



THE VILLAGE  
AT ORCHARD GROVE  
*A Trilogy Senior Living Community*

*The Village Vibe*

January 2022

## New Year's Resolutions in 2022

Inspired by [healthinaging.org](http://healthinaging.org), these simple but effective New Years resolutions are sure to help anyone who is looking to make the most out of 2022. Here are just a few ways that you can better yourself as we begin the new year:

**Stay sharp!** – Being mentally active is a sure-fire way to help your brain stay healthy and alert. Whether it's getting lost in a good book, playing a board game with a loved one, or simply sharing a childhood story with a close friend, the benefits of keeping our minds engaged is just as beneficial to the brain as it is to opening our hearts. Need a place to start? Talk to any member of our team about our *Artisans* program, where you'll be engaged by creating arts and crafts up to twice weekly!

**Keep Active!** – Equally as important to our mental health is our physical health. Even as we age,



keeping physically active can not only be safe and healthy, but it can help us stay happy and healthy for years to come. Talk to any member of our team about our *Vitality* program, where we provide opportunities for physical movement up to three times a week. We'll be more than happy to talk to you about your comfort level, what you can do, and how we can help you get started!

**Explore a New Passion!** – As a resident of our campus, there's never been a better time to pick up a new skill or hobby. With our *Lifelong Learning* program, we're

proud to teach courses in topics including art, computers, history, humanities, international studies, languages, music and performing arts, psychology, social studies, recreation, science, health, and math. Talk to any member of our team about what interests you today!

Whether you're looking to make a change or already love the life you're living, we're here to support you every step of the way. For more information about any of these resolutions, talk to our Life Enrichment Director today. Happy New Year from our family to yours!

# Happy Birthday!

## Staff

Jacob O. January 05

Taylor C. January 08

## Contact Caity

Please contact your executive director at any time with any compliments or concerns. She has an open door policy! On top of that, we will host a meeting once a month to get together and talk to our director as a community. We encourage all our residents to meet with us for some coffee, cookies, and conversation. This will take place every 3rd Wednesday of the month at 2pm in our bistro area.

## Looking Ahead

Please join us January 21st after dinner for a Celebration of Life for the loved one we've lost. This will be a nice time for us to come together and pay our respects, especially for those who may not have been able to have a service due to the pandemic. What better way to lift each other up than to come together with love and compassion for one another. Please call the building for more information.

## Outings and Entertainment

Each month we will have planned 2 shopping trips and 2 other fun excursions out in the community. Please look to the calendar and sign up with the concierge to make sure you get a seat on the bus! Let Amanda know any other suggestions you might have of places to go and things to do that you want to see on the calendar.

## Executive Director Corner

Welcome to 2022!

I hope that everyone had a wonderful holiday and New Year. Being able to celebrate the end of 2021 with so many familiar faces not only was a perfect sendoff for the year that we just had, but perfectly captured the spirit of the year that we look forward to having here in 2022.

As we continue to stay warm, I want to give a huge "thank you" to everyone who participated in our 2021 Hope for the Holidays campaign. Driven by the kindness of our friends, families, and residents, our campus was proud to make a meaningful contribution to our local charities this past holiday season. Stay

tuned for additional updates on how much of an impact we were able to make!

In the coming weeks, we'll have more to share about everything that we have planned for 2022 – from Theme Dinners, community outings, retreats, and more. And if there's anything in particular that you want to see happen at our campus, be sure to talk to our Life Enrichment Director. They'll be happy to hear from you!

Let's have a great 2022, everyone!

Yours in Service,

*Caity Marsh*  
Executive Director

## SPECIAL EVENTS FROM LAST MONTH

We would like to thank everyone who joined us for our first "Wine while we paint" evening. We really enjoyed getting together before all the craziness of the holidays and look forward to hosting many more! A special thank you to Painting with a Twist in Rochester for our instructional video and all the supplies needed for a successful night.







# SPECIAL EVENTS FROM LAST MONTH

## Recognition and Appreciation

A special shout out to our dining team for making so many beautiful Christmas cookies for the Tree Lighting event in Washington Township. We hope everyone was able to stop by for the Christmas lights while munching on some delicious cookies!

## Volunteer Opportunities

Do you have a talent or passion you love to share? We are looking for volunteers to play cards, teach a new hobby, visit with therapy dogs, lead a game of bingo, and much more. Call us now for a new and exciting opportunity!

## Reminder

Join us every Friday in the bar area from 3-4pm for happy hour! We will provide a snack, beer, wine, and special cocktail of the day. Look to our community share or your activity calendar to see what entertainment is planned. Family and friends are also encouraged to join us with your loved one!





# THE VILLAGE AT ORCHARD GROVE

*A Trilogy Senior Living Community*

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thevillageatorchardgrove.com |

*Caity Marsh*  
**Executive Director**

*Mary Cupolo*  
**Community Relations**

*Amera Batayeh*  
**Business Office Manager**

*Amanda Schwark*  
**Lifestyle Engagement Director**

*Jacob Owen*  
**Director of Culinary Services**

*Dustin Schwark*  
**Facilities Manager**

*Shelly Waites*  
**Housekeeping Manager**

*Linda Schwark*  
**Head Concierge**

## Stay in the Loop

Keep up with latest campus news  
and happenings by following  
us on your favorite social networks!

