

• ACTIVITY • LOYALTY • PROGRAM •

Come

Fly With Us

All ★
American
ASSISTED LIVING

*Reaching New Heights...
Learning is For Life!*

**Rustic Winter Pinecone Centerpieces
For Sunshine Soup Kitchen
Thursday, January 4th • 1:30 pm
Arts & Crafts Room**

Join us as we create and donate winter rustic centerpieces to our friends at the Sunshine Soup Kitchen. This has become an All American tradition.

**Forces In Motion Show
Wednesday, January 10th • 10:30 am
Rose Lane**

Come join as we get to create a hands on paper building airplane project! We will also learn about how the airplanes fly and travel back in time for a history lesson!

**Travel Destination: Chinese New Year
Thursday, January 11th • 10:30 am
Media Room/Bistro**

We welcome our Travel Guide Ron Falong as he takes us on a trip about the history and traditions of Chinese New Year! This is a show you will not want to miss!

**Here's To Your Health:
Arthritis- Types, Causes, & Care
Wednesday, January 17th • 2:30 pm
Media Room**

Come learn from our friend Kathy as she covers everything on Arthritis. We will learn tips and tricks to care for arthritis and ways to help prevent it. Please join us on this educational seminar series.

**Country Music Entertainment With Don Smith
Thursday, January 25th • 3:00 pm
Media Room/Bistro**

Grab your cowboy/cowgirl hats and boots! Lets get ready to listen to some country entertainment. We will hear everything from Willie Nelson to Johnny Cash!