

STONEYBROOK

ASSISTED LIVING

4650 SW Hollyhock Circle • Corvallis, OR 97333 • Phone (541) 758-2026 • www.seniorlivinginstyle.com

FEBRUARY 2020

STONEYBROOK STAFF

Administrator.....STEPHANIE DEATHERAGE
Assistant Administrator..... LISA MACDONALD
Director of Health Services.....HOLLY BURBANK
Executive Chef.....ADRIEL HAMILTON
Marketing.....ALYSSA MONNING
Sous ChefKIM JONES
Activity Coordinator REBECCA BOND
Administrative Assistant DEBBIE MUNSEY
MaintenancePATRICK COLLINS

TRANSPORTATION

Monday, 12 p.m.: Lunch Outing

Tuesday & Thursday, All Day:
Doctor Appointments

Wednesday, Morning: Doctor Appointments

Wednesday, 2 p.m.: Shopping Outings

Sunday, 9:30 a.m.-3 p.m.: Church Runs

HAWTHORN
SENIOR LIVING

Tanzania — February 2nd-7th

Wildlife, beaches, friendly people, fascinating cultures, Serengeti, Mt. Kilimanjaro, Zanzibar — Tanzania has all these and more wrapped up in one adventurous, welcoming package.

First Stop: Mt. Kilimanjaro

Second Stop: The Serengeti

Third Stop: Zanzibar





Gingerbread House Fun!



Cutting the bricks for our Firehouse



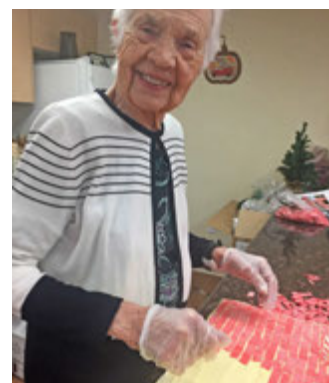
Starting the trees



Putting the base together



Making more trees



Ruth laying the bricks.



Look at that base!



Debbie and Hank working away.



Shirley placing the letters.



Jim is the wall master!



Donny showing our masterpiece.



Can we eat it now?!

FEBRUARY 2020

Birthdays

Donald Durrant, 1st
Patrick Collins, 5th (Employee)
Lynda Sekora, 7th
James Fry, 8th
Paul Kelly, 9th
Haley Wilt, 11th (Employee)
Steven Cowart, 13th (Employee)
Abby Bates, 13th (Employee)
Shirley Courtney, 18th
Mickey Greenfield, 20th
Ardith Jesse, 20th
Joy Plunkett, 23rd

Service

Anniversary

Jenny Cepeda,
2/18/2019

Move-In

Anniversaries

Bill & Jane Corcoran,
2/11/2019
James Leslie,
2/12/2019
Bill and Maxine Fetter,
2/16/2018
Bill Casebier,
2/25/2019

