



31 Executive Park Drive
Hendersonville, TN 37075
(615) 822-6002
Fax: (615) 822-3765

A Place To Call Home

Find us on 

PARK PLACE STAFF

General Manager

Renysia Fughett

Office Manager

OPEN

Resident Care Director

Heather Lupinek, LPN

Maintenance Director

Chip McKenney

Sales Director

Sherrye Moore

Dining Services Director

Cobi Bryant

Recreation Director

Susan Jones

Wellness Coordinator

Cheri Strachan

Welcome New Residents

We're glad you've made Park Place your home! Please call the front desk if we can help in any way. Join us for our "Meet & Greet" on Tuesday, Jan. 13th, at 3:00pm in the Act. Room.

New Year's Resolutions

The top focuses for New Year's resolutions are health, finances, and relationships according to the Pew Research Center. Nearly half of adults under 30 make resolutions, while a third of adults aged 30 to 49 do so. Only 21% of adults over 50 make a resolution. Other popular resolutions include get organized and travel more.

Starting a New Chapter

"The new year stands before us, like a chapter in a book, waiting to be written." --Melody Beattie

Family Bingo Blast Night All Generations Welcome!

Residents are invited to bring their families for a fun and relaxed **Family Bingo Blast Night** filled with laughter and togetherness. Large print cards will be available and prizes will be offered for all ages. Light refreshments will be served. Thursday, January 29th, at 5:30pm in the Main Dining Room. Please RSVP before January 23rd at 615-822-6002 to claim a seat.



Musical Entertainment

Join us on Thursday, January 15th, for **Dennis Rader** Musical and **Ray Newton** on Thursday, January 22nd, at 2:30pm in the Main Dining Room. Enjoy some toe tappin' & hand clapping music.



We wish all of our residents and family members a very **HAPPY AND BLESSED NEW YEAR!**

ESTATE PLANNING SEMINAR


Join us for an informative seminar with **CHAMERLAIN FIRM** to cover essential estate-planning topics such as wills, trusts, and practical strategies to protect your family and assets. The seminar will be held on Thursday, January 29th, at 2:30pm in the Activity Room on IL. Feel free to bring your questions.

February Variety Show

It is a lot of fun to see each other's talents, whether it is singing, playing the piano, doing comedy, or poetry reading. The list goes on. If any resident or staff member would like to participate, please let Susan know in **Activities**. Now is the time to start planning!!



