



Leadership Team
 Phone: 503.982.4000
 Email: info@egseniorliving.com
 Website: egseniorliving.com
 Facebook: [EmeraldGardensCommunity](https://www.facebook.com/EmeraldGardensCommunity)

Executive Director:
 Jessica Penland
Business Office Director:
 Rhonda Todd
Wellness Director:
 Yuri Diaz
Dining Service Director:
 Monica Lezama
Maintenance Director:
 Roel Garza
Community Relations Director:
 Isaiah Perez
Life Enrichment Director:
 Fran Armstrong

Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Emerald Gardens News

December 2022 Newsletter



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Ways to Give Back This Holiday Season

The holiday season is the perfect time to embrace feelings of warmth and joy with loved ones. It's also a wonderful time of year to help give love and care toward the greater community.

This year, consider compassionate actions you can take to help those around you. In turn you may even help yourself! Studies show that giving back boosts happiness, health, self-esteem, and gives a greater sense of purpose.

Find Causes That Speak to You

If you're looking for a place to figure out how you could give your time or talent in the world, check out **VolunteerMatch.org** where you can select areas of interest in your vicinity. There are thousands of opportunities there.

Support Area Food Banks

Contact a local food bank and see what support they are seeking. Typical volunteer experiences include: sorting and packing food, delivering meals, assisting at drive-thru pantries, and garden harvesting.

A resource to start with is:

www.feedingamerica.org/take-action/volunteer

Donate for Meaningful Causes

Before getting rid of items you no longer want, look online to see where you could make donations to make a difference in others' lives. Habitat For Humanity which helps provide homes across the world is one example. They accept building materials, furniture, and appliances at Habitat ReStores.



Buy from Local Businesses

From heading to the farmers' market for local produce to checking out a new local artisan or coffee house, support the small businesses in your area. If you have relatives who you'll be sending holiday gifts to, consider buying from a unique local business.

Give Your Time & Talent

If you have a skillset you could use to help in the community, teach others or provide entertainment, you would be enriching others' lives. Try contacting local recreation/senior centers, schools, community theatre programs, the library, or senior living communities to see where volunteers/entertainers may be needed. We welcome volunteers at our community! Contact our Life Enrichment Team for volunteer information.

Put Pen to Paper

Throughout the year, and especially during the holidays, it brightens' people's hearts receiving mail. Consider sending some heart-felt cards to soldiers abroad! There are various websites online that orchestrate mail to our troops. Operation Gratitude is one to try.

We hope these ideas spark inspiration toward giving. Let us know of great ideas you have beyond this list on our facebook on the 1st.

Fall Memories



Happy Birthday to our Staff & Residents:

Nola: Dec. 27









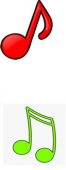





🎃 Sharing Some Halloween Spirit 🎃



















Celebrating Our Veterans

On Veteran's Day, November 11th, we had a Pinning Ceremony to celebrate our Vet's here at Emerald Gardens! It was a good celebration and a great way to honor those who have served. We are thankful for all our Veterans!



SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>				<p>1 Eat a Red Apple Day </p> <p>8:15 Daily Newsletter 9:40 Sit & Be Fit 10:15 Bingo 11:45 Joke of The Day 1:15 Pretty Nails 3:00 Apples w/Caramel 4:45 Movie & Popcorn</p> 	<p>2</p> <p>8:15 Daily Newsletter 9:40 Chair Exercise 10:30 Wal-Mart 11:45 Trivia of The Day 2:00 Game Hour 3:45 Earring Making 4:45 Weekend Puzzle Pack</p>	<p>3</p> <p>8:15 Daily Newsletter 9:15 Walk & Talk 10:30 Bingo 11:30 Coffee & Chat 1:45 Woodburn Library 3:30 Pretty Nails 4:30 Country Music On IN2L</p>
<p>4</p> <p>8:15 Daily Newsletter 9:15 Morning Movie 11:00 Coffee & Chat 11:15 Joke of The Day 2:00 IN2L Games 3:45 Puzzles 4:15 60's Music on IN2L</p>	<p>5 🍪 National Cookie Day 🍪</p> <p>8:15 Daily Newsletter 9:40 Chair Tai Chi 10:30 Cookies & Chat 11:15 Trivia of The Day 2:00 Afternoon Movie 3:30 Board Games 4:15 50's Music on IN2L</p>	<p>6</p> <p>8:15 Daily Newsletter 9:40 Brain Games 10:30 Bean Bag Toss 11:15 Joke of The Day 1:30 Pretty Nails 1:45 Hand Massages 3:15 Bingo 4:30 Country Music On IN2L</p>	<p>7</p> <p>8:15 Daily Newsletter 9:40 Conductercise 10:15 Country Drive 11:45 Fun Fact of The Day 2:00 Yahtzee 4:00 Coffee & Chat</p>	<p>8 National Brownie Day </p> <p>8:15 Daily Newsletter 9:40 Sit & Be Fit 10:30 Bingo 11:45 Joke of The Day 1:15 Pretty Nails 3:45 Brownies & Chat 5:30 Christmas Light Drive</p>	<p>9 Christmas Card Day </p> <p>8:15 Daily Newsletter 9:40 Chair Exercise 10:30 Wal-Greens 11:45 Trivia of The Day 2:00 Game Hour 3:30 Christmas Card Craft 5:30 Movie & Popcorn</p>	<p>10</p> <p>8:15 Daily Newsletter 9:15 Walk & Talk 10:30 Bingo 11:30 Coffee & Chat 1:45 Woodburn Library 3:00 Hope Lutheran Youth Group Caroling 4:30 60's Music on IN2L</p>
<p>11 National Stretching Day</p> <p>8:15 Daily Newsletter 9:15 Morning Movie 11:00 Coffee & Chat 11:15 Joke of The Day 2:00 Chair Exercise 3:45 Puzzles 4:15 60's Music on IN2L</p>	<p>12</p> <p>8:15 Daily Newsletter 9:40 Chair Tai Chi 10:30 Coffee & Chat 11:15 Trivia of The Day 2:00 Afternoon Movie 3:30 Board Games 4:15 50's Music on IN2L</p>	<p>13 National Cocoa Day </p> <p>8:15 Daily Newsletter 9:40 Pretty Nails 10:45 Hot Cocoa & Chat 11:15 Joke of The Day 1:30 Chef Chat 2:30 Bingo 4:00 Country Music On IN2L</p>	<p>14</p> <p>8:15 Daily Newsletter 9:15 Conductercise 11:15 Fun Fact of The Day 11:30 Lunch @ Red Robin 2:00 Resident Council 3:45 Coffee & Chat 4:30 Country Music On IN2L</p>	<p>15</p> <p>8:15 Daily Newsletter 9:40 Sit & Be Fit 10:30 Bingo 11:45 Joke of The Day 1:15 Pretty Nails 3:45 Wine Tasting 4:45 70's Music on IN2L</p>	<p>16 National Ugly Christmas Sweater Day </p> <p>8:15 Daily Newsletter 9:40 Chair Exercise 11:45 Trivia of The Day 12:00 Ugly Sweater Contest 2:00 Yahtzee 3:45 Earring Making 5:30 Movie & Popcorn</p>	<p>17</p> <p>8:15 Daily Newsletter 9:15 Walk & Talk 10:30 Bingo 11:30 Coffee & Chat 1:45 Woodburn Library 3:30 Pretty Nails 4:30 Country Music On IN2L</p>