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”
—Joseph Addison

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	
9:30 Church Runs 10:15 Bingo 11:30 Fitness: Sunday Funday! 2:00 Gardening Club 3:00 Hymns and Church Services 3:30 Super Bowl Party!	10:00 Welcome to Tanzania! 10:30 Tanzania Fast Facts 11:00 Fitness: Hike Mt. Kilimanjaro 11:30 Out to Lunch: Addis Ethiopian 3:30 3 Tanzanian Travel Stops 4:00 Carpe Kilimanjaro in TV Room	10:15 Tanzanian Bingo 11:00 Test Your Tanzanian Knowledge 11:30 Fitness: Big Five Scavenger Hunt 2:30 Safari Royalty 3:00 10 Facts About the Big Five! 3:30 Safari Silhouettes	10:15 Tanzanian Bingo 11:00 Mt. Kilimanjaro 11:30 Fitness: Mt. Kilimanjaro Trivia Race 2:00 Shopping Outing: Bi-Mart 3:30 Kilimanjaro Fast Facts 4:15 Coffee Coffee Coffee!	10:15 Tanzanian Bingo 11:00 The Serengeti 11:30 Fitness: Island Fishing 2:00 Zanzibar 2:30 Catch the Excitement 3:00 Sea Salt Hand Scrub 4:00 Happy Hour with Darlene	10:00 Why Do People Drink Coffee? 10:30 The Many Birds of Tanzania 11:00 DIY Bird Feeders 2:30 The Underground Oasis of the Kuza Caves! 4:00 Guess the Spice 4:30 Painting with the Spices of Zanzibar	10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Music Therapy 2:30 Happy Birthday, Portland Oregon 3:30 Ice Cream Social 4:00 Outing: Africa Night At OSU
9:30 Church Runs 10:15 Bingo 11:30 Fitness: Sunday Funday! 2:00 Chocolate Kiss Day! 3:00 Hymns and Church Services 4:00 Art & Painting Class	8:30 Outing: Wildlife Safari 12:00 Out to Lunch: Safari Village Cafe 3:30 Trivia 4:15 Wii Sports in TV Room 6:30 African Adventure in TV Room	10:00 Welcome to Namibia! 11:00 History of Namibia 11:30 Fitness: Hike Mount Brand 2:30 Windhoek Facts 3:00 Cheetah Conservation Fund 4:00 Paint Your Own Cheetah	10:15 Namibian Bingo 11:00 Fish River Canyon 11:30 Fitness: Namibian Scavenger Hunt 2:00 Shopping Outing: Fred Meyer 4:15 Stoneybrook Singers with Peggy	9:15 Bible Study 10:15 Namibian Bingo 11:30 Fitness: Drumming Circle 2:30 Fun Cheetah Facts 3:00 Let's Make Namibian Fat Cake 4:00 Happy Hour with Larry	VALENTINE'S DAY 9:30 Happy Valentine's Day 10:00 Wildlife Drive 11:30 Fitness: Safari Stroll 2:00 Dogs Saving Cheetahs 3:30 Valentine's Party! 5:00 CCF Videos in TV Room	10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Music Therapy 2:30 National Hippo Day! 3:30 Ice Cream Social 4:00 Board Games
9:30 Church Runs 10:15 Bingo 11:30 Fitness: Sunday Funday! 2:30 Nascar Day Daytona 500! 3:00 Hymns and Church Services 4:00 Art & Painting Class	PRESIDENTS DAY 10:00 Africa Expedition Awards Party! 11:00 Fitness: Shape Up! 12:00 Out to Lunch 3:30 Trivia 4:15 Wii Sports in TV Room 6:30 Monday Night Movie!	10:15 Bingo 11:00 Stoneybrook Writing Club 11:30 Fitness: Shape Up! 2:00 Pluto Day! 2:30 Resident Council 4:00 Stoneybrook Singers	10:15 Bingo 11:00 Brainteasers & Puzzles 11:30 Fitness: Shape Up! 2:00 Shopping Outing: Bi-Mart 4:15 Stoneybrook Singers with Peggy	9:15 Bible Study 10:15 Bingo 11:30 Fitness: Shape Up! 2:15 Cooking Demo and Culinary Education 3:00 Come Make Appetizers for Happy Hour 4:00 Happy Hour with Matt	9:30 Donuts and Coffee 10:00 Outing: Spirit Mountain Casino 11:30 Fitness: Stoneybrook Roadsters 2:30 Sticky Bun Day! 4:00 Readers' Delight 4:30 The Celtic World	10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Music Therapy 2:30 National Cook a Sweet Potato Day! 3:30 Ice Cream Social 4:00 Board Games
9:30 Church Runs 10:15 Bingo 11:30 Fitness: Sunday Funday! 2:00 Gardening Club 3:00 Hymns and Church Services 4:00 Outing: Barbara Rossabacher Dresden	10:00 Red Hat Society 11:00 Fitness: Shape Up! 12:00 Out to Lunch 3:30 Trivia 4:15 Wii Sports in TV Room 6:30 Monday Night Movie!	10:15 Bingo 11:00 Stoneybrook Writing Club 11:30 Fitness: Shape Up! 2:00 Chocolate Covered Nuts Day 3:00 Flower Arranging with Donna 4:00 Stoneybucks Auction	ASH WEDNESDAY 10:15 Bingo 11:00 Brainteasers & Puzzles 11:30 Fitness: Shape Up! 2:00 Shopping Outing: Walmart 4:15 Stoneybrook Singers with Peggy	9:15 Bible Study 10:15 Bingo 11:30 Fitness: Shape Up! 2:15 Chef's Corner with Adriel! 3:00 Come Make Appetizers for Happy Hour 4:00 Happy Hour	9:30 Donuts and Coffee 10:00 Country Drive 11:30 Fitness: Stoneybrook Roadsters 3:00 Welcome New Residents Party! 4:00 Readers' Delight 4:30 The Celtic World	10:00 Happy Leap Day! 10:15 Bingo 11:30 Fitness: Shape Up! 2:00 Music Therapy 2:30 Happy Birthday, Superman! 4:00 Leap Year in TV Room



Thank You, First Responders!



Delivering the invites!



Our heroes!



We loved the tour of Station 1.



The last stop



Thank you dinner!



Benton County Sheriffs



So much fun!



Corvallis Police Department



Everyone enjoying the visit.



Showing off our Firehouse



New Year's Celebrations

Toasting, dancing, eating and listening to a live band; what more could you want to celebrate New Year's?!



Time to toast!



Dolly, Emory and Jean ready for the countdown.



June, Bernie and Lynda having a blast!



Ted, Vicki, Tom and Rita enjoying the music.



We love when family joins the festivities!



Ted and Betty dancing the night away.

Leap Year 2020!

Why Do We Need Leap Years?

The short explanation for why we need leap years is that our calendar needs to stay aligned with the astronomical seasons.

One orbit of Earth around the sun takes approximately 365.25 days — a little more than our Gregorian calendar's nice, round number of 365. Because the calendar does not account for the extra quarter of a day the Earth requires to complete its orbit around the sun, it doesn't completely align with the solar year.

Because of this .25 day difference, our calendar gradually gets out of sync with the seasons. Adding an extra day, aka a "leap day," to the calendar every four years brings the calendar in line and therefore realigns it with the seasons.



Join us as we leap into Leap Year like Superman on his birthday too!

Without leap days, the calendar would be off by 5 hours, 48 minutes, and 45 seconds more each year.

After 100 years, the seasons would be off by 25 days! Eventually, the months we call February and March would feel like summer months in the Northern Hemisphere.

The extra leap day adjusts this drift, but it's not a perfect match; adding a leap day every four years overcompensates by a few extra seconds each leap year, adding up to about three extra days every 10,000 years.



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Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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