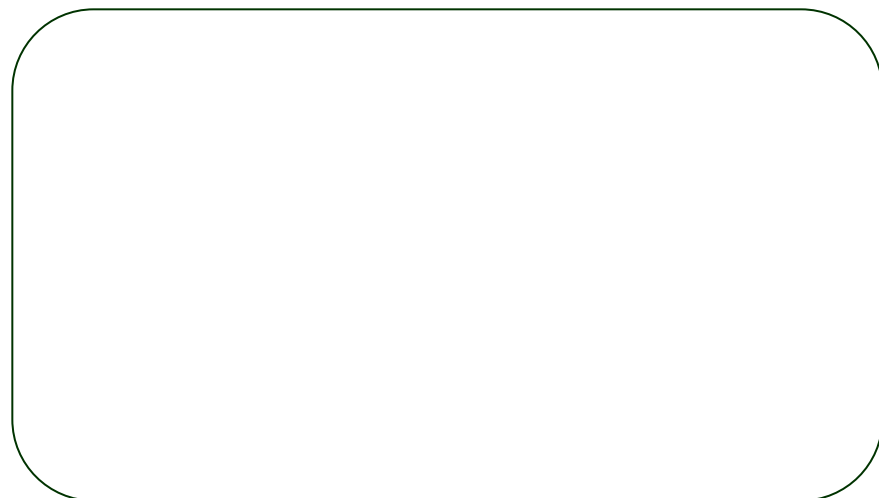




10330 4th Ave. West
Everett, WA 98204

PLACE STAMP
HERE



Administrative Staff:

Laura Novak

Executive Director

Sue Frisbee

Community Relations Director

Tammy Voyles

Resident Care Coordinator

Carole Gallimore

Registered Nurse

Sherri Bryant

Dietary Director

Jeffrey Pittman

Maintenance Director

Christina Campbell

Activities Director

Contact us at:

425-513-5645



**Our mission is to create and sustain
comfortable, caring environments for
those who depend on us.**

South Pointe Newsletter

South Pointe Independent & Assisted Living Newsletter — December 2017



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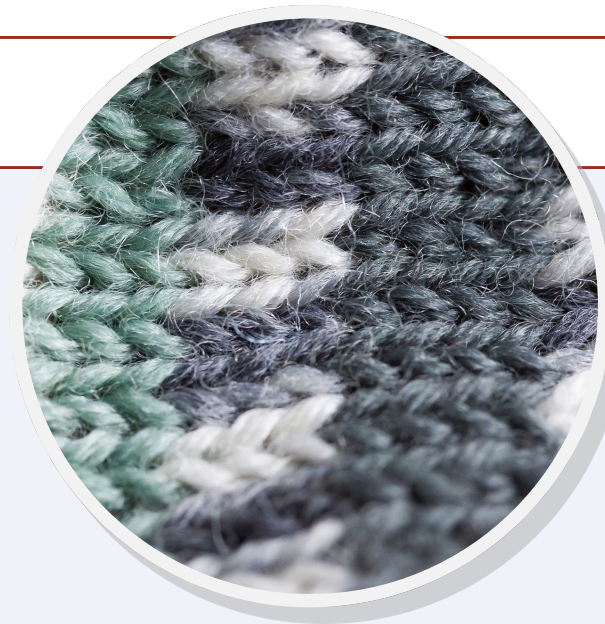
2017 Mayoral Election has been decided and Cassie Franklin is our new Mayor of Everett . From her friends here at South Pointe we send our congratulations.



HAPPY 100 TH BIRTHDAY JEAN



Jean D. Celebrated her 100th Birthday this month .



Wintertime Mood Boosters!

Here are some tips to help brighten those long winter days:

- Bundle up and head outside for sunshine or sit by the window with a book and let the sun stream through if it's sunny
- Grab a friend for a game of cards or a talk
- Try to eat balanced meals all day
- Get exercise, even if it's a short walk
- Spend time with a furry companion.
- Enjoy some music or some dancing
- Have a cup of tea or cocoa to warm you and bring joy
- Take part in a cooking project
- Join in on karaoke with a group
- Play a board game with friends
- Brighten someone else's day by engaging with them and seeing how they are doing
- Build a model airplane
- Lead a Bible study group
- Knit, crochet, or cross stitch a gift
- Make a scrapbook or journal
- Have a puzzle competition with others
- Try to learn a new skill, like a language
- Watch a movie and have a snack
- Unclutter your space
- Go on an outing or shopping trip with a group when one is planned
- Make cards for family or friends
- Paint a picture of a scene outside
- List three good things from today
- Meditate or practice deep breathing
- Sign up for an activity for tomorrow
- Get a good night's sleep (you will be less sensitive to negative feelings)
- Practice smiling for an instant lift in mood

We asked residents and staff to share their favorite wintertime traditions.

**"My tradition is not to go out in the cold , cuz I don't like it!!"
- Bonnie S.**



December Highlights — You're Invited!

Dec.1– Patsy Smith Christmas Music
Dec.3- Seahawks/Eagles
Dec.6– Fred Meyer
Dec.8– Chirstmas with Dave and P.J
Dec.10–Christmas Carolers
Dec.10–Seahawks/Jaguars
Dec.13– Angles of the Wind Casino
Dec.13– Quality of life Hearing
Dec.14– Ted Pritchett Christmas Music
Dec.15– Doug Williams Happy Hour
Dec.17–Seahawks/Rams
Dec.21–Micheals Tender Foot
Dec.22–South Pointe's Season of Love and
Laughter with Christmas music from Caymen
Dec.23–Christmas songs and Cocoa
Dec.24-Seahawks/Cowboys
Dec.25– **MERRY CHRISTMAS SOUTH POINTE**
Dec.27– Lunch at The Wok Chinese
Dec.29– South Pointe Store



Memories!



