



Resident Spotlight

Say Hello to Barbara A.
Our All American Assisted
Living of Raynham
Resident of the Month!



Barbara A.

Barbara is an engaging and welcoming woman! She is an avid card player, often participating in games of cribbage with her peers. She is a very kind and generous person, often

preferring to remain anonymous when she goes out of her way to assist someone.

Barbara is always looking out for her fellow residents and is quick to offer companionship and compassion.



Employee Spotlight

Join us in congratulating Bonnie Fulmine for being chosen as our Employee of the Month!

Bonnie, a member of our Front Desk Team, has been with us since the spring of 2018. In this short time, she has volunteered her time and creative talents in making special mementos for our residents, such as

the beautiful boutonnieres and corsages given to our Veterans.

Bonnie is the first to volunteer when we host special events. At the front desk, she always greets residents, family members and guests with a big smile.



Bonnie Fulmine

December | 2018

COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT RAYNHAM RESIDENTS

An Emphasis on Living!

All ★
American
ASSISTED LIVING

Favorite Holiday Tips

It's The Most Wonderful Time Of The Year...

The phrase adorns cards and is heard in stores. But how can we truly make this holiday season *the* most wonderful time? Try our favorite tips:

Set Reasonable Aspirations

How we anticipate an event can grow in our minds so much that when it finally arrives, we feel let down. If this tends to be you, relax and keep expectations real.

Determine a Spending Budget

It's perfectly okay not to overspend! Start with a budget, draft a list and stick to it.

Focus on Friends or Family

Remind those you love how much you care. Mail a handwritten letter or call someone you've not seen recently.

Stay Healthy

Enjoy things in moderation. Stick to your routine, and you won't have to face the fallout from holiday weight gain.

Think Of Yourself

It's okay to say no to invitations or requests for help. Don't feel guilty about taking shortcuts like having dinner delivered or Shipt or TaskRabbit do the shopping.

Give To Others

It can be as simple as offering your time, helping a neighbor or sharing a smile.

Sources:

<https://www.psychologytoday.com/us/blog/in-flux/2011/12/7-strategies-happy-holiday-season>
<https://getthehealthyu.com/4-steps-holiday-happiness/>
https://www.huffingtonpost.com/2014/12/16/make-holidays-less-stressful_n_6337440.html



Activity Highlight

On November 11, 2018 Cub Scout Pack 40 of Taunton joined us to honor the men and women of All American Raynham who proudly served their country. We at All American are grateful for our veterans' commitment, courage and sacrifice to our nation.



Refer a friend... get \$3,000!

Contact us for details.