to our residents, families and vendors for your thoughtful donations made to the **EMPLOYEE HOLIDAY FUND!** We love having you here, and it is a pleasure to serve you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ADDITIONAL ACTIVITIES may be added or omitted during the month. Please view the BULLETIN BOARDS located in numerous areas on IL and AL. Announcements will be made at noon for additional information.	LOCATION OF ACTIVITIES (A) ACTIVITY ROOM (AL) ASSISTED LIVING (C) CHAPEL (DR) DINING ROOM (G) GARDEN (IL) INDEPENDENT LIVING	(4) CARD ROOM ON IL-4 (*) REQUIRES YOU TO SIGN UP IN THE OUTING BOOK LOCATED IN THE DINING ROOM BY THE IL DOORS. YOU'LL ALSO BE ABLE TO SIGN UP FOR CRAFTS, LUNCH BUNCH OUTING, AND LEISURE RIDES.	¹ 7:30 ALL FRONT OFFICES WILL BE CLOSED. A RECEPTIONIST WILL BE ON DUTY IF YOU NEED ASSISTANCE. 9:00 COMMUNITY JIGSAW PUZZLE (A) 1:15 MEN'S POKER GROUP (AL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1)	² 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / LET IT SNOW WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 POCKET BILLIARDS (4) 3:00 TAPPIN' TO THE TUNES WITH LETA (AL-2) 6:30 HAND AND FOOT (4) 6:30 RUMMIKUB (A) & (4)	³ NATIONAL CHOCOLATE COVERED CHERRY DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 1:30 SCENIC DRIVE WITH JOE (sign up) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 SKYJO (4)
⁴ 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC / HYMNS WITH LETA (4TH FLOOR -COMMON AREA) 2:00 1ST BAPTIST CHURCH VIDEO (AL-1) 3:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1)	⁵ 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 BINGO BASH / PRIZES (AL) 1:30 BINGO BONANZA / PRIZES WITH JANE (A) 6:30 HAND & FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (4) & (A)	⁶ 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 FRONT LOBBY POPCORN (L) AND (AL-1) 1:00 WALMART SHOPPING (sign up) 2:00 BALANCE CLASS WITH TOTAL WELLNESS (A) 2:30 JANUARY JEOPARDY (A) 3:00 SOCIAL BRIDGE GAME (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A) & (4)	⁷ 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 MAKING SNOWFLAKES (AL-1) 1:30 BOCCE BALL (IL-2) 3:00 CORN HOLE CHALLENGE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 ROOK (4)	⁸ SHOW-AND-TELL DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 BIBLE STUDY (A) 1:00 CROSSWORD CHALLENGE (A) 1:15 MEN'S POKER GROUP (AL-2) 2:00 CRAFTING WITH AMY (A) 3:00 SHOW AND TELL WITH ROOT BEER FLOAT SOCIAL (AL) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1)	⁹ 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT with Melinda (DR) 10:45 DRINK AND CHAT / WINTER WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 POCKET BILLIARDS (4) 3:00 TAPPIN' TO THE TUNES WITH LETA (AL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A) & (4)	¹⁰ 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 1:30 SCENIC DRIVE WITH JOE (sign up) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 MUSICAL MELODIES WITH RAY (DR) 6:30 SKYJO (4)
¹¹ NATIONAL MILK DAY 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC / HYMNS WITH LETA (4TH FLOOR -COMMON AREA) 2:00 1ST BAPTIST CHURCH VIDEO (AL-1) 3:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1)	¹² NATIONAL CLEAN-OFF-YOUR-DESK DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 BINGO BASH / PRIZES (AL) 1:30 BINGO BONANZA / PRIZES WITH JANE (A) 3:00 EXERCISE CLASS WITH TOTAL WELLNESS THERAPY, ZACK BENTLEY, OT (AL-2) 3:15 IPHONE CLASS WITH JOEY HOLLAND (A) 6:30 HAND & FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (4) & (A)	¹³ 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 FRONT LOBBY POPCORN (L) AND (AL-1) 11:00 LYNCOYA CAFE LUNCH BUNCH OUTING (sign up) 1:00 KROGER SHOPPING (sign up) 1:30 LINE DANCING WITH AMY (DR) 3:00 MEET AND GREET OUR NEW RESIDENTS (A) 3:00 SOCIAL BRIDGE GAME (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A) & (4)	¹⁴ 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 SNOWFLAKE RACE (AL-1) 1:30 BOCCE BALL (IL-2) 3:00 CORN HOLE CHALLENGE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 ROOK (4)	¹⁵ NATIONAL HAT DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 BIBLE STUDY (A) 11:30 JANUARY BIRTHDAY STEAK AND CAKE (DR) 1:00 CROSSWORD CHALLENGE (A) 1:15 MEN'S POKER GROUP (AL-2) 2:30 DENNIS RADER MUSIC AND COMEDY (DR) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1)	¹⁶ 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT (DR) 10:45 DRINK AND CHAT / WINTER WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 POCKET BILLIARDS (4) 3:00 TAPPIN' TO THE TUNES WITH LETA (AL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A) & (4)	¹⁷ 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 1:30 SCENIC DRIVE WITH JOE (sign up) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 SKYJO (4)
¹⁸ NATIONAL MAINTENANCE DAY 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 11:00 MUSIC / HYMNS WITH LETA (4TH FLOOR -COMMON AREA) 2:00 1ST BAPTIST CHURCH VIDEO (AL-1) 3:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 6:30 HAND AND FOOT (4) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1)	¹⁹ MARTIN LUTHER KING JR. DAY NATIONAL POPCORN DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 LET'S GET MOVING (DR) 10:45 UNO CARD GAME (AL-2) 1:30 BINGO BASH / PRIZES (AL) 1:30 BINGO BONANZA / PRIZE WITH LETA (A) 3:00 POPCORN IN FRONT LOBBY 6:30 HAND & FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (4) & (A)	²⁰ NATIONAL COFFEE BREAK DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 FRONT LOBBY POPCORN (L) AND (AL-1) 2:00 BALANCE CLASS WITH TOTAL WELLNESS (A) 2:30 FOOD FORUM (DR) 3:00 SOCIAL BRIDGE GAME (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A) & (4)	²¹ NATIONAL GRANOLA BAR DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 BALLOON SWATTING (AL-1) 1:30 BOCCE BALL (IL-2) 3:00 CORN HOLE CHALLENGE (AL-2) 3:30 MUSIC WITH LETA (4) 4:00 CATHOLIC COMMUNION (C) 6:30 MEXICAN TRAIN (A) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 ROOK (4)	²² NATIONAL SOUTHERN FOOD DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:30 BIBLE STUDY (A) 11:00 CRACKER BARREL LUNCH BUNCH OUTING (sign up) 1:00 CROSSWORD CHALLENGE (A) 1:15 MEN'S POKER GROUP (AL-2) 1:30 GLENBROOK SHOPPING (sign up-L) 2:30 JAMMIN' DOWN WITH RAY (DR) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1)	²³ NATIONAL ACTIVITY PROFESSIONAL AND PIE DAY 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:00 MOVE IT OR LOSE IT with Melinda (DR) 10:45 DRINK AND CHAT / WINTER WORD SEARCH (AL-1) 1:30 AL AND IL BINGO BONANZA / PRIZES (A) 2:00 POCKET BILLIARDS (4) 3:00 TAPPIN' TO THE TUNES WITH LETA (AL-2) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 RUMMIKUB (A) & (4)	²⁴ 9:00 COMMUNITY JIGSAW PUZZLE (A) 10:45 BIBLE STUDY WITH LANCE THOMPSON (C) 1:30 RESIDENT CHOICE GAMES (A) AND (IL-2) 1:30 SCENIC DRIVE WITH JOE (sign up) 6:30 HAND AND FOOT (4) 6:30 MOVIE NIGHT WITH GARY (AL-1) 6:30 MUSICAL MELODIES WITH RAY (DR) 6:30 SKYJO (4)
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Find us on

