

# Special Events/Outings/Services

**Tuesday, January 1st**  
**Happy New Year**

**Wednesday, January 2<sup>nd</sup>**  
**Storyteller's Studio**

New writers and storytellers are always welcome! No regular attendance necessary.  
10:00 A.M. (PDR)

**Thursday, January 3<sup>rd</sup>**  
**Resident Council** 1:30 P.M. (OWT)

**Tudor Oaks Players**  
New participants welcomed! For anyone interested in acting or working behind the scenes. 2:45 P.M. (OWT)

**Art History**  
Sign up required in advance. Artist highlighted is Iris Scott.  
6:00 P.M. (MPR)

**Friday, January 4<sup>th</sup>**  
**Bridge**  
1:00 P.M. (PDR)

**Friday Night at the Movies**  
*Movie title and details will be posted on bulletin boards.*  
6:30 P.M. (OWT)

**Monday, January 7<sup>th</sup>**  
**Mah Jongg**  
1:00 P.M. (PDR)

**Tuesday, January 8<sup>th</sup>**

**Waukesha Elder Benefits Specialist**

Dawn Hendrix will be here for her monthly visit to answer your questions. She will be able to meet with you one on one to answer questions such as: health care financing, Medicare, prescription drug coverage-part D, Senior Care, supplemental insurance, income maintenance, consumer/finance, and elder rights.

Private Dining Room  
10:00 - 11:30 A.M.

**Sign up in the white binder in the WTL by Monday, January 7th**

**Tudor Oaks Players**  
1:00 P.M. (OWT)

**Arts and Crafts**  
2:30 P.M. (PLR)

**Resident Services Meeting**  
Leann May, the Supportive Care Director, will join Judy Radish. Emergency forms will be distributed so medication, doctor or insurance can be updated.  
3:00 P.M. (OWT)

**Windsor House Food Committee Meeting** : 3:00 P.M. (DAWN)

**Dementia Support Group**  
All care givers and family members are invited to attend. Refreshments will be served. 6:30P.M.(PDR)

# Special Events/Outings/Services

## Wednesday, January 9<sup>th</sup>

### **Storyteller's Studio**

New writers and storytellers are always welcome! 10:00 A.M. (PDR)

### **Book Club**

1:45 P.M. (PLR)

### **Windsor Manor Food Committee Meeting** 2:00 P.M. (DAWN)

## Thursday, January 10<sup>th</sup>

### **Wooden Spool Quilters and Chatters**

9:30 A.M.-noon (PLR)

### **Resident Council**

1:30 P.M.(OWT)

### **Tudor Oaks Players**

New participants welcomed! For anyone interested in acting or working behind the scenes. 2:30P.M. (OWT)

### **Chinese New Year**

Learn about the Chinese culture and enjoy tea and cookies after the program.

6:30P.M. (OWT)

## Friday, January 11<sup>th</sup>

### **Bridge**

1:00 P.M. (PDR)

### **Friday Night at the Movies**

*Movie title and details will be posted on bulletin boards.*

6:30 P.M. (OWT)

## Sunday, January 13<sup>th</sup>

### **Bob Ropiak: singer, storyteller**

1:15 P.M. (FHC)

2:15P.M.(WG)

## Monday, January 14<sup>h</sup>

### **Mah Jongg**

1:00 P.M. (PDR)

## Tuesday, January 15<sup>th</sup>

### **Health Center Resident Council**

10:30A.M.(FHC)

### **Tudor Oaks Players**

1:00 P.M. (OWT)

### **Valerie Trower**

2:00 P.M. (FHC)

### **Arts and Crafts**

2:30 P.M. (PLR)



# Special Events/Outings/Services

## Wednesday, January 16<sup>th</sup>

### **Storyteller's Studio**

New writers and storytellers are always welcome! 10:00 A.M. (PDR)

### **Rochelle Pennington**

Into the Garden: The Wonder of Nature in Literature. Join author Rochelle Pennington for a walk through nature--along garden paths and through forest floors. The author will be sharing observations and poetry from some of the world's most remembered nature writers, as well as revealing many mysteries that surround us daily.

