

Searching for January

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

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AQUARIUS	GARNET	PARKA
AUSTRALIA (Day)	HAT	POLAR BEAR PLUNGE
BLIZZARD	INAUGURATION	SKIING
CAPRICORN	MARTIN L. KING (Day)	SNOWDROP
FIREPLACE	MITTENS	SNOWFLAKE
FROZEN	NEW YEAR'S DAY	SWEATER

DEPARTMENT HEAD DIRECTORY

General Manager: Kim Stokes
 Controller: Tammie Sells
 Marketing Director: Kathy Heffron
 Plant Engineer: Forest Leonard
 Dining Supervisor: Sara Lascano

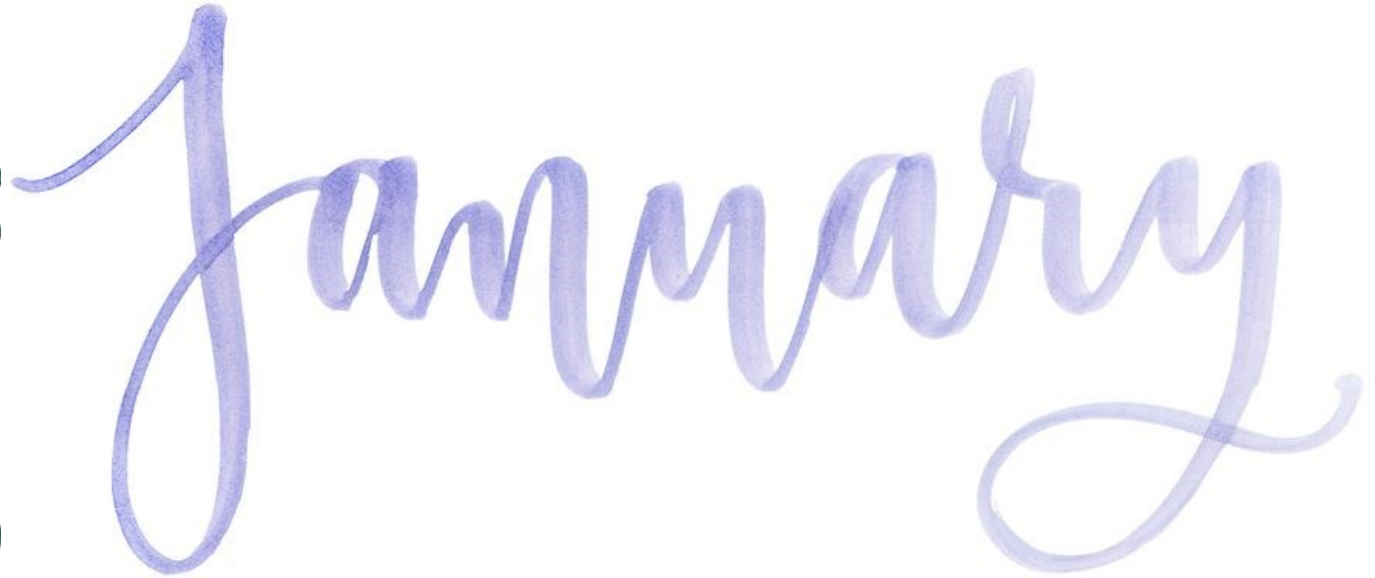


Executive Chef: Michael Scott
 Housekeeping Supervisor: Jessie Wingfield
 Wellness Director: Kimberly Richards
 Social Coordinator: Sara Lascano
 Transportation Dir.: Tony Carp

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 www.terpeningterrace.com

The Terrace Connection



This Month's Highlights

- ◆ **Craft Classes:** Art Therapy & A winter themed Paint n' Sip
- ◆ **Musical Performances by:** The Angels, Timothy Patrick, COOLEY SHOW
Gary Battles, and the Three of Hearts
- ◆ **Gathering Hands moved to Tuesday Afternoons**
- ◆ **Shopping Trips:** Bi-Mart & Trader Joes
- ◆ **New Winter Menu & the return of Lobster Night**
- ◆ **Outings:** Cinemark Movie Theater, Heritage Distillery, Art Museum
& The Coburg Antique Stores
- ◆ **New Weekly Discussion Group:** Cheerful Chats
- ◆ **Movie Nights with Susie in the Cinema Room**
- ◆ **Master Class - Last three Fridays of January**

Sign up sheets will be available at the Front Desk, one week in advance, for events that require sign up.