1084 Broadway • Raynham, MA 02767 | 508.822.9400 | www.AllAmericanAtRaynham.com

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December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<div>  </div> 9:30 Fireside Chat 9:30 Mass 10:00 Bingo 11:00 Time for Trivia 1:30 Cooking Corner: Christmas Cookies 2:15 Bocce Ball 3:00 How Well Do You Know the Christmas Carols? 3:30 Happy Hour!
9:30 Coffee and December Gazette 9:30 Rosary 10:00 Mass 10:00 Word Games 10:30 Crafters Corner: Angels Around Us 1:30 Bingo 2:30 Celebrating Hanukkah 3:15 Stretch it Out 3:30 Happy Hour! 4:15 New England Patriots vs. Minnesota Vikings	9:30 Mass 9:30 On this Day Discussion 9:30 Strolling Club 9:45 Outing: Ocean State Job Lot 10:00 Strength & Balance 10:00 Word Games 10:30 Cooking Corner: Santa Hat Rice Krispies Treats 1:30 Walking Club 2:00 Live Entertainment with Tom Madden 3:30 Happy Hour! 5:15 Outing: La Salette Shrine	9:00 Walking Club 9:30 Mass 10:00 Frank Ryan 1:30 Who Wants to be a Millionaire 2:00 Sit & Fit 2:30 Bingo 3:30 Happy Hour! 6:45 The Fellowship Choir 	9:30 Current Events & Coffee & A Look Back 9:30 Mass 9:30 Strolling Club 10:00 Seated Strength Class 10:15 Book Club 10:30 Crafters Corner: Reindeer Ornaments 1:30 Cranium Crunchers 1:30 Mass with Fr. Tom 2:15 Cooking Corner: Holly Jolly Ranch Dip 2:45 Cardio Fit 2:45 Cards for Our Troops 3:30 Happy Hour! 5:15 Outing: La Salette Shrine	9:30 Mass 9:30 Strolling Club 10:00 Michelle's Fashions 10:00 Sit & Fit 1:30 Glee Club: Merry Melodies 2:00 Walking Club 2:30 Bible Study 2:30 Independent Card Games 3:30 Happy Hour! 6:15 Bingo 	9:30 Crosswords 9:30 Mass 9:30 Strolling Club 10:00 Strength & Balance 10:15 Remember When: 1940's 1:30 Crafters Corner: Cinnamon Ornaments 2:00 Stretch with James! 2:15 Uno Cards 3:00 Holiday Mad Libs 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Fireside Chat 9:30 Mass 10:00 Bingo 11:00 Time for Trivia 2:00 Santa Visits! 3:30 Happy Hour! 6:30 Movie-Christmas Caper
9:30 Rosary 9:30 Yahtzee 10:00 Mass 10:30 Cooking Corner: Christmas Crack 1:00 New England Patriots at Miami Dolphins 1:30 Bingo 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Mass 9:30 Strolling Club 9:30 Wacky Word Puzzles 10:00 Strength & Balance 10:30 Crafters Corner: Mini Christmas Trees 1:30 Walking Club 2:00 Christmas in Sweden: Yesterday and Today 2:30 Santas Elves Mailroom 3:15 Trivia: 90s 1950s 3:30 Happy Hour! 6:30 Movie- Little Women 	9:30 Catch Phrase 9:30 Mass 9:30 Strolling Club 10:00 Sit & Fit 10:15 Concentration: Holiday Edition 10:30 Veteran's Coffee Hour 11:00 How well do you know? 2:00 Walking Club 2:15 Sit & Fit 2:45 Glee Club: Merry Melodies 3:30 Happy Hour! 6:00 Crafting with the Cub Scouts 	9:30 Back in the day & Coffee 9:30 Mass 9:30 Strolling Club 10:00 Seated Strength Class 10:15 Book Club 11:15 Lunch Outing: Great American Pub 1:30 Bingo! 2:30 Crafters Corner: An Ornament or two 2:45 Cardio Fit 3:30 Happy Hour! 5:30 Family Holiday Party	9:30 Mass 9:30 Strolling Club 10:00 Live Entertainment: Kalifornia Karl 10:00 Sit & Fit 1:30 Crosswords 2:00 Walking Club 2:30 Bible Study 2:30 Independent Card Games 3:30 Happy Hour! 6:15 Bingo 	9:30 Mass 9:30 Random Trivia 9:30 Strolling Club 10:00 Strength & Balance 10:15 Crafters Corner: It's Rudolph 10:45 Drama Club 1:30 Crafters Corner: Peppermint Sugar Body Scrubs 2:00 Christmas Scatologies 2:00 Stretch with James! 2:30 Health Talk with James 3:00 Totally Trivia 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Fireside Chat 9:30 Mass 10:00 Bingo 11:00 Time for Trivia 1:30 Cooking Corner: Christmas Tree Pull Apart Bread 2:15 Tee Time Golf 2:45 Christmas Word Scramble 3:30 Happy Hour! 6:30 Movie- The Queen