*We strive to provide the best customer  
service and quality care for our residents.  
Our Department Leaders are here  
to solve any concerns you may have.  
In the event that you need further  
assistance with any unresolved concerns,  
we encourage you to call or email  
our Compliance Hotline: 800-908-8618,  
ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)*

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# Monthly Trivia & Activity Corner

*All trivia answers will be printed in our upcoming month's newsletter!*

**Question 1:** *What was the first year there were fireworks for the New Year's Eve celebration in New York?*

**Question 2:** *What is the state called when animals sleep during the winter?*

**Question 3:** *What was Walt Disney's middle name?*

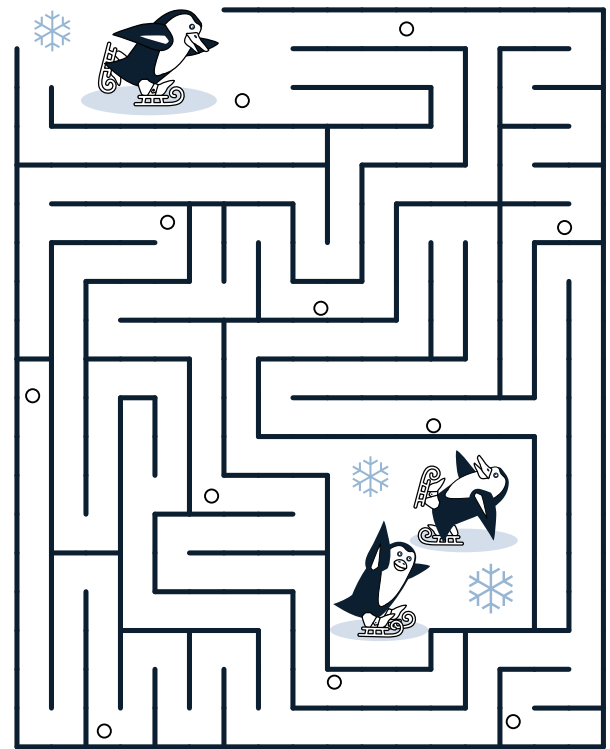
**Question 4:** *What was the first toy to be advertised on TV?*

**Question 5:** *What is the total number of dots on a pair of dice?*

*Flip the page for last month's  
trivia answers:*

Q1: Who sang "I'm Dreaming of a White  
Christmas"? Bing Crosby  
Q2: How many reindeer in total help pull  
Santa's sleigh? 9  
Q3: What country does eggnog originate  
from? Britain  
Q4: What is another name for a Christmas  
tree? Pine tree  
Q5: Over 360 million glasses of \_\_\_\_\_ are  
consumed across the world on New Year's  
Eve. Champagne

*Help the penguin join his friends for a skating party!*



## Word Search

U	L	S	M	G	I	F	L	Z	K	U	G	B	R	D	X	V	K	D
P	R	B	O	Y	J	Z	C	N	N	X	E	I	O	X	Z	W	F	I
B	K	E	V	V	C	X	B	H	P	Z	H	L	I	O	S	B	F	T
E	F	W	E	G	G	R	K	L	F	R	R	S	J	O	K	C	M	T
U	E	B	M	I	N	T	E	R	E	S	T	S	S	A	O	C	H	X
C	K	Z	E	E	Y	S	H	J	O	O	A	S	H	E	B	O	O	N
O	D	O	N	V	G	I	H	H	K	I	N	H	A	O	I	M	C	A
M	H	P	T	G	A	M	E	O	K	O	Q	D	R	P	B	P	Z	B
F	R	L	A	N	K	L	O	M	I	N	Z	B	P	I	T	U	Y	E
O	E	Y	L	O	H	S	I	T	C	F	G	I	H	C	T	T	C	C
R	A	W	E	U	S	P	U	M	A	P	Y	B	U	R	V	E	X	P
T	M	M	R	R	M	L	H	N	G	C	A	T	A	W	E	R	X	N
M	Q	F	T	C	O	S	P	E	E	G	T	S	P	T	M	A	Y	E
P	N	B	O	S	R	P	R	M	A	U	P	I	S	D	F	C	Z	O
J	T	H	E	A	T	R	E	C	J	L	D	M	V	I	F	F	M	Y
K	H	R	I	S	T	D	T	M	B	I	T	W	P	E	O	P	R	P
V	V	Z	P	S	V	X	X	A	D	Y	X	H	B	L	B	N	Z	E
Q	B	T	F	J	K	X	K	X	A	P	X	I	Y	I	P	W	V	C
G	L	W	I	T	H	O	B	B	Y	G	J	S	V	B	Y	B	W	L

ACTIVE  
AGE  
ALERT  
ART

BOOK  
COMFORT  
COMPUTER  
GAME

HEALTHY  
HOBBY  
INTERESTS  
MOVEMENT

PASSION  
RESOLUTIONS  
SHARP  
THEATRE