Social Coordinator's Message

"We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential."

— Ellen Goodman

Welcome to the new year! It was a wonderful holiday season here at Terpening, from holiday parties to wacky games and musical performances every week- We sure knew how to party! Now that winter is at our doorstep, and the quiet of January is settling in, we probably feel like hibernating until spring. While some rest and alone time is good for us in moderation, I encourage us all to stay active in our community as well. Focus on your wellness with Antigone's exercise classes, meditation practices, and our new **Master Class** series featuring **Brain Health**.

Get out of the building once and a while to see a movie, shop at antique stores, and visit our previous chef, Denise Bradbury, at her new coffee shop! There is much to see and much to do this month to keep us busy, and I encourage you to challenge yourself by trying a new class or two.

- Sara Lascano



Inspiration



Chapel Service

Fridays, in Packard Place, with Chaplain John Pearson. Service starts at 10:30 am



This is a non-denominational service.

Women's Bible Study

Thursdays @ 10:30 am - CK3

Please join our new Ladies Study. We will be meeting on Thursdays. Join us for a place for all women to come together to support each other.

Men's Bible Appreciation

Thursdays @ 1:00 pm - Tea Party Game Room

Join us for a dose of wisdom, brotherhood and scripture with fellow residents. Bible appreciation always welcomes new faces.

The Connection

Terpening Terrace, and our sister buildings, have created a page on Facebook where we can all stay connected. On this page you will find videos of Terpening Terrace staff and residents, and some videos from all the other buildings too!

Employee of the Month

January, 2025

Congratulations, Kelly Hammond!



Kelly is a standout member of our housekeeping team, known for her attention to detail, friendly demeanor, and positive attitude. She consistently goes above and beyond, working hard to ensure every task is completed to perfection. Kelly's dedication and uplifting presence make her a valuable part of the team, and we are incredibly grateful for her hard work and commitment!



Jean Patton
January 2nd

Bill Hopkins
January 8th

Phyllis Flavin
January 11th

Janice Ellis
January 12th

Beatrice Bloyd
January 13th

Linda Dietz
January 21st

Richard Witten
December 26th



Cheerful Chats

Tuesdays @ 9:30 am - Cinema Room

With tea, coffee, and friends- Join activities for a positive and light discussion group in the third floor cinema room. Where we can share good news, funny stories, and all the cheerful things in-between. No sign up required.

Creative Writing Class

Tuesday, January 21st
@ 11:30 am - CK3

Express ideas, feelings, and memories through creative writing. From short stories to memoirs, and even poetry, expand your writing skills by sharing with friends.

Guided Meditation

Fridays @ 9:30 am - Cinema Room

Join friends for a refreshing break to reset your mind and body. Meditation is proven to improve anxiety, memory, sleep and more.

TED Talk & Thoughts

Monday, January 6th
@ 1:00 pm - Cinema Room

This months talk:

Why do you love your favorite songs?

- Scarlet Keys



TED is a non-profit that believes powerful ideas, powerfully presented, moves us: to feel something, to think differently, to take action. TED is devoted to curiosity, reason, wonder and the pursuit of knowledge without an agenda.

Fun & Games

Available Game Rooms

FH = Fishing Hole –1st Floor

PP = Packard Place –1st Floor

TP = Tea Party –2nd Floor

CK3 = Connie’s Kitchen –3rd Floor

Games with Jamie

Saturdays @ 11:00 am - Packard Place

11th: Croquet

18th: Ladder Ball

25th: Bean Bag Toss



Weekly Games

Sundays @ 1:30 pm in PP - Manipulation

Sundays @ 3:00 pm in PP - Bridge

Mondays at 2:30 pm in PP - Cribbage

Mondays at 6:30 pm in PP - Players Choice

Tuesdays at 6:30 pm in PP - Players Choice

Sun & Wed at 3:30 pm in TP - Bridge

Fridays at 6:30 p.m. in PP - Manipulation

These events are resident run, please contact activities if you would like to inquire about starting a new weekly game.



