



## Resident Spotlight

Welcome to the Neighborhood!

Lola Pelligrino  
Helen Czaban  
Jean & Bernard Kitzinger  
Vera Giandrea  
Marie Damiano  
Thomas Crossley  
Matthias Christy  
Richard Ketchel



## Employee Spotlight

March Employee of the Month:

Congratulations to Danielle Rizzo!



May | 2019

# COMMUNITY CONNECTION

A NEWSLETTER FOR THE ALL AMERICAN AT WASHINGTON RESIDENTS

An Emphasis on Living!

*All American*  
ASSISTED LIVING

## Gardening Is Good For The Soul

Digging in the earth, planting veggies or flowers, weeding, and watering, all can feel like a balm to the soul. However, as one grows older, there are additional considerations to keep gardening a passion and easier on the body.

Ideas from [AgingCare.com](http://AgingCare.com) for senior-friendly gardening:

- Create raised beds to improve drainage and make harvesting easier. Lightweight plastic landscape timbers can be stacked to form raised beds at waist or wheelchair height if necessary.
- Make vertical gardens by growing vining plants upward using trellises, tomato cages, bamboo stakes, fences, walls or arbors as supports.
- Plant in resin or foam-walled containers and use lightweight "soil-less" mixtures to reduce the weight of each planter. Put individual pots on casters.
- Added safety tips: Use plenty of sunscreen; work during the coolest part of the day; stay hydrated; wear closed-toe shoes, a hat, and gardening gloves.
- Try products designed for seniors (kneeling benches, ergonomic tools, and rolling scooters).
- Have a friend or family help with the heavy stuff!

With the warmer weather finally here, it's time to get outside and plant that rose or tomato. You'll love seeing (and potentially eating) the rewards!

Source:  
<https://www.agingcare.com/articles/growing-connections-gardening-with-seniors-147111.htm>



## Activity Highlight

April was wonderful. We welcomed 10 new residents to our neighborhood. This month will be even better with the addition of outdoor activities. Our outdoor seating areas are already being put to great use and the Bocce court and putting green are now open for your enjoyment. Our Wednesday outings will include shopping trips, a trip to Sunset Farm and May 29th will be our most anticipated outing... Atlantic City!



339 Greentree Road  
Sewell, NJ 08080

*All American*  
ASSISTED LIVING

[www.AllAmericanAtWashington.com](http://www.AllAmericanAtWashington.com)  
856-553-6694