6:30 P.M. (OWT)

## Thursday, January 17<sup>th</sup>

### **IL Food Committee Meeting w/ Dawn**

Please bring NEW menu ideas!

1:00 P.M. (PDR)

### **Tudor Oaks Players**

New participants welcomed!

2:30 P.M. (OWT)

### **Art History**

Sign up required in advance. Artist highlighted is Damien Hirst.

6:00 P.M. (MPR)

## Friday, January 18<sup>th</sup>

### **Bridge**

1:00 P.M. (PDR)

### **Friday Night at the Movies**

*Movie title and details will be posted on bulletin boards.*

6:30 P.M. (OWT)

## Saturday, January 19<sup>th</sup>

### **Kay Simpkin's student Piano recital**

1:30P.M. Students will play (OWT)

3:00P..M. Students will play (OWT)

### **Saturday Evening Social**

Resident Trivia-- How well do you know your Tudor Oaks neighbors?

6:30 P.M. (OWT)

## Monday, January 21<sup>st</sup>

### **Mah Jongg**

1:00 P.M. (PDR)

### **Cheerful Chimers**

1:00 P.M.(PLR)

## Tuesday, January 22<sup>nd</sup>

### **Tudor Oaks Players**

1:00 P.M. (OWT)

### **Arts and Crafts**

2:30 P.M. (PLR)

### **Generations Club**

Join us for activities with students from Muskego Lakes Middle School.

3:00 P.M. (OWT)

## Wednesday, January 23<sup>rd</sup>

### **Writers' Workshop**

New writers welcomed! No regular attendance necessary.

10:00 A.M. (PDR)

# Special Events/Outings/Updates

**Thursday, January 24<sup>th</sup>**

**Wooden Spool Quilters and Chatters**

9:30 A.M.-noon (PLR)

**Aspen Wing Meeting with Diane**

1:45P.M. (PDR)

**Tudor Oaks Players**

New participants welcomed! For anyone interested in acting or working behind the scenes. 2:30 P.M. (OWT)



**January Birthday Celebration**

Magician and Illusionist, Glen Gerard, performs for our January birthday celebration. 6:30 P.M. (OWT)

**Friday, January 25<sup>th</sup>**

**Bridge**

1:00 P.M. (PDR)

**Friday Night at the Movies**

*Movie title and details will be posted on bulletin boards.*

6:30 P.M. (OWT)

**Monday, January 28<sup>th</sup>**

**Mah Jongg**

1:00 P.M. (PDR)

**Tuesday, January 29<sup>th</sup>**

**Tudor Oaks Players**

1:00 P.M. (OWT)

**Arts and Crafts**

2:30 P.M. (PLR)

**Wednesday, January 30<sup>th</sup>**

**Writers' Workshop**

New writers welcomed! No regular attendance necessary.

10:00 A.M. (PDR)

**Thursday, January 31<sup>st</sup>**

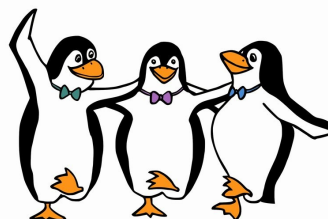
**Tudor Oaks Players**

New participants welcomed! For anyone interested in acting or working behind the scenes. 2:30 P.M. (OWT)

**Art History**

Sign up required in advance. Artist highlighted is Edgar Degas.

6:00 P.M. (MPR)



# Special Events/Services/Updates

## Tudor Oaks Tidbits

### Patty Cures:

Schedule your manicure or pedicure appointment with Patty Schmitz:  
414-858-9209

### Relaxing Massage:

Schedule your appointment with Sherry Radish: 414-525-9578

### Tudor Oaks Salon:

414-525-6403

**Reminder:** Deadline for submitting updates/events to the upcoming month's Acorn Newsletter and/or TV Listings is **the 15<sup>th</sup> of the prior month to Michele Vogt.**

## WELLNESS *Carmelia's Corner*

### *Tips for a Healthier New Year!*

**Stretch** - A few stretching exercises when you wake up will boost blood circulation, ease back pain, and give you a greater range of motion. Think like a cat, choosing stretches to get your spine twisting and extending. Hold each position for 30 seconds. Challenge yourself to do these stretches for 30 days straight, and soon they will be a part of your morning routine.