<p>18</p> <p>8:15 Daily Newsletter 9:15 Morning Movie 11:00 Coffee & Chat 11:15 Joke of The Day 2:00 IN2L Games 3:45 Puzzles 4:15 60's Music on IN2L</p> <p>Christmas Spirit Week! ➡</p>	<p>19</p> <p>8:15 Daily Newsletter 9:40 Chair Tai Chi 10:30 Coffee & Chat 11:15 Trivia of The Day 2:00 Afternoon Movie 3:30 Board Games 4:15 50's Music on IN2L</p> <p>Christmas Pajamas</p>	<p>20 Go Caroling Day </p> <p>8:15 Daily Newsletter 9:40 Christmas Carols 10:30 Bean Bag Toss 1:00 Pretty Nails 1:30 Hand Massages 2:30 Christmas Party 4:00 Christmas Music On IN2L Holiday Cheer</p>	<p>21 Winter Solstice </p> <p>8:15 Daily Newsletter 9:15 Chair Exercise 10:00 Country Drive 11:45 Fun Fact of The Day 3:30 Yahtzee 3:45 Coffee & Chat 4:30 50's Music on IN2L</p> <p>Winter Wonderland</p>	<p>22</p> <p>8:15 Daily Newsletter 9:40 Sit & Be Fit 10:30 Bingo 11:45 Joke of The Day 1:15 Pretty Nails 3:45 Christmas Baking 5:30 Christmas Light Drive</p> <p>Christmas Sweater Day</p>	<p>23</p> <p>8:15 Daily Newsletter 9:40 Chair Exercise 10:30 Woodburn Library 11:45 Trivia of The Day 2:00 Game Hour 3:45 Christmas Card Craft 5:30 Movie & Popcorn</p> <p>Flannel Friday</p>	<p>24 Christmas Eve </p> <p>8:15 Daily Newsletter 9:00 Walk & Talk 10:30 Bingo 11:30 Coffee & Chat 1:45 Christmas Carols 3:30 Pretty Nails 4:30 40's Music on IN2L</p>
<p>25 Merry Christmas </p> <p>8:15 Daily Newsletter 9:15 Christmas Movie 11:00 Coffee & Chat 11:15 Joke of The Day 2:00 IN2L Games 3:45 Puzzles 4:15 60's Music on IN2L</p>	<p>26</p> <p>8:15 Daily Newsletter 9:40 Chair Tai Chi 10:30 Coffee & Chat 11:15 Trivia of The Day 2:00 Afternoon Movie 3:30 Board Games 4:15 50's Music on IN2L</p>	<p>27</p> <p>8:15 Daily Newsletter 9:40 Brain Games 10:30 Bean Bag Toss 11:15 Joke of The Day 1:00 Pretty Nails 1:30 Hand Massages 2:30 Bingo 4:00 Country Music On IN2L</p>	<p>28 National Chocolate Day </p> <p>8:15 Daily Newsletter 9:15 Conductercise 11:00 Bauman's Farm 11:45 Fun Fact of The Day 2:00 Fruit & Chocolate 3:00 Yahtzee 4:30 60's Music ON IN2L</p>	<p>29</p> <p>8:15 Daily Newsletter 9:15 Sit & Be Fit 10:30 Bingo 11:45 Joke of The Day 1:15 Pretty Nails 3:45 Snack/Happy Hour 4:45 70's Music on IN2L</p>	<p>30</p> <p>8:15 Daily Newsletter 9:40 Chair Exercise 10:30 Game Hour 11:45 Trivia of The Day 2:00 Woodburn Library 3:45 New Years Card Craft 5:30 Movie & Popcorn</p>	<p>31 New Years Eve </p> <p>8:15 Daily Newsletter 9:00 Walk & Talk 10:30 Bingo 11:30 Coffee & Chat 12:00 Noon Years Eve Party 1:45 2023 Vision Boards 4:30 40's Music On IN2L</p>