Painting with Alix
always brings the ladies
out.

What are your favorite winter traditions?

"Sleigh Riding"
-Patsy L

"We always read The night before
Christmas and kiss and bless every-
one"
-Pat F.

"We would wait for the snow to melt
so we could ice skate"
-Frida A.

"With Thanksgiving and Christ-
mas all the family would be at our
house."
-John O.









We have to get
our work out in
Every morning
and we do so
with a smile



December 2017

South Pointe
10330 4TH Ave. W.
Everett Wa. 98204
425-513-5645

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	RESIDENTS PEGGY GEORGE 12/13	DECEMBER  BIRTHDAYS	STAFF CAROLE GALLIMORE 12/16		1 10:00 Fitness Fun 10:30 Balloon Toss 11:00 Stringing Potato's 2:00 Coloring Corner 3:00 Patsy Smith	2 10:00 Fitness Fun 10:30 Balloon Toss 2:00 Bingo 3:30 Hot Cocoa Bar
3 10:00 Bible Verse 10:30 Exercise Video 2:30 Church Services 5:30 Seahawks/Eagles	4 10:00 Bible Study 10:30 Exercise Video 2:00 Wellness Clinic 2:30 Monday's Puzzle 3:30 Resident Meeting 5:15 Christmas Drive	5 10:00 Fitness Fun 10:30 Flower Arranging 10:30 Balloon Toss 2:00 Bingo 3:00 Yahtzee	6 10:00 Fitness Fun 10:30 Balloon Toss 12:45 Fred Meyer 3:00 Church Services 4:00 Coloring Corner	7 10:00 Fitness Fun 10:30 Balloon Toss 1:00 Manicures 2:00 Bean Bag Toss 3:00 Yahtzee	8 10:00 Fitness Fun 10:30 Balloon Toss 11:00 Chat with Laura 1:30 Crafts w/ Rose 2:00 Coloring Corner 3:00 Dave and P.J.	9 10:00 Fitness Fun 10:30 Balloon Toss 2:00 Bingo 3:30 Ice Cream Social
10 10:00 Bible Verse 10:30 Exercise Video 10:30Seahawks/Jaguars 2:30 Church Services	11 10:00 Bible Study 10:30 Exercise Video 2:00 Wellness Clinic 2:30 Monday's Puzzle	12 10:00 Fitness Fun 10:30 Flower Arranging 10:30 Balloon Toss 2:00 Bingo 3:00 Yahtzee 5:15 Christmas Drive	13 10:00 Fitness Fun 10:30 Balloon Toss 11:00 A.O.T.W. Casino 3:00 Church Services 4:00 Coloring Corner	14 10:00 Fitness Fun 10:30 Balloon Toss 1:00 Manicures 2:00 Bean Bag Toss 3:00 Yahtzee	15 10:00 Fitness Fun 10:30 Balloon Toss 1:00 Coloring Corner 2:00 Holiday Crafts 3:00 Doug Williams	16 10:00 Fitness Fun 10:30 Balloon Toss 2:00 Bingo 3:30 Hot Cocoa Bar
17 10:00 Bible Study 10:30 Exercise Video 1:05 Seahawks/Rams 2:30 Church Services	18 10:00 Bible Study 10:30 Exercise Video 2:00 Wellness Clinic 2:30 Monday's Puzzle 5:30 Christmas Carols And hot cocoa	19 10:00 Fitness Fun 10:30 Flower Arranging 10:30 Balloon Toss 2:00 Bingo 3:00 Yahtzee	20 10:00 Fitness Fun 10:30 Balloon Toss 12:45 Dollar Store/ Value Village 3:00 Church Services 4:00 Coloring Corner	21 10:00 Fitness Fun 10:30 Balloon Toss 1:00 Manicures 2:00 Bean Bag Toss 3:00 Yahtzee	22 10:00 Fitness Fun 10:30 Balloon Toss 1:00 Coloring Time 1:30 Crafts w/ Rose 4:00 Season of Love and Laughter w/Caymen	23 10:00 Fitness Video 10:30 Balloon Toss 2:00 MOVIE: IT'S A WONDERFUL LIFE
24 10:00 Bible Study 10:30 Exercise Video 1:25 Seahawks/ Cowboys 2:30 Church Services	25 10:00 Bible Study 11:30 Christmas Dinner 	26 10:00 Fitness Fun 10:30 Flower Arranging 10:30 Balloon Toss 2:00 Bingo 3:00 Yahtzee	27 10:00 Fitness Fun 10:30 Balloon Toss 12:45 Tasters Wok 3:00 Church Services 4:00 Coloring Corner	28 10:00 Fitness Fun 10:30 Balloon Toss 1:00 Manicures 2:00 Bean Bag Toss 3:00 Yahtzee	29 10:00 Fitness Fun 10:30 Balloon Toss 1:00 Coloring Time 2:00 New Years Crafts 3:00 South Pointe Store	30 10:00 Fitness Fun 10:30 Balloon Toss 2:00 Bingo 3:30 Ice Cream Social
31 10:00 Bible Study 10:30 Exercise Video 1:25 Seahawks/ Cardinals 2:30 Church Services			The holidays are here. 