

# News and Notes



Acorn submissions are due by the 15th of each month to insure they are included in the following month's issue. PDF format emailed to [lrunte@abhomes.org](mailto:lrunte@abhomes.org) is preferred or you can put them in the tray on the file cabinet in the PLR.

## **FOOD COMMITTEES**

**Independent Living:** Food Committee every third Thursday of month  
~sign up at the Hostess Station  
~1:00 in Oak Ridge Dining Room  
~Dining Experience Committee to meet immediately after  
**Windsor Manor:** Every second Thursday of month at 1:30pm  
**Windsor House:** Every second Thursday of month at 2:30pm

**WELLNESS**



Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives.

This four-part Netflix documentary series will be screened in the OWT and on channel 955 at 3:00pm on the following dates:

**Monday, January 8 – Episode 1 (34 mins)**

**Monday, January 15 – Episode 2 (45 mins)**

**Monday, January 22 – Episode 3 (39 mins)**

**Monday, January 29 – Episode 4 (40 mins)**

## SAVE THE DATE!

**The Holiday Luncheons have been rescheduled for :  
January 16th – Health Center  
January 17th - Assisted Living  
January 18th – Independent Living**



**Stay Tuned for more info!**



**Therapy Department Announcement:** Free balance assessments with our new ... ***VSTBalance***, an automated fall-risk assessment tool that utilizes Artificial Intelligence with machine vision to objectively identify deficits in balance, gait and function. **Come check it out on Thursday, January 11th from 2:00-3:00pm in the Olive Wood Theater.**



**The Residents of Windsor Gardens had a great time decorating for Christmas!**







# **January Highlights**

## **Entertainment (OWT or Ch. 957)**



Thursday January 4th, Reschedule of the  
Chimers/Mixed Chorus Concert.  
7pm, OWT

Movie Series at 3:00pm in the OWT or CH  
955: "Live to Be 100"

Monday, January 8th- Movie #1 of 4

Monday, January 15th- Movie #2 of 4

Monday, January 22nd- Movie #3 of 4

Monday, January 29th-Movie #4 of 4

Wednesday, January 17th, Singer

Bob Welsch at 6:30pm, OWT

Monday, January 29th- The Little Lake  
Stompers at 6:45pm, OWT



January 7th— On Golden Pond  
January 14th — The Best Years Of Our  
Lives  
January 21st— The Parent Trap  
January 28th— Bright Eyes  
Above movies are at 1:30pm,  
Channel 955

## **Friday Night Movies**

6:30 pm

Channel 955 on your TV

### **January Movie Line Up**

5- My Big Fat Greek Wedding 2  
12- Gran Turismo  
19- Hunter Killer  
26- Cocoon, The Return

## **Saturday Night BINGO**



6:30pm in PDR  
( January 6,13, and 27)  
Game Night is  
January 20th

# Tudor Oaks Storyteller's Group

Do you like to write stories? Do you like to tell stories? Join us every Thursday morning at 10:30am in the Private Dining Room to discuss various subjects.

## **STORYTELLERS SUGGESTED TOPICS**

### **JANUARY 2024**

**Week 145- January 4th**– Discuss an instance or a time where you became aware of your inner strength or resilience.

**Week 146- January 11th**- Imagine that time suddenly started passing backwards. How would you react? What would you do?

**Week 147- January 18th**- Have you ever conquered a fear? How did you overcome the fear?

**Week 148- January 25th** -Fill in the blank and provide details to this question:

The reasons why I love going to the \_\_\_\_\_.





# Spiritual Services & Programs

Weekly Chapel Service Wednesdays at 3:00 pm (OWT or ch.957)

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Tuesday @ 2:15 pm– Chaplain's Corner in Windsor House

Tuesday @ 3:00 pm– Chaplain's Corner in Windsor Manor

Thursday @ 10:30 am–Chaplain's Corner in Frances Henry Health Center

Thursday @ 11:00 am—Chaplain's Corner in Windsor Garden



## Catholic Mass – Weekly Services

Every Wednesday at 1:00 pm (OWT or channel 957)

## Heritage Presbyterian Church

Sundays at 10:00 am (OWT or channel 957)

**Dementia Support Group** : Tuesday, January 16th at 6:30PM, PDR

**Grief Support Group** : Wednesday, January 24th at 6:30PM, PDR

Any questions about the support groups,  
please contact Pastor Michelle Peterson  
at 529-0100 x 2105

**Book Club Discussion**, 1<sup>st</sup> Wednesday of the month  
January 3rd, at 1:00 pm, Private Dining Room  
Contact Julia Kurlinski at 414-421-7633



## Recycling Information

Muskego Public Library has a Holiday Lights Recycling Drive!

Wondering what to do with your old or broken strands of holiday lights? Drop them off in the big tub in the library lobby between November 13 – January 19.

**Library address:** S73W16663 Janesville Rd

**Phone:** 262-971-2100 **Email:** [Reference@cityofmuskego.org](mailto:Reference@cityofmuskego.org)

**Website:** [www.cityofmuskego.org/library](http://www.cityofmuskego.org/library)