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<p>4</p> <p>9:30 Morning Movie</p> <p>10:00 Snack & Chat</p> <p>10:30 Family Feud on IN2L</p> <p>1:00 Balloon Toss</p> <p>3:00 Snack & Chat</p> <p>4:30 50's Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>5 National Cookie Day </p> <p>9:30 Chair Yoga</p> <p>10:00 Snack & Chat</p> <p>10:30 Puzzles</p> <p>1:00 Afternoon Movie</p> <p>3:00 Cookie & Chat</p> <p>4:30 Christmas Music On IN2L</p> <p>7:00 Aromatherapy</p>	<p>6</p> <p>8:30 Chair Stretching</p> <p>10:00 Snack & Chat</p> <p>11:45 Joke of The Day</p> <p>1:00 Brain Games</p> <p>3:00 Snack & Chat</p> <p>4:30 60's Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>7</p> <p>8:45 Morning Movie</p> <p>10:00 Snack & Chat</p> <p>11:30 Fun Fact of The Day</p> <p>1:00 Bingo</p> <p>3:00 Snack & Chat</p> <p>3:15 Painting</p> <p>4:30 Classic Country Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>8 National Brownie Day </p> <p>8:30 Reading Group</p> <p>10:00 Snack & Chat</p> <p>11:00 40's Music on IN2L</p> <p>11:30 Fun Fact of The Day</p> <p>1:00 Bean Bag Toss</p> <p>1:30 Bubble Pop on IN2L</p> <p>3:00 Snack & Chat</p> <p>7:30 Aromatherapy</p>	<p>9 Christmas Card Day </p> <p>8:30 Balloon Toss</p> <p>10:00 Snack & Chat</p> <p>10:30 Painting</p> <p>11:30 Christmas Music On IN2L</p> <p>1:00 Christmas Cards Craft</p> <p>3:15 Snack & Chat</p> <p>5:30 Evening Movie</p> <p>7:00 Aromatherapy</p>	<p>10</p> <p>9:30 Chair Exercise</p> <p>10:00 Snack & Chat</p> <p>11:30 Fun Fact of The Day</p> <p>3:00 Hope Lutheran Youth Group Caroling</p> <p>4:00 Sensory Activity</p> <p>4:30 60's Music on IN2L</p> <p>7:00 Aromatherapy</p>
<p>11 National Stretching Day</p> <p>9:30 Morning Movie</p> <p>10:00 Snack & Chat</p> <p>10:30 Family Feud on IN2L</p> <p>1:00 Balloon Toss</p> <p>3:00 Snack & Chat</p> <p>4:30 50's Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>12</p> <p>9:30 Chair Yoga</p> <p>10:00 Snack & Chat</p> <p>10:30 Puzzles</p> <p>1:00 Afternoon Movie</p> <p>3:00 Snack & Chat</p> <p>4:30 60's Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>13 National Cocoa Day</p> <p>8:30 Chair Stretching</p> <p>10:00 Hot Cocoa & Chat </p> <p>11:45 Joke of The Day</p> <p>1:00 Brain Games</p> <p>3:00 Snack & Chat</p> <p>4:30 Christmas Music On IN2L</p> <p>7:00 Aromatherapy</p>	<p>14</p> <p>8:45 Morning Movie</p> <p>10:00 Snack & Chat</p> <p>11:30 Fun Fact of The Day</p> <p>1:00 Bingo</p> <p>3:00 Snack & Chat</p> <p>3:15 DIY Christmas Cards</p> <p>4:30 Classic Country Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>15</p> <p>8:30 Reading Group</p> <p>10:00 Snack & Chat</p> <p>11:00 40's Music on IN2L</p> <p>11:30 Fun Fact of The Day</p> <p>1:00 Bean Bag Toss</p> <p>1:30 Bubble Pop on IN2L</p> <p>3:00 Snack & Chat</p> <p>7:30 Aromatherapy</p>	<p>16 National Ugly Christmas Sweater Day </p> <p>8:30 Balloon Toss</p> <p>10:00 Snack & Chat</p> <p>10:30 Games on IN2L</p> <p>11:30 40's Music on IN2L</p> <p>1:00 X-Mas Sweater Craft</p> <p>3:15 Snack & Chat</p> <p>5:30 Evening Movie</p> <p>7:00 Aromatherapy</p>	<p>17</p> <p>9:30 Chair Exercise</p> <p>10:00 Snack & Chat</p> <p>10:30 Games on IN2L</p> <p>11:30 Fun Fact of The Day</p> <p>3:00 Snack & Chat</p> <p>4:00 Sensory Activity</p> <p>4:30 Country Music On IN2L</p> <p>7:00 Aromatherapy</p>