Wii Sports with Antigoni

Tuesdays & Wednesdays @ 11:00 am - PP

Improve your hand-eye coordination using the Wii system with friends. Get your body moving!

*Wii Golf on Tuesdays
&*

Wii Bowling on Wednesdays

Chair Volley Ball

Mon, Wed, Fri @ 2:00 pm - PP

Get energized by bopping a beach ball over a net during chair volley ball. You will laugh, hoot, and holler during this exercise activity!

Bingo

Tuesdays @ 2:00 pm - Packard Place

Join Activities in Packard Place for Bingo! Playing regular Bingo, fun patterns and blackout! You will have the chance to win candy or a snack if you get a bingo.

Vegas Bingo

Saturdays @ 2:00 pm - Packard Place

Saturday bingo has higher stakes. Bring some quarters and play to win big!

Each card you play costs 25 cents for the day, so if you want to play 3cards it will cost 75 cents.

Community

Community Libraries

Take a vacation in a good book or learn something new! Books from Terpening and the Eugene Library are available to you. Be sure to write your name and book down on the checkout sheet in the library.

There are libraries located on the second and third floors.



Puzzle Room

Located on the Second Floor

See what’s new in the Puzzle Room. The residents are working on new puzzles each week to display in the common area near the dining room. Come add a piece and make a friend.

Mimosa Morn’ in the Dining Room

Monday, January 27th, 7:00-10:00 am

Need a reward for being an early riser? Or need motivation to become one? Join us for fun flavored mimosas at breakfast! Non-alcoholic options will also be available.

Resident Town Hall Meeting

January 13th

Meetings are usually held on the Second Monday of each month at 10:30 a.m. in Packard Place. December is skipped.

Limited Seating - Sign up to attend!

Gathering Hands for Charity

Tuesday, January 7th & 21st

@1:00 pm - CK1



“Helping children in crisis one Bag of Love at a time”

Give back to the community by helping us tie cozy blankets for children and teens in need. No supplies or experience is needed.

Sunday Drives with Jason

5th: Fern Ridge Reservoir

12th: Jasper

19th: Cresswell

26th: Fox Hollow



Transportation

Our On-Demand transportation is convenient and reliable, courtesy of our fantastic Transportation Department. Residents sign up for transportation at the front desk. Medical appointments allow a 10 mile radius and all other destinations allow a 6 mile radius of Terpening Terrace. Please provide the time you would like to be at your destination as well as the address.

Monday - Friday	9:00 a.m. - 5:00 p.m.
Saturday	9:00 a.m. - 3:30 p.m.
Sunday	9:00 a.m. - 2:00 p.m.

**Please note: Earlier and later times can be accommodated with advance notice, depending on driver availability.*

Art & Creativity

Winter Watercolor & Wine

Friday, January 3rd
@ 1:00 pm - CK3

Welcome winter with a snowy landscape and a glass of wine in hand. (or apple cider) Using an example or your imagination, paint an easy and beautiful landscape on a canvas. All supplies will be provided, and no experience is necessary.



Please sign up at the desk to attend.

Art Therapy : 2025 Bingo Cards

Wednesday, January 8th
@ 1:00 pm - CK3

Nurturing your inner artist is good for your health! Proven benefits are improved memory, cognitive function, and motor skills. This month's art therapy will allow us to creatively display our goals and wishes for the new year.

2025 Bingo Cards



Decorate bingo templates or draw/paint your own. You have complete creative freedom! Then, fill in your bingo boxes with goals you want to accomplish, places you want to visit, books you want to read, and anything else you want to do in 2025.

This bingo card can be posted to your mirror or fridge, as long as you get to see your 2025 desires and feel motivated to make them happen!

Please sign up at the desk to attend.

Social Hour

Three of Hearts

Thursday, January 9th
@ 3:00 pm - Packard Place

Another one of our beloved Trios and their King of Hearts are back for a lively performance of musical versions of classic stories and poems! Flip through their booklet of tales and follow along with their melodic stories. Enjoy wine, cider, and a snack while you listen.

