

Sundial Living

Guided by goodness, loyalty, faith, and fun

December 2017



Resident's Corner

Meet Bob W.

This handsome gentleman has been a resident



with us for almost two years now. Bob tells us he has lived a wonderful, satisfying life. He served in the military, which he enjoyed very much. Bob is a graduate of Chico University, where he majored in Public Administration and Police Science. Bob served and retired from the California Highway Patrol. He was in the motorcade for 7 years of that career and loved every minute of it.

He was married to his wife, Helen, for 47 years. He has 5 boys and a handful of grandchildren



and great grandchildren. Not too long ago, Bob belonged to an over 70's tennis team.



Top Gift Ideas for the Senior in Your Life

Talking Watches & Alarms are great for seniors with vision challenges.

Blankets & Throws are a gift option that will warm the soul along with the aging body.

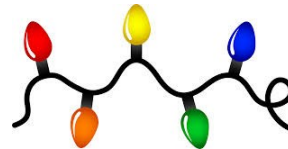
Fashionable Compression Socks come in all kinds of colors and designs that make them more fun to wear.

Gift Baskets add a personal touch to practical products.

Lap Desks are great and will fit most chairs and allows your loved one to write letters and read.

Coloring Books are coming back and are not just for children. Adults all over the world are getting into intricate coloring books made just for them.

Talking Photo Albums allow you to create memories for your senior through hundreds of images, you can also record your voice!



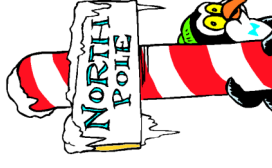
Retreat to Sundial

Do you or your loved one need a short-term assisted living for a day, a weekend or longer? Sundial offers senior respite care in Redding!

Everything we do, from our social activities to our amazing food, is designed to provide a warm and enriching experience. Our doors are open! Contact us today for availability. 530.241.2900/www.sundial.com



December



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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." For more information, please visit ~ sundiala1f.com</p>						
3 9:15 Fitness 10:00 Hearts 10:30 Catholic service 1:00 Church 2:00 Bupkis	4 9:15 Fitness 10:00 Skipbo 1:00 Yatzeel 2:30 Door decorating	5 9:15 Fitness 10:00 Hearts 1:30 Holiday music w/ Homespun 3:00 Uno	6 9:15 Fitness 10:00 Manicures 1:00 More manicures 2:00 Heaven's Radio	7 8:45 Bible Study 9:30 Christmas Crafts 1:00 Skipbo 6:30 Rapture Brass Event	8 9:15 Fitness 10:00 Hearts 1:00 Christmas Shopping 3:00 Christmas cocktail Hour with Jake	9 9:15 Fitness 10:00 Uno 1:00 Bingo 2:00 Christmas Movie In the living room
10 9:15 Fitness 10:00 Skipbo 10:30 Catholic Service 1:00 Music with Ken 2:00 Bupkis	11 9:15 Fitness 10:00 Hearts 1:30 Merry Music With George I.	12 9:15 Fitness 9:30 Christmas caroling With M.H.P. 1:00 Bingo! 3:00 Music with Kathy Kali	13 9:15 Fitness 10:00 Manicures 1:00 Ardel at the Joyful keyboards 3:00 Bupkis	14 9:15 Fitness 10:00 Christmas baking 1:00 Holiday Tea Party For Dan 2:00 Hymns with Dan	15 9:15 Fitness 10:00 Skipbo 1:00 A walk & a story by the fire 2:00 Christmas flick	16 9:15 Fitness 10:00 Christmas baking 1:00 Bingo 3:00 Music with the Caroling Cousins
17 9:15 Fitness 10:00 Hearts 10:30 Catholic Service 1:00 Church Service 2:00 Uno	18 9:15 Fitness 10:00 Chair Yoga 1:00 Diana's Merry Christmas tunes 2:30 Yatzeel!	19 9:15 Fitness 10:00 Health Talk 1:00 Jingle Bells Bingo 2:00 Holiday outreach	20 9:15 Fitness 10:00 Manicures 2:00 Heaven's Radio 6:00 Dessert Evening with the Madrigal Singers	21 9:15 Fitness 10:00 Judo Kids! 1:00 Uno 3:00 Music with Holly and the Glorias	22 9:15 Fitness 10:00 Skipbo 2:00 Resident Christmas Party with Steve's Smooth Sounds	23 9:15 Fitness 10:00 Tim's Dice 1:00 Bingo 2:00 Christmas Movie
24 9:15 Fitness 1:00 Music w/ Ken 6:00 Movie Living Room 31 9:15 Fitness 2:00 Uno 6:30-8:30 New Years Gala	25 MERRY CHRISTMAS 9:15 Fitness Christmas Feast	26 9:15 Fitness 10:00 Bupkis 1:00 Hearts 2:00 A walk & a story	27 9:15 Fitness 10:00 Movie and Manicures 1:30 More manicures 3:00 Smoothies	28 9:15 Fitness 8:45 Bible Study 10:00 Tom Boyd 1:00 Bingo in the Living Room	29 9:15 Fitness 10:00 Hearts 11:00 Lunch Bunch 2:00 Friday Flick	30 9:15 Fitness 10:00 Skipbo 1:00 Bingo! 3:00 Story by the fire

December Birthdays

Wanda P. 12/7
Caroline G. 12/15
Gill R. 12/22
Bill S. 12/27



We celebrated Florence's 102nd birthday here at Sundial on November 15th. She was a very gracious birthday girl and celebrated with her daughter and son by her side.



True North Employee Nancy N.



Nancy was chosen as our True North for many reasons. Her peers commented that she is happy all the time, works hard, and is great with the residents.

She has a 28-year-old son, whom she is very proud of. He served four years in the Army and is now in school majoring in business management.

When Nancy isn't at work, she loves to spend time crocheting and painting. She also likes to hike and swim with her four-year-old Yorkie at Whiskeytown Lake.

Introducing our newest residents!



Meet Nancy! Nancy enjoyed a beautiful marriage to her husband Ted for 60 plus years. She said he was a gem. Nancy did bring a companion to live with her here at Sundial, her dog Izzy, who is enjoyed by many of the residents. Nancy has a son named Scott, a beautiful daughter-in-law, and 4 grandchildren. She enjoys shopping and spending time with her loved ones.



Meet Ruth! Ruth was married for 62 years to a wonderful man named Vern. She and Vern had 3 children. She also has 2 grandchildren and 2 great grandchildren. For awhile, Ruth was a stay at home mom. When her children became independent, Ruth began to work at Hallmark stores. She kept that career for 19 years. Ruth enjoys watching TV, listening to books on tape, and visiting with family.

Meet Your Leadership Team

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

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395 Hilltop Drive
Redding, CA 96003
530.241.2900
www.sundialalf.com



Have Yourself a Merry Little Christmas!

Rapture Brass and Choir

Thursday, December 7th • 6:30-8pm
395 Hilltop Drive Redding

Refreshments provided
Festive attire, please



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

