

DECEMBER 2022



Passport to  
*Exceptional Care.*  
*Extraordinary Living.*



**Manning**  
an abilit Senior Living Community

## MANNING SENIOR LIVING NEWSLETTER



Welcome to Manning Senior Living located in Manning, IA.

Our community has 33 apartments that offer beautiful views. We have a movie theater, numerous activities daily, gorgeous common areas to gather, restaurant style eating, and a beauty salon for our residents' convenience.

Our red-carpet service makes every element of life at Manning Senior Living exceptional. Come home to a community that always puts its residents first. Come home to Manning Senior Living.  
Call 712-655-4893 for more information!

### December BIRTHDAYS

BOB SAUNDERS 12/7

JIM VANDERHEIDEN  
12/20



### NOTEWORTHY DAYS

- DECEMBER 1 EAT A RED APPLE DAY
- DECEMBER 2 REPEAL PROHIBITION DAY
- DECEMBER 7 PEARL HARBOR DAY
- DECEMBER 9 CHRISTMAS CARD DAY
- DECEMBER 10 HUMAN RIGHTS DAY
- DECEMBER 12 POINSETTIA DAY
- DECEMBER 13 ICE CREAM DAY
- DECEMBER 20 GO CAROLING DAY
- DECEMBER 21 CROSSWORD PUZZLE DAY
- DECEMBER 24 CHRISTMAS EVE
- DECEMBER 25 CHRISTMAS DAY
- DECEMBER 26 CANDY CANE DAY
- DECEMBER 28 CARD PLAYING DAY
- DECEMBER 31 NEW YEARS EVE

# DECEMBER 2022



Passport to  
*Exceptional Care.*  
*Extraordinary Living.*



November was once again very crafty. As shown below we made scarecrows, and in these pictures, we worked on turkeys. Memory Care had a blast putting them together along with a family member of one of our residents. They started with a turkey and had to put together the feathers on to the body and then use stickers to color the feathers how they wanted to see their turkey. They had a great time.

Crafts are a very good way to get our residents involved in creativity. It stimulates their minds throughout the day and gets them out of their apartments to participate in a fun and great activity they can show something when they are finished.

The crafts start out as a blank canvas and as they move along, they turn into something concrete which is amazing and fun to watch. Our LEC is wonderful about coming up with new and fun ideas to assist our residents in different crafts that are not repetitive. As we move through the seasons, our crafts change along with them.



# DECEMBER 2022



Passport to  
*Exceptional Care.*  
*Extraordinary Living.*



**Manning**  
*an abilIT Senior Living Community*



## DIRECTOR MESSAGE

November has just flown by and December will go just as fast I am sure. Thanksgiving is upon us and we will see lots of families come and pick up their loved ones to take them out to family celebrations which is so heartwarming! We also have quite a feast planned here for those that stay. We look forward to celebrating the holidays with everyone here at Manning Senior Living!

As you can see by our pictures we spend a lot of time working on crafts. The residents love crafts. We also spend a lot of time playing cards. These are their two favorite activities, besides bingo which is every Monday and Thursday! We like to keep everyone busy!

I would like to wish everyone a Happy Thanksgiving!

*Scare crows were a popular craft this past month and look how well they turned out! They started with just a white circular piece of material and built their scare crow from there with burlap and flowers and ribbons and all sorts of materials. Memory Care and Assisted Living participated in creating their own scarecrows to hang on their doors or in their apartments. Our LEC and a volunteer, Jodi, from St. Croix hospice assisted our residents in making them. They turned out to be absolutely gorgeous.*

# DECEMBER 2022



Passport to  
*Exceptional Care.*  
*Extraordinary Living.*



**Manning**  
an abilit Senior Living Community

We have a daily exercise program for our residents. On Monday, Wednesday and Fridays Ann from Live 2 Be Healthy comes from Denison, IA to give our residents a great work out. They lift weights (Whatever they can handle) and use all kinds of equipment (balls, noodles, bands) to get their work out in.

In November, Ashley from Live 2 Be Healthy came and assessed our residents that participate. We received a great review! They are either getting stronger or maintaining their strength according to our last assessment. Ashley was very impressed with our residents and their participation within their Live 2 Be Healthy program.

On days we do not have Live 2 Be Healthy, our LEC, Ruth, engages in exercises with our residents via the computer. She sets up exercises with them, so we do exercises 5 days a week. We never miss an exercise class!