9:30 Coffee & Pizzas 9:30 Rosary 10:00 Mass & Communion 10:15 Cooking Corner: Red Pepper and Parsley Crescent Bites 11:00 The Twelve Days of Christmas 1:30 Bingo 2:30 Bocce 3:15 It's All About Santa 3:30 Happy Hour! 4:15 New England Patriots at Pittsburgh Steelers	9:30 Mass 9:30 On this Day Discussion 9:30 Strolling Club 9:45 Outing: Target 10:00 Strength & Balance 10:15 Crafters Corner: Holiday Wreaths 11:00 Totally Trivia 1:30 Walking Club 2:00 Live Entertainment with Dave Valerio 3:30 Happy Hour! 6:30 Movie- Wonder 	9:30 Coffee & Catch Phrase 9:30 Mass 9:30 Strolling Club 10:00 Sit & Fit 10:30 Jeopardy 1:30 Penny Ante 2:00 Walking Club 2:15 Sit & Fit 2:30 Bottoms Up with a Twist 3:30 Happy Hour! 6:30 Movie- Santa Clause 2	9:30 Current Events & Coffee & A Look Back 9:30 Mass 9:30 Strolling Club 10:00 Seated Strength Class 10:15 Book Club 10:30 Family Feud: Holiday Edition 1:30 Bingo! 2:30 Resident Birthday Celebration! 2:45 Cardio Fit 3:30 Happy Hour! 6:30 Movie- "Resident's Choice" 	9:30 Mass 9:30 Strolling Club 10:00 Resident Council 10:00 Sit & Fit 1:30 Christmas Trivia Challenge 2:00 Walking Club 2:30 Bible Study 2:30 Independent Card Games 3:30 Happy Hour! 6:15 Bingo	9:30 Mass 9:30 Random Trivia 9:30 Strolling Club 10:00 Strength & Balance 10:15 Word in a Word 1:30 Crazy Christmas Carol Names 2:00 Christmas Traditions Around the World 2:00 Stretch with James! 2:30 Jeopardy 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Fireside Chat 9:30 Mass 10:00 Bingo 11:00 Time for Trivia 1:30 Cooking Corner: Eggnog Cake 2:00 Winthrop Street Baptist Church 3:00 Picture this Christmas Carol 3:30 Happy Hour! 6:30 Movie- Miracle on 34th Street (1994)
9:30 Pretty Hands & Nails 9:30 Rosary 10:00 Mass 10:30 Crafting Club: Wrap It Up 1:00 New England Patriots vs. Buffalo Bills 1:30 Bingo 2:30 Glee Club: Merry Melodies 3:30 Happy Hour! 6:30 Movie- "Resident's Choice" 	9:30 Mass 9:30 On this Day Discussion 9:30 Strolling Club 10:15 Christmas Chapel Service 1:30 Share the Spirit: Caroling throughout the house 2:00 Strength and Balance 2:30 Hot Chocolate Bar & Christmas Cookies 3:00 Holiday Trivia 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Mass 10:00 Uno Cards 10:45 Cooking Corner: Mini Pumpkin Pies 1:30 Happy Holidays Bingo 2:30 Stretch Out to Christmas Carols 3:30 Happy Hour! 6:00 The Hallmark Channel Christmas Movie 	9:30 Mass 10:00 Live Entertainment with Chris Waters 1:30 Bingo! 2:30 Ladder Ball Game 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Finish the Phrase 9:30 Mass 9:30 Strolling Club 10:00 Sit & Fit 10:15 Cooking Club: Red Velvet Cupcakes 11:00 Blood Pressure Clinic 1:30 You Be The Judge 2:00 Walking Club 2:30 Bible Study 2:30 Independent Card Games 3:30 Happy Hour! 6:15 Bingo	9:30 Mass 9:30 Random Trivia, Coffee and a Look Back 9:30 Strolling Club 10:00 Strength & Balance 10:15 Crafters Corner: A Story Night Picture 1:30 Raynham Public Library Visits 2:00 Stretch with James! 2:30 Health Talk with James 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	<div>  </div> 9:30 Fireside Chat 9:30 Mass 10:00 Bingo 11:00 Time for Trivia 1:30 Cooking Corner: Cranberry Cheese Balls 2:15 Snowball Toss 3:30 Happy Hour! 6:30 Movie- Music and Lyrics
9:30 Pretty Hands & Nails 9:30 Rosary 10:00 Mass 10:15 Who Wants to be a Millionaire 1:00 New England Patriots vs. New York Jets 1:30 Bingo 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Mass 9:30 On this Day Discussion 9:30 Strolling Club 10:00 New Year's Traditions Around the World 10:00 Strength & Balance 10:30 Concentration: Holiday Edition 1:30 Musical Memories Trivia 2:00 New Year's Eve Celebration 3:30 Card Games 6:30 Movie- Ocean Eleven (George Clooney)	<div>  </div>	<div>  </div>	<div>  </div>	<div>  </div>	<div>  </div>