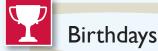


Manager's Names

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



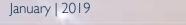
Happy Birthday! January 3 Edward M.



351 Highway 206 Hillsborough, NJ 08844



www.AllAmericanAtHillsborough.com 908-829-3157



COMMUNITY CONNECTION

A NEWSLETTER FORTHE ALL AMERICAN AT HILLSBOROUGH RESIDENTS

An Emphasis on 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.

- I. 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.

https://www.health.harvard.edu/blog/walking-exercise-helpsseniors-stay-mobileindependent-201405287173

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

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/

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





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!





351 Highway 206 • Hillsborough, NJ 08844 | 908-829-3157 | www.AllAmericanAtHillsborough.com

3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TO STATE OF THE PARTY OF THE PA
	Januar	y 2019	10:00 New Years Day Pretzel Pastry Baking 10:45 Pastry & Coffee Chat 1:00 Celebrate 2019 with Performer Jeffrey! 6:00 Rest & Relax New Year's Day	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	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	9:45 WalMart Trip 10:00 Healthy Bites w/ Sara 1:00 Cinema/Manicures 2:30 Walkin' & Wheelin' 3:00 Happy Hour 6:00 Resident Choice Cinema	9:30 Balloon Volleyball 9:45 Errands with John 1:00 Afternoon Bingo 1:00 Matinee Cinema 3:00 Cookies & Milk Social 6:00 Rest & Relax	38.
	10:00 Livestream Church Services 11:00 Spiritual Share w/ John 1:00 Dime Bingo /NFL 2:30 Halftime Popcorn	10:00 Dan's Power Hour 1:30 Rosary with Ann 1:30 Afternoon Bingo 3:00 Walkin' & Wheelin' 3:45 LRC	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	11:30 Lunch OUT 1:30 Adventures in Art Workshop with Debra 3:00 CardGame Fun 6:00Resident Choice Cinema	10:00 MindGames 10:30 Sit and Be Fit 1:30 Facebook Fun & Orange Cream Floats 3:00 Tai Chih with Dan	9:45 Dollar Tree Trip 10:00 MindGames 12:00 Pizza Take Out 1:00 Cinema/Bingo 2:30 Walkin' & Wheelin'	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	
	Funnies 10:00 Livestream Church Services 10:00 Balloon Volleyball 1:00 Dime Bingo / NFL	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	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	10:30 Dynamic Balance 11:00 Catholic Mass with Fr. John 1:00 Exotic Travel 1:30 Local Bakery Trip	9:45 Horoscope Chat 10:00 MindGames 10:30 Sit and Be Fit 1:30 Birthday Bash w/Jerry! 3:00 Tai Chih with Dan 3:45 Scrapbooking Fun! 6:00 Bingo with Brianna	9:45 Schedules & Lists 9:45 WalMart Trip 10:00 Healthy Bites w/ Sara 1:00 Cinema/Manicures 2:30 Walkin' & Wheelin' 3:00 Happy Hour	9:30 Nat'l Popcorn Day Chat 9:45 Errands with John 1:00 Afternoon Bingo 1:00 Matinee Cinema 3:00 Nat'l Popcorn Day Social 6:00 Rest & Relax	
	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	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	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	10:00 Balloon Volleyball 10:30 Dynamic Balance 11:00 Bingo Trip w/ Lunch to St. Mary's 1:00 Media Program 3:00 Dear Abby 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	1:00 Cinema/Bingo	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	
	Funnies 10:00 Livestream Church Services 10:00 Balloon Volleyball 1:00 Dime Bingo / NFL	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	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	10:00 Balloon Volleyball 10:30 Dynamic Balance 1:00 Cinema OUT 1:30 Facebook Fun w/ Root Beer Floats 2:15 Scrapbooking	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			C UND WAR ARROWS