

The East Troy News

MANOR

JANUARY
2025

Skilled Nursing • Respite Care • Rehabilitation Services

Facility News

Happy New Year Family and Friends! Wishing Everyone a Great Start to the New Year! Welcome 2025!



Happy Birthday!

Best wishes to our residents and staff celebrating birthdays this month.

Residents

1/2	Heather K.
1/9	Ed P.
1/22	Wayne M.
1/23	Tom A.
1/25	Amy

2025 FIRST ANNUAL "KEEP THE WHEELS ROLLING" FUND RAISER

Winner... Winner...Chicken Dinner
Better yet ... a 3-hour bike ride...
4 bikes & CSB Ice Cream Wagon!
Help Keep the Wheels Rolling.
\$5 Contributions
Who Sells the Most Wins!!
Get Help From
Your local Businesses
Promote on Facebook - Twitter - X



Special Events

Help! We are trying to think Summer! We are trying to raise money to win a 3 hour Bike Ride and a Ice Cream Wagon! Our Residents love Cycling Without Age. This fundraiser is to "Keep the Wheels Rolling". The fundraiser ends January 31st. So please come rolling into East Troy Manor and Help Us!

WISH List - For Activities

Baby, It's Cold Outside! We are staying cozy in our Activity Room. We were really wishing we knew how cold it was outside. On our wish list this month is an outdoor temperature gauge. We will be nice and warm but we are very curious just how cold it is outside.

East Troy

MANOR

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Christie Leadley, Administrator
June Lancour, Director of Nursing
Crystal Hart, Activities

 Like Us On Facebook

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

Please call our office.



Wisconsin Illinois
SENIOR HOUSING INC.

EastTroyManor.org

WE ACCEPT CREDIT CARDS

Activity Highlights

Come Join Us in the Mornings for Coffee O' Clock

We are Hiring!


Please visit East Troy Manor's Career Page to Apply Online!
Come join our Amazing Team!


Discover a New Hobby this January


Did you resolve to try something new this year? January is National Hobby Month—the perfect time to explore hobbies that bring joy, relaxation, and a sense of purpose. Hobbies not only to fill extra time, especially for seniors, but may also positively affect mood and well-being.

Here are some hobby ideas to inspire you:

 **Creative Crafts:** Try sewing, needlepoint, quilting, or painting. Creating something with your hands brings a sense of accomplishment, and your finished pieces can make heartfelt gifts or donations to those in need.

 **Games & Puzzles:** Enjoy crosswords, cards, or jigsaw puzzles to keep your mind sharp. Prefer tech? Online games on tablets and smart phones are great for mental stimulation, especially during National Puzzle Month!

 **Book Clubs:** Reading is a great leisure activity, and joining a group to discuss books can add a social element and spark meaningful conversations.

 **Social Media Fun:** Stay connected with loved ones by sharing updates, photos, and videos via text, email, or on social media. It's an easy way to stay involved and feel connected.

 **Music Appreciation:** Enjoy listening to your favorite tunes on the radio or join a group sing-along. Music is a wonderful way to relax, lift your spirits, and connect with others. Hobbies add meaning and joy to life. Which one will you try this month?

Popcorn Mix-In Ideas

Popcorn is the ultimate easy snack—quick to make, endlessly customizable, and perfect for sharing! Whether you love it plain or loaded with flavors, National Popcorn Day (January 19) is the perfect time to get creative with your kernels.

No-Frills Classic: Drizzle melted butter over freshly popped popcorn and sprinkle with a touch of salt. Sometimes simple is best!

Sweet Treats: Mix in Reese's Pieces, M&Ms, or mini chocolate or white chocolate chips.

Fun and Fruity: Add dried fruits like raisins, cranberries and apricots.

Cheesy Goodness: Sprinkle grated Parmesan or your favorite cheese powder for a savory twist.

Crunchy Nuts: Add roasted peanuts, cashews, or walnuts for texture and flavor.

Spicy Kick: Try cayenne pepper, garlic powder, black pepper, or wasabi peas for heat.

Seasoned Snacks: Enhance with garlic powder, black pepper, Italian herbs, or taco seasoning.

Sticky Sweet: Mix in melted marshmallows or a drizzle of honey, or make kettle corn by adding sugar and salt during popping.

Sweet & Savory: Combine your favorite chocolate and nuts together.

With so many options, popcorn can be as simple or as bold as you like. Mix, match, and enjoy!