The Angels

Thursday, January 2nd
@ 3:00 pm - Packard Place

The Angels are returning to Terpening for a winter show! Get a good seat with friends for an energetic and festive performance by our favorite Portland Trio.

Timothy Patrick

Thursday, January 16th
@ 3:00 pm - Lobby

This month's performance by Timothy Patrick is "Aging to Perfection". This show will have you singing and laughing as he reminds us about the humor and joys of getting older.

Please sign up at the desk to attend social hours.

Gary Battles

Tuesday, January 23rd
@ 3:00 pm - Packard Place

Gary Battles is returning for another standup comedy and musical show. He is a resident from a nearby community, and wants to share some good laughs with us.

COOLEY Show

Thursday, January 30th
@ 3:00 pm - Packard Place

David Cooley is back in town to wow us with jazzy tunes that will get our toes tapping and hands clapping! Come enjoy the charismatic COOLEY Show with refreshments and snacks.

Baking With Jamie

Saturday, January 4th @ 11:00 am in CK1

Join Jamie in the first floor community kitchen, just follow the sweet scent of freshly baked...

Raspberry & Almond Thumbprints

She will demonstrate the baking process and give out samples to taste!

Please sign up at the desk to attend.

Movie Night with Susie

@ 6:30 pm - 3rd Floor Cinema Room

Thursday, January 9th - *A Walk In The Clouds*

This is a 1995 period romantic drama film - a young soldier coming home from World War II becomes involved with a young Mexican-American woman and her family - a situation that brings tension and unexpected results.

Thursday, January 23rd - *Brooklyn*

This is a 2015 romantic period drama film - follows a young Irish woman who immigrates to Brooklyn to find employment. After building a life there, she is drawn back to her Irish home and has to choose where she wants to forge her future.

Limited Seating available - please sign up at the front desk to attend.

January's Special Events



Martin Luther King Junior Documentary Monday, January 21st @ 1:30 pm Cinema Room

Celebrate MLK Day with a fascinating documentary about his life and the impact he had on America. Discuss with friends and neighbors what you remember, experienced, and if you learned anything new! Popcorn will be provided.

Outings

Cinemark Movie Theater

Featuring - A Complete Unknown
Friday, January 10th @ 10:30 am -Lobby

Summary: In 1961, unknown 19-year-old Bob Dylan arrives in New York City with his guitar. He forges relationships with music icons of Greenwich Village on his meteoric rise, culminating in a groundbreaking performance that reverberates worldwide. The movie is 2 hrs 20 mins long, and begins at 11:20. There will be ample time for us to get snacks & find our seats.

Heritage Distillery

Wednesday, January 15th
@ 12:00 pm - Lobby

We are heading to the Whitaker neighborhood, where we will find Heritage Distillery. Heritage locally crafts seasonal cocktail menus for their whiskey, rum, gin, and vodka. There are light snacks available to purchase, we recommend eating lunch before heading out with us.

Coburg Antique Stores & Lunch

Wednesday January 29th
@ 10:30 am - Lobby

Experience a scenic drive and adventurous trip to the Coburg antique stores! There are a few stores to walk through and much to see. After we browse around, we will enjoy a hot meal and cold beer from Chief's Brew House.

Riverbend Coffee Company

Friday, January 31st @ 9:30 am - Lobby

Hop on the bus for a morning coffee and pastry run at Riverbend Coffee Company. Owned and managed by our previous executive chef, Denise Bradbury! Show your support and say hi!

Jordan Schnitzer Museum & Lunch

Wednesday, January 22nd
@ 10:30 am - Lobby

Enjoy art, old and new, at the University of Oregon Art Museum. Entrance to the museum costs \$3.00 for seniors. Afterwards, we will hop back on the bus for a delicious meal at Pastini!

Please sign up at the desk to attend outings.

Shopping

Bi-Mart

Tuesday, January 14th & 28th
@ 10:00 am - Lobby

Meet in the front lobby and get some shopping done! Reusable bags are encouraged.

Trader Joes

Friday, January 24th
@ 10:00 am - Lobby

Hop on the bus and get those essentials you can only find at this popular, organic, grocery store.

Health Minded Living

Healthy Habits

Monday