<p>18</p> <p>9:30 Morning Movie</p> <p>10:00 Snack & Chat</p> <p>10:30 Family Feud on IN2L</p> <p>1:00 Balloon Toss</p> <p>3:00 Snack & Chat</p> <p>4:30 50's Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>19</p> <p>9:30 Chair Yoga</p> <p>10:00 Snack & Chat</p> <p>10:30 Puzzles</p> <p>1:00 Afternoon Movie</p> <p>3:00 Snack & Chat</p> <p>4:30 60's Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>20 Go Caroling Day </p> <p>8:30 Chair Stretching</p> <p>10:00 Snack & Chat</p> <p>11:45 Joke of The Day</p> <p>1:00 Christmas Carols</p> <p>3:00 Snack & Chat</p> <p>4:30 40's Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>21 Winter Solstice </p> <p>8:45 Morning Movie</p> <p>10:00 Snack & Chat</p> <p>11:30 Fun Fact of The Day</p> <p>1:00 Bingo</p> <p>2:30 Christmas Party</p> <p>4:00 Christmas Music On IN2L</p> <p>7:00 Aromatherapy</p>	<p>22</p> <p>8:30 Reading Group</p> <p>10:00 Snack & Chat</p> <p>11:00 40's Music on IN2L</p> <p>11:30 Fun Fact of The Day</p> <p>1:00 Bean Bag Toss</p> <p>1:30 Bubble Pop on IN2L</p> <p>3:00 Snack & Chat</p> <p>7:30 Aromatherapy</p>	<p>23</p> <p>8:30 Balloon Toss</p> <p>10:00 Snack & Chat</p> <p>10:30 Painting</p> <p>11:30 Christmas Music On IN2L</p> <p>1:00 Bingo</p> <p>3:15 Snack & Chat</p> <p>5:30 Evening Movie</p> <p>7:00 Aromatherapy</p>	<p>24 Christmas Eve </p> <p>9:30 Chair Exercise</p> <p>10:00 Snack & Chat</p> <p>11:00 Christmas Music On IN2L</p> <p>11:30 Fun Fact of The Day</p> <p>3:00 Snack & Chat</p> <p>4:00 Christmas Carols</p> <p>7:00 Aromatherapy</p>
<p>25 Merry Christmas </p> <p>9:30 Morning Movie</p> <p>10:00 Snack & Chat</p> <p>10:30 Family Feud on IN2L</p> <p>1:00 Balloon Toss</p> <p>3:00 Snack & Chat</p> <p>4:30 Christmas Music On IN2L</p> <p>7:00 Aromatherapy</p>	<p>26</p> <p>9:30 Chair Yoga</p> <p>10:00 Snack & Chat</p> <p>10:30 Puzzles</p> <p>1:00 Afternoon Movie</p> <p>3:00 Snack & Chat</p> <p>4:30 60's Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>27</p> <p>8:30 Chair Stretching</p> <p>10:00 Snack & Chat</p> <p>11:45 Joke of The Day</p> <p>1:00 Brain Games</p> <p>3:00 Snack & Chat</p> <p>4:30 60's Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>28 National Chocolate Day </p> <p>8:45 Morning Movie</p> <p>10:00 Snack & Chat</p> <p>11:30 Fun Fact of The Day</p> <p>1:00 Bingo</p> <p>3:00 Snack & Chat</p> <p>3:15 DIY New Years Cards</p> <p>4:30 Classic Country Music on IN2L</p> <p>7:00 Aromatherapy</p>	<p>29</p> <p>8:30 Reading Group</p> <p>10:00 Snack & Chat</p> <p>11:00 40's Music on IN2L</p> <p>11:30 Fun Fact of The Day</p> <p>1:00 Bean Bag Toss</p> <p>1:30 Bubble Pop on IN2L</p> <p>3:00 Snack & Chat</p> <p>7:30 Aromatherapy</p>	<p>30</p> <p>8:30 Balloon Toss</p> <p>10:00 Snack & Chat</p> <p>10:30 Painting</p> <p>11:30 40's Music on IN2L</p> <p>1:00 Bingo</p> <p>3:15 Snack & Chat</p> <p>5:30 Evening Movie</p> <p>7:00 Aromatherapy</p>	<p>31 New Years Eve </p> <p>9:30 Chair Exercise</p> <p>10:00 Snack & Chat</p> <p>11:00 Noon Years Eve</p> <p>11:30 Fun Fact of The Day</p> <p>3:00 Snack & Chat</p> <p>4:00 Sensory Activity</p> <p>4:30 Country Music On IN2L</p> <p>7:00 Aromatherapy </p>