



Resident Spotlight

Larry is a proud 20 year veteran of the United States Navy. He is very active in our veterans activities and cares deeply about the well being of fellow veterans. He is a devoted father and grandfather and lights up when his family comes to visit. Larry enjoys spending time outside on the grounds of our facility. He can also be found in



Larry M.

the front lobby area chatting with visitors and staff alike. Larry has a broad knowledge about a variety of topics and loves to engage people in discussions.



Employee Spotlight

Kristen is our “Energizer Bunny”. She is quick to assist when needed and always knows where she can help.

Kristen never stops. She has a true heart for our residents. Residents are quick to point out her gentle touch, loving heart and compassionate nature.

She will do anything for her residents!



Kristen Mederios

1084 Broadway
Raynham, MA 02767

January | 2019

COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT RAYNHAM 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-mobile-independent-201405287173>

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

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

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



Activity Highlight

The holidays are always a special time at All American at Raynham. Our residents helped to decorate the facility. They even helped to bake cookies for Photos with Santa. A few of our residents volunteered to act as Santa's elves and made sure that the letters to Santa were delivered to the right place!



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

Contact us for details.








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

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January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
9:30 Coffee and January Gazette 9:30 Rosary 9:30 Yahtzee 10:00 Cooking Corner: Crinkle Cookies 10:00 Mass 10:45 This Was Our Life 1:30 Bingo 2:30 Ladder Ball 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Mass 9:30 Random Trivia, Coffee and a Look Back 9:30 Strolling Club 10:00 Strength and Balance 10:15 Word Search 10:45 Toys By the Decade 1:30 Will the Real Robinson Crusoe Stand Up 2:00 Circuit Training 2:00 Glee Club 2:45 Pokemo 3:30 Happy Hour! 6:30 Movie- Fever Pitch	9:30 Mass 9:30 Remembering Elvis 9:30 Strolling Club 10:00 Sit & Fit 10:15 Catch Phrase 10:45 Concentration 1:30 Musical Memories Trivia 1:30 Walking Club 2:00 Live Entertainment: Duanne Sullivan 3:30 Happy Hour! 6:30 Movie- It Happened at the World's Fair	9:30 Current Events & Coffee 9:30 Mass 9:30 Strolling Club 10:00 Seated Strength Class 10:15 Pictionary 10:45 Who Wants to be a Millionaire 11:15 Lunch Outing: Applebees 1:30 Pretty Hands & Nails 2:00 Circuit Training 2:30 Bible Study 2:30 Card Games 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Blood Pressure Clinic 9:30 Mass 9:30 Strolling Club 10:00 Sit & Fit 10:15 Finish the Phrase 10:45 I Remember When: Silk Hose and Bobby Socks 1:30 Musical Memories Trivia 2:00 Live Entertainment with Steve King 3:30 Happy Hour! 6:15 Bingo	9:30 Mass 9:30 On this Day Discussion 9:30 Strolling Club 10:00 Strength & Balance 10:15 Word Games 10:45 Jewelry Making 1:30 Card Games 2:00 Stretch with James! 2:30 Health Talk with James - Cold Weather Safety 3:00 Trivia Bowl 3:30 Happy Hour! 6:30 Movie- Finding Nemo	9:30 Fireside Chat 9:30 Mass 10:00 Bingo 11:00 Time for Trivia 1:30 Crafters Corner: Salted Snowflakes 2:30 Bocce 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"
