

Oh, what fun!



Arbor View Communities

34201 Arbor Lane, Burlington WI, 53105*Main (262)539-2728 MC (262)539-2738

Special Days

High Schoolers 8am-2pm

December 2nd

Horse Races

December 8th

Winkler Students Caroling

December 15th

Hot Cocoa with Santa

December 21st

Tichigan Two

December 22nd

Resident Christmas Party

December 22nd

Christmas Day!

December 25th

New Year's Eve

December 31st

Happy Birthday!!

Residents:

Jean Honeyager- 12/10

Rita Brown- 12/11

Dorothy Elmer- 12/15

Marlys Dwiell- 12/15

Hot Cocoa with Santa

Ho Ho Ho Santa is on his way to Arbor View!

On Wednesday, December 21st, at 2pm we will be enjoying hot cocoa and cookies with Santa! You won't want to miss out and end up on the naughty list!



Resident Christmas Party

Our resident Christmas party will be on Thursday, December 22nd from 2pm-4pm! There will be a variety of snacks, desserts, holiday punch and hot chocolate for all to enjoy! Tichigan Two will be performing our favorite Christmas tunes from 2pm-3pm and after we will play Christmas trivia and winner gets a prize! If you would like to attend, please RSVP to Erin by December 14th, to ensure we have enough for everyone! We can't wait to see you there!



Directory

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Contact Us



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Top 10 Christmas Traditions...

1. Watching Christmas movies (What one is your favorite?)
2. Decorating your Christmas tree (Do you prefer colored or white lights?)
3. Leaving cookies out for Santa
4. Hanging the mistletoe (xoxo)
5. Hosting Christmas dinner
6. Decorating Christmas cookies and gingerbread houses
7. Exchanging gifts
8. Sending Christmas cards
9. Hide Elf on the Shelf
10. Listening to Christmas music or going caroling

How many of these traditions have you and your family done?

Did you know?

Most popular Christmas movie: It's A Wonderful Life

Most popular Christmas song: White Christmas by Bing Cosby

Most popular Christmas drink: Eggnog

Most popular Christmas cookie: Peanut Butter Blossoms

Most popular Christmas candy: Candy Canes

A word from Eileen...

Not only does December bring cold weather, but it also brings germs. Below are a few ideas you can use to keep yourself and your loved ones healthy.

- **Wash your hands often to help prevent the spread of germs.** The number one way to combat the spread of germs is to keep your hands clean. Wash your hands with soap and clean running water for at least 20 seconds. Then, pat dry and use lotion to lock in the moisture and combat dry skin.
- **Bundle up to stay dry and warm.** Wear appropriate clothing if you are going outdoors for any length of time.
- **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
- **Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases.
- **Stay hydrated.** Drink water to help keep yourself hydrated.
- **Manage stress.** Give yourself a break if you feel stressed out or overwhelmed. Find a quiet place to sit and focus on your breathing, read a book, or watch a television show that will make you smile or laugh. Laughter is by far the best medicine to combat the wintertime blues.

HAVE A SAFE AND HEALTHY HOLIDAY! ~Eileen Bock



Michelle's Corner...

Wow its already December! I can't believe how fast this year went by. Now that we are in the winter months, please be sure your loved ones have their winter clothes, especially for when you take them out of the building! Reminder to please sign your loved one out of the building and back in when you take them out for any reason. Also, please inform a staff member as well so we can make sure all medication has been given.

I hope to see you all at our resident Christmas party on the 22nd! Have a wonderful and safe holiday!

~Michelle Viol, Director