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

Contact us for details.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2019

## CALENDAR OF ACTIVITIES, EVENTS & ENGAGEMENT

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1		2		3		4	
						10:00 Fit for Life w/Lindsey 10:30 Shopping Trip 11:00 Confession & Mass 2:00 Bowling 3:00 Crafting Corner 4:00 Walkin' & Talkin' 6:30 Board Games		10:00 Power Hour w/Lindsey 11:00 Crosswords 12:00 Picnic Lunch 2:00 Bocce 3:00 You Pick It! 4:00 Opening Celebration		10:00 Fit for Life w/Lindsey 11:00 Crosswords 2:00 Tai Chi 3:00 Find That Word 4:00 UNO 6:30 Movie Night		10:00 Morning Movement 11:00 Crosswords 2:00 Jenga 3:00 Corn Hole 4:00 Yahtzee 7:05 Phillies	
5		6		7		8		9		10		11	
10:00 Morning Discussion 11:00 Crosswords 2:00 Sunday Sundaes 2:05 Phillies 3:00 Putting on the Green 4:00 Bingo 6:30 Series Night (Scandal) <small>Cinco de Mayo</small>		10:00 Fit for Life w/Lindsey 11:00 Crosswords 1:30 Movie Matinee 3:00 Karaoke 4:00 Walkin' & Talkin' 6:30 Photo Hunt <small>Ramadan</small>		10:00 Power Hour w/Lindsey 11:00 Crosswords 2:00 Tai Chi 3:00 Polish Parlor 4:00 You Gussed It! 6:30 Quarter Bingo		10:00 Fit for Life w/Lindsey 11:00 Crosswords 2:00 Bowling 3:00 Crafting Corner 4:00 Walkin' & Talkin' 6:30 Chuck Sikora Entertainment <small>May Day</small>		10:00 Power Hour w/Lindsey 11:00 Crosswords 2:00 Bocce 3:00 Yahtzee 4:00 Happy Hour 6:30 Quarter Bingo		10:00 Fit for Life w/Lindsey 11:00 Crosswords 2:00 Tai Chi 3:00 Find That Word 4:00 UNO 6:30 Movie Night		10:00 Morning Movement 11:00 Crosswords 2:00 Jenga 3:00 Corn Hole 4:00 Yahtzee 7:15 Phillies	
12		13		14		15		16		17		18	
10:00 Morning Discussion 11:00 Crosswords 12:00 Mother's Day Lunch 2:00 Sunday Sundaes 2:15 Phillies 3:00 Putting on the Green 4:00 Bingo 6:30 Series Night (Scandal) <small>Mother's Day</small>		10:00 Fit for Life w/Lindsey 11:00 Crosswords 1:30 Monday Matinee 3:00 Karaoke 4:00 Walkin' & Talkin' 6:30 Photo Hunt		<b>Omelet Station</b> 10:00 Power Hour w/Lindsey 11:00 Crosswords 2:00 Tai Chi 3:00 Polish Parlor 4:00 You Gussed It! 6:30 Quarter Bingo		10:00 Fit for Life w/Lindsey 10:30 Sunset Flower Farm 11:00 Crosswords 2:00 Bowling 3:00 Crafting Corner 4:00 Walkin' & Talkin' 6:30 Board Games		10:00 Power Hour w/Lindsey 11:00 Crosswords 2:00 Bocce 3:00 Yahtzee 4:00 Happy Hour 6:30 Quarter Bingo		10:00 Fit for Life w/Lindsey 11:00 Crosswords 2:00 Tai Chi 3:00 Find That Word 4:00 UNO 6:30 Movie Night		10:00 Morning Movement 11:00 Crosswords 2:00 Jenga 3:00 Corn Hole 4:00 Yahtzee 4:05 Phillies <small>Armed Forces Day</small>	
19		20		21		22		23		24		25	
10:00 Morning Discussion 11:00 Crosswords 1:05 Phillies 2:00 Sunday Sundaes 3:00 Putting on the Green 4:00 Bingo 6:30 Series Night (Scandal)		10:00 Fit for Life w/Lindsey 11:00 Crosswords 1:30 Monday Matinee 3:00 Karaoke 4:00 Walkin' & Talkin' 6:30 Photo Hunt <small>Victoria Day (Canada)</small>		10:00 Power Hour w/Lindsey 11:00 Crosswords 2:00 Tai Chi 3:00 Polish Parlor 4:00 You Gussed It! 6:30 Quarter Bingo		10:00 Fit for Life w/Lindsey 10:30 Shopping Trip 11:00 Crosswords 2:00 Bowling 3:00 Crafting Corner 4:00 Walkin' & Talkin' 6:30 Board Games		10:00 Power Hour w/Lindsey 11:00 Crosswords 2:00 Bocce 3:00 Yahtzee 4:00 Happy Hour 6:30 Quarter Bingo		10:00 Fit for Life w/Lindsey 11:00 Crosswords 12:00 Memorial Day BBQ 2:00 Tai Chi 3:00 Find That Word 4:00 UNO 6:30 Movie Night		10:00 Morning Movement 11:00 Crosswords 2:00 Jenga 3:00 Corn Hole 4:00 Yahtzee 4:10 Phillies	
26		27		28		29		30		31			
10:00 Morning Discussion 11:00 Crosswords 2:00 Sunday Sundaes 2:10 Phillies 3:00 Putting on the Green 4:00 Bingo 6:30 Series Night (Scandal)		10:00 Fit for Life w/Lindsey 11:00 Crosswords 1:30 Monday Matinee 3:00 Karaoke 4:00 Walkin' & Talkin' 6:30 Photo Hunt <small>Memorial Day</small>		<b>Waffle Station</b> 10:00 Power Hour w/Lindsey 11:00 Crosswords 2:00 Tai Chi 2:30 Dining Experience Council 3:00 Polish Parlor 4:00 You Gussed It! 6:30 Quarter Bingo		10:00 Fit for Life w/Lindsey 10:00 Atlantic City Trip 11:00 Crosswords 2:00 Bowling 3:00 Crafting Corner 4:00 Walkin' & Talkin' 6:30 Board Games		10:00 Power Hour w/Lindsey 11:00 Crosswords 2:00 Bocce 3:00 Neighborhood Council 4:00 Happy Hour 6:30 Quarter Bingo		10:00 Fit for Life w/Lindsey 11:00 Biblical Inspiration 2:00 Tai Chi 3:00 Find That Word 4:00 UNO 6:30 Movie Night		<b>Happy Birthday!</b>  Helen Massot 5/19 Pauline Ruskiewich 5/22	