9:30 Mass 9:30 Rosary 9:30 Uno Cards 10:00 Mass 10:15 Cooking Corner: Bacon Cream Cheese Pinwheels 11:00 Trivia: The 1960's 1:30 Bingo 2:30 Keep it Going Volleyball 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Coffee and Trivia Time 9:30 Mass 9:30 Strolling Club 9:45 Outing: Dollar Tree Store 10:00 Strength and Balance 10:15 Wacky Word Puzzles 1:30 Left, Right, Center 2:00 Cardio Fit 2:15 Spelling Bee 2:45 Finish the Lyrics/Finish the Phrase 3:30 Happy Hour! 6:30 Movie- The Buddy Holly Story	9:30 Catch Phrase 9:30 Mass 9:30 Strolling Club 10:15 Old Time Radio 10:45 Brain Aerobics 1:30 The Great Molasses Flood 2:00 Walking Club 2:30 Bingo 3:30 Happy Hour! 6:30 Movie- Secondhand Lions	9:30 Mass 9:30 Random Trivia, Coffee and a Look Back 9:30 Strolling Club 10:00 Seated Strength Class 10:15 Famous Faces 10:45 Cooking Corner: Hot Fudge Chocolate Cake 1:30 Would You Rather 2:00 Circuit Training 2:00 Classic TV Show Trivia 2:30 Glee Club 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Mass 9:30 Strolling Club/Walking Club 10:00 Resident Council 1:30 Walking Club 1:30 Word Games 2:30 Bible Study 2:30 Independent Cards in the Bistrol 3:30 Happy Hour! 6:15 Bingo	9:30 Have You Ever? 9:30 Mass 9:30 Strolling Club 10:00 Strength & Balance 10:15 Drama Club 1:30 Stretch with James! 2:00 Karaoke with Rick Ferreira 3:30 Happy Hour! 6:30 Movie- Doo Wop Gold	9:30 Fireside Chat 9:30 Mass 10:00 Bingo 11:00 Time for Trivia 1:30 Crafters Corner: Snowflake Wheels 2:30 Tee Time Golf 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"
9:30 Rosary 9:30 Wacky Word Puzzles 10:00 Mass 10:15 Cooking Corner: Shortbread Cookies 10:45 This Month in History 1:30 Bingo 2:30 Snowball Toss 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Honoring Dr. Martin Luther King 9:30 Mass 9:30 Strolling Club 10:00 Strength and Balance 10:15 Crafters Corner: Fascinating Hair Wear 1:30 Tea Time Trivia 2:00 The Queen's Afternoon Tea Etiquette 2:00 Cardio Fit 2:45 High Tea 3:30 Happy Hour at the Red Lion Pub 6:30 Movie- In Their Own Words: Queen Elizabeth 2	9:30 Catch Phrase: The Queen's English 9:30 Mass 9:30 Strolling Club 10:15 Concentration: United Kingdom Edition 11:00 Guess the Royal 1:15 British Bingo 1:30 Walking Club 2:30 Protestant Chapel Service 3:30 Happy Hour at the Red Lion Pub 6:30 Movie- Mrs. Miniver	9:30 A Look at Ireland 9:30 Mass 9:30 Strolling Club 10:00 Seated Strength Class 10:30 Cooking Corner: Irish Oatmeal Cake 11:15 Lunch Outing: Stoneforge Tavern 1:30 A Wee Bit of Irish Trivia 2:00 Highland Games with Fox 3:30 Happy Hour at the Tin Whistle Pub 6:15 Movie- The Quiet Man	9:30 Fun Facts about Scotland 9:30 Mass 9:30 Strolling Club 10:15 Health Talk with Renee 1:30 Yes, These Are Actual Laws 2:00 Sit & Fit 2:30 Bible Study 2:30 Independent Cards in the Bistrol 3:30 Happy Hour at the Bangers and Mash Pub 6:15 Bingo	9:30 Mass 9:30 Strolling Club 9:30 Travels Thru Scotland with Lindsey 10:00 Strength & Balance 10:30 Cooking Corner: Scottish Sausage Rolls 1:30 Raynham Public Library Visits 1:30 Stretch with James! 2:30 Live Entertainment: Warren Phillips 3:30 Happy Hour at the Bangers and Mash Pub 6:30 Movie- Brigadoon	9:30 Fireside Chat 9:30 Mass 10:00 Bingo 11:00 Time for Trivia 1:30 Crafters Corner: Loch Lomond Snowman 2:30 Parachute Practice 3:30 Happy Hour at the Bangers and Mash Pub 6:30 Movie- "Resident's Choice"
9:30 Pretty Hands & Nails 9:30 Rosary 10:00 Mass 10:45 This Was the Year ...1976 1:30 Bingo 2:30 Tabletop Bowling 3:30 Happy Hour! 6:30 Movie- "Resident's Choice"	9:30 Current Events & Coffee & A Look Back 9:30 Mass 9:30 Strolling Club 9:45 Outing: Target 10:00 Strength and Balance 10:15 Have You Ever? 10:45 I Remember When: High School Memories 1:30 Movie Time Trivia 2:00 Cardio Fit 2:30 Resident Birthday Celebration! 3:30 Happy Hour! 6:30 Movie- Pink Panther	9:30 Mass 9:30 Strolling Club 10:15 Catch Phrase 10:30 Crosswords 1:30 Musical Memories Trivia 1:30 Walking Club 2:00 Live Entertainment with Chuck Dee 3:30 Happy Hour! 6:30 Movie- Carol Burnett Show	9:30 Mass 9:30 Strolling Club 9:30 Voter Registration 10:00 Seated Strength Class 10:15 Word Games 10:45 I Remember When: Favorite Singers from the 50's and 60's 1:30 Crafters' Corner: Mitten Wreaths 2:00 Men's Club 2:30 Pokemo 3:30 Happy Hour! 6:15 Movie- "Resident's Choice"	9:30 Mass 9:30 Strolling Club 10:00 Food Council 10:00 Sit & Fit 2:00 Walking Club 2:30 Bible Study 2:30 Independent Cards in the Bistrol 3:30 Happy Hour! 6:15 Bingo	Join us as we travel the highways and by ways of England, Ireland and Scotland, January 20th -26th. Have tea with the Queen, sample Irish Oatmeal Cake and visit the Highlands of Scotland.	