ENJOY ACTIVITY PHOTOS!



Winter Hydration

Staying hydrated is important year-round. If drinking ice water doesn't sound appealing in the winter months, replenish your body with herbal teas, decaffeinated beverages, soups, fruits and vegetables.

Freedom and Service

Monday, Jan. 19, is Martin Luther King Jr. Day, also known as MLK Day, remembering the legacy and work of American civil rights activist and minister Dr. Martin Luther King Jr. This federal holiday is also a designated National Day of Service.

Brainteaser

Question: What has eight fingers and two thumbs but can't pick up anything by itself?

Answer: A pair of gloves.

ANNIVERSARIES

RESIDENTS

- 1 Year - Bill Altom
- 1 Year - Janis Altom
- 1 Year - Gwen Gregory
- 2 Years - Becky Braden
- 3 Years - Bobby Cook

STAFF

16 Years - Barbara Strickland

Pre-Sleep Snacks

These pre-bedtime snacks can help provide a better night's rest.

Tried and true. A glass of warm milk is a symbol of bedtime routines, and for good reason. Milk contains tryptophan, an amino acid important to the body's creation of serotonin, which is needed to produce the hormone melatonin. Melatonin regulates sleep, and our bodies naturally produce less with age.

A good nut's sleep. Almonds and walnuts provide nutrients and healthy fats that benefit your overall health, and they're excellent sources of melatonin.

Breakfast before bedtime. Eating a bowl of oatmeal two hours or more before bed may improve sleep quality as a source of carbohydrates and melatonin.



A Dash of Warmth

Ginger, garlic and turmeric raise body temperature, boosting the immune system.

Famous Faces Born in January

- Jan. 5, 1975: Bradley Cooper
- Jan. 10, 1953: Pat Benatar
- Jan. 11, 1997: Cody Simpson
- Jan. 12, 1985: Issa Rae
- Jan. 20, 1930: Buzz Aldrin
- Jan. 23, 1964: Mariska Hargitay
- Jan. 25, 1981: Alicia Keys
- Jan. 29, 1945: Tom Selleck



Ready, Set, Read!

Setting a yearly reading goal is a great way to motivate yourself to read more. Depending on how often you read now, your goal may be five books or 50.

National Maintenance Day--January 18

We proudly recognize our Maintenance Team for the hard work they do every day behind the scenes. From quick fixes to ongoing projects, their dedications keeps our community safe, comfortable, and running smoothly. Thank you for all you do.

Activity Professionals Day--January 23

We celebrate our Activity Professionals for bringing joy, creativity, transportation and meaningful moments to our community. Thank you for all you do to make each day bright.



BIRTHDAYS

RESIDENTS

- 05--Deborah Winters
- 06--Bobby Cook
- 08--Mel Brown
- 15--Diane Lahoski
- 26--Dianne Phillips

STAFF

- 20--Teresa Johnston
- 22--Noah Carmean
- 24--Heather Wolf