Services
 Lisa Silva ~ Wellness Coordinator

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395 Hilltop Drive
Redding, CA 96003



Sundial Assisted Living presents a private screening of

“Alive Inside” Documentary

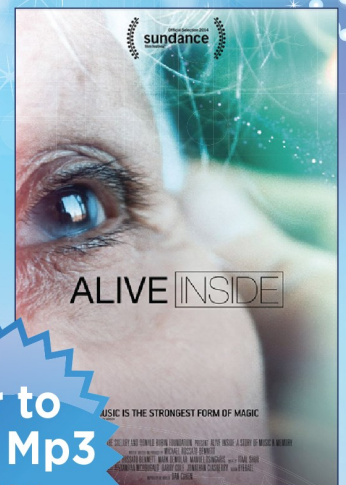
Thursday, November 9th 6-8:30pm
395 Hilltop Drive, Redding

“Music imprints itself on the brain deeper than any other human experience. Music evokes emotion and emotion can bring with it memory... music brings back the feeling of life when nothing else can.” - Dr. Oliver Sacks



We will present our own Music Makes Memories program and how you can help your loved one feel “Alive Inside.”

Dessert and beverages served.



Enter to
win an Mp3
player



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

sundialalf.com

