



## Manager's Names

### Staff Directory

Pam Schrieber - Executive Director  
 Michelle Desloges - Director of Nursing  
 Carrie Dubiel - Business Office Manager  
 Tanya Rogozinski - Sales and Marketing  
 Kiana Alba - Marketing Assistant  
 Carmela Silodor - Dir. of Activity Programming  
 La-Shaun Brown - Rose Lane Coordinator  
 Ra'Netta Fields - Dietary Director  
 Steve Buchhalter - Dir. of Environmental Services



## Birthdays

Happy Birthday!

January 3 Edward M.



January | 2019

# COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT HILLSBOROUGH RESIDENTS

*An Emphasis on Living!*

*All* ★  
*American*  
 ASSISTED LIVING

## Making Every Resolution Count

It's 2019, time to make every resolution count.

We've selected our seven favorites for seniors – or anyone wanting to see an improvement in their life.

1. Walk 10 minutes every day. This is a realistic goal and one that can enhance your overall wellbeing.
2. Learn something new. There's nothing better than accomplishing a new feat, skill or hobby. Self-improvement is uplifting and increases confidence levels.
3. Read a book each month. It may sound cliché, but reading does open doors to the world.
4. Make time for brain games. They can enhance cognitive skills and inhibit certain types of memory loss and dementia.
5. Eat right. Try cutting back on empty calories or adding at least one "super food" (those abundant in vitamins) to your diet every day.
6. Sleep tight. Get the recommended eight hours of sleep every night.
7. Try a new technology. One idea is to learn more about the functions on your smartphone.

### Sources:

<https://www.health.harvard.edu/blog/walking-exercise-helps-seniors-stay-mobileindependent-201405287173>

<http://www.healthinaging.org/resources/resource:top-10-healthy-new-year-sresolutions-for-older-adults/>

<https://www.seniorlifestyle.com/how-to-keep-your-new-years-resolutions/>

<https://www.nytimes.com/guides/smarterliving/resolution-ideas>



## Activity Highlight

It's 2019 and All American is ready for the new year! In Activities, we're kicking the year off with new programs and programs we have already begun and enjoy! We'll stretch our muscles and our minds! Take in new ideas and remember those days gone by! Join us on our next adventure! See you around the Community!