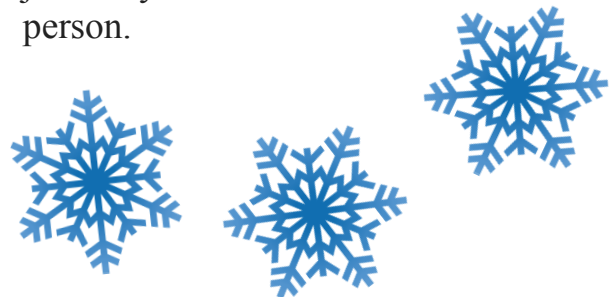
## Taste the Rainbow

Bright colored fruits and vegetables are high in antioxidants that give a boost to your health by removing free radicals that damage your cells.



These nutrition rich super foods are packed with vitamins, minerals, and fiber while being low in calories. Make a habit to eat a veggie or fruit at every meal. Pick up a “new to you” fruit or veggie the next time you shop to add variety and keep eating interesting.

**Unplug Once a Week** - Technology is an incredible tool that can simplify life. However, on the downside, many people have become obsessed with constantly checking in on social media sites, playing games, or engaging in endless hours of surfing. Completely unplugging once a week for a screen-free day will open up that time to spend doing something just for yourself or with an actual person.



# SAVE THE DATE

**Save this sheet and put it on your refrigerator, or mark your calendar with special events you plan to attend in the future.**

Sunday, February 3rd Time TBD : Super Bowl Party

Monday, February 4<sup>th</sup> at 9:30am: Men's chorus resumes practice. (OWT)

Tuesday, February 5<sup>th</sup> at 3pm: Generation Club. (OWT)

Tuesday, February 5<sup>th</sup> at 6:30pm: Grief support group. (PDR)

Saturday, February 16th at 6:30pm: Saturday Evening Social

Monday, February 18th at 6:30pm: Dr. Zwagerman: Pig farmer to brain surgeon. (OWT)

Tuesday, February 19<sup>th</sup> at 6:30pm: Grief support group. (PDR)

Thursday, February 21<sup>st</sup> at 6pm: Art History: Jeff Koons. (MPR)

Tuesday, February 26<sup>th</sup> at 6:30pm: Grief support group. (PDR)

Thursday, February 28<sup>th</sup> at 6:30pm: Birthday celebration-Craig and Patty Siemsen. (OWT)

Tuesday, March 5<sup>th</sup> at 3pm: Generation Club. (OWT)

Tuesday, March 5<sup>th</sup> at 6:30pm: Grief support group. (PDR)

Thursday, March 14th at 6:30pm: Dr. Paul Rempe shares father's WWI experience. (OWT)

Saturday, March 16th at 6:30pm: Saturday Evening Social

Monday, March 18<sup>th</sup> at 6:30pm: Ceol Cairde plays Irish tunes. (OWT)

Tuesday, March 19<sup>th</sup> at 6:30pm: Grief support group. (PDR)

Tuesday, March 26<sup>th</sup> at 7pm: Birthday celebration-Caribbean Eclipse (OWT)

## **Thursday, March 28: OPENING DAY FOR BREWERS**

Thursday, March 28<sup>th</sup> at 6:30pm: Jessica Michna portrays Laura Ingalls. (OWT)

Thursday, April 18<sup>th</sup> at 1:30pm: Volunteer Appreciation program. (OWT)

Thursday, April 25<sup>th</sup> at 6:30pm: April birthday celebration with KAT Trio. (OWT)