**Refer a friend... get \$1,500!**

*Contact us for details.*

351 Highway 206 • Hillsborough, NJ 08844 | 908-829-3157 | [www.AllAmericanAtHillsborough.com](http://www.AllAmericanAtHillsborough.com)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January 2019</b>		<b>1</b> 10:00 New Years Day Pretzel Pastry Baking 10:45 Pastry & Coffee Chat <b>1:00 Celebrate 2019 with Performer Jeffrey!</b> 6:00 Rest & Relax New Year's Day	<b>2</b> 9:45 Current Events Chat – & 2019 Predictions! 10:00 MindGames 10:30 Dynamic Balance 1:00 What's New What's Next 1:45 Earth & Beyond 2:15 Scrapbooking 3:45 Rummikub! 6:00Resident Choice Cinema	<b>3</b> 9:45 Nat'l Trivia Day Chat 10:00 Balloon Volleyball 10:30 Sit and Be Fit 1:00 Crafting with Kiyoko 2:45 How To.... 3:00 Tai Chih with Dan 6:00 Bingo with Brianna	<b>4</b> 9:45 Schedules & Lists <b>9:45 WalMart Trip</b> 10:00 Healthy Bites w/ Sara 1:00 Cinema/Manicures 2:30 Walkin' & Wheelin' 3:00 Happy Hour 6:00 Resident Choice Cinema	<b>5</b> 9:30 Balloon Volleyball <b>9:45 Errands with John</b> 1:00 Afternoon Bingo 1:00 Matinee Cinema 3:00 Cookies & Milk Social 6:00 Rest & Relax
<b>6</b> <b>9:30 Church Service Trip</b> 10:00 Livestream Church Services 11:00 Spiritual Share w/ John 1:00 Dime Bingo /NFL 2:30 Halftime Popcorn 6:00 Rest & Relax	<b>7</b> 9:45 Let's Catch Up Chat! 10:00 Dan's Power Hour 1:30 Rosary with Ann 1:30 Afternoon Bingo 3:00 Walkin' & Wheelin' 3:45 LRC 6:00 Bingo with Isabel	<b>8</b> 9:45 Current Events Chat 10:00 MindGames 10:30 Sit & Be Fit 1:00 Crafting with Kiyoko 2:30 CardGame Fun 3:00 Tai Chih with Dan 3:45 Yarn & Stitches 6:00 Gaming with Marjorie	<b>1:30 9</b> 9:45 Trivia Chat 10:00 Balloon Volleyball 10:30 Dynamic Balance <b>11:30 Lunch OUT</b> 1:30 Adventures in Art Workshop with Debra 3:00 CardGame Fun 6:00Resident Choice Cinema	<b>10</b> 9:45 Horoscope Chat 10:00 MindGames 10:30 Sit and Be Fit 1:30 Facebook Fun & Orange Cream Floats 3:00 Tai Chih with Dan 3:45 Pizza Order Chat 6:00 Bingo with Brianna	<b>11</b> 9:45 Pizza Order Chat <b>9:45 Dollar Tree Trip</b> 10:00 MindGames 12:00 Pizza Take Out 1:00 Cinema/Bingo 2:30 Walkin' & Wheelin' 3:00 Happy Hour 6:00 Resident Choice Cinema	<b>12</b> 9:30 Mocha Coffee Chat 10:00 Morning Bingo 1:00 Matinee Cinema 1:00 Yarn & Stitches 2:30 Adding Color 3:00 Cookies & Milk 6:00 Rest & Relax
<b>13</b> 9:45 Sunday Coffee & Funnies 10:00 Livestream Church Services 10:00 Balloon Volleyball 1:00 Dime Bingo / NFL 2:30 Halftime Popcorn 6:00 Rest & Relax	<b>14</b> 9:45 Let's Catch Up Chat! 10:00 Dan's Power Hour 1:30 Rosary with Ann 1:30 Bingo / Exotic Travel 3:00 Walkin' & Wheelin' 3:30 Rummikub! 6:00 Bingo with Isabel	<b>15</b> 9:45 Current Events Chat 10:00 MindGames 10:30 Sit & Be Fit 1:00 Classic Cinema 1:30 AC Poker with Dealer 3:00 Tai Chih with Dan 3:45 Yarn & Stitches 6:00 Gaming with Marjorie	<b>16</b> 9:45 Trivia Chat 10:00 Balloon Volleyball 10:30 Dynamic Balance 11:00 Catholic Mass with Fr. John 1:00 Exotic Travel <b>1:30 Local Bakery Trip</b> 3:00 LRC 6:00Resident Choice Cinema	<b>17</b> 9:45 Horoscope Chat 10:00 MindGames 10:30 Sit and Be Fit <b>1:30 Birthday Bash w/Jerry!</b> 3:00 Tai Chih with Dan 3:45 Scrapbooking Fun! 6:00 Bingo with Brianna	<b>18</b> 9:45 Schedules & Lists <b>9:45 WalMart Trip</b> 10:00 Healthy Bites w/ Sara 1:00 Cinema/Manicures 2:30 Walkin' & Wheelin' 3:00 Happy Hour 6:00 Resident Choice Cinema	<b>19</b> 9:30 Nat'l Popcorn Day Chat <b>9:45 Errands with John</b> 1:00 Afternoon Bingo 1:00 Matinee Cinema 3:00 Nat'l Popcorn Day Social 6:00 Rest & Relax
<b>20</b> <b>9:30 Church Service Trip</b> 10:00 Livestream Church Services 11:00 Spiritual Share w/ John 1:00 Dime Bingo /NFL 2:30 Cookies & Milk Social 6:00 Rest & Relax	<b>21</b> 9:45 Let's Catch Up Chat! 10:00 Dan's Power Hour 1:30 Rosary with Ann 1:30 Bingo / MLK Remembered 3:00 Walkin' & Wheelin' 3:45 LRC 6:00 Bingo with Isabel Martin Luther King Day Tu B'Shevat	<b>22</b> 9:45 Current Events Chat 10:00 MindGames 10:30 Sit & Be Fit 1:00 Dime Bingo 1:30 Classic Cinema 3:00 Tai Chih with Dan 3:45 Yarn & Stitches 6:00 Gaming with Marjorie	<b>23</b> 9:45 Trivia Chat 10:00 Balloon Volleyball 10:30 Dynamic Balance <b>11:00 Bingo Trip w/ Lunch to St. Mary's</b> 1:00 Media Program 3:00 Dear Abby Chat 6:00Resident Choice Cinema	<b>24</b> 9:45 Horoscope Chat 10:00 MindGames 10:30 Sit and Be Fit 1:00 Nat'l Brownie Day Baking / YouTube Sillies 3:00 Tai Chih with Dan 3:30 Drumming with David 6:00 Bingo with Brianna	<b>25</b> 9:30 Shopping with Vendor "As Seen on TV" 9:45 Schedules & Lists <b>9:45 Walgreens Trip</b> 10:00 MindGames 1:00 Cinema/Bingo 2:30 Walkin' & Wheelin' 3:00 Happy Hour	<b>26</b> 9:30 Hot Cocoa Chat 10:00 Morning Bingo 1:00 Matinee Cinema 1:00 Yarn & Stitches 2:30 Adding Color 3:00 Cookies & Milk 6:00 Rest & Relax
<b>27</b> 9:45 Sunday Coffee & Funnies 10:00 Livestream Church Services 10:00 Balloon Volleyball 1:00 Dime Bingo / NFL 2:30 Halftime Popcorn 6:00 Rest & Relax	<b>28</b> 9:45 Let's Catch Up Chat! 10:00 Dan's Power Hour 1:30 Rosary with Ann 1:30 Bingo / YouTube Sillies 3:00 Walkin' & Wheelin' 3:45 CardGame Fun 6:00 Bingo with Isabel Australia Day (observed)	<b>29</b> 9:45 Current Events Chat 10:00 MindGames 10:30 Sit & Be Fit 1:00 Classic Cinema 1:00 Dime Bingo 3:00 Tai Chih with Dan 3:45 Yarn & Stitches 6:15 Sing A Long with Christine & her Ukelelee	<b>30</b> 9:45 Trivia Chat 10:00 Balloon Volleyball 10:30 Dynamic Balance <b>1:00 Cinema OUT</b> 1:30 Facebook Fun w/ Root Beer Floats 2:15 Scrapbooking 3:45 Rummikub! 6:00Resident Choice Cinema	<b>31</b> 9:45 Horoscope Chat 10:00 Nat'l Puzzle Day Mind Games 10:30 Sit and Be Fit 1:00 Floral Arranging 3:00 Tai Chih with Dan 3:45 CardGame Fun 6:00 Bingo with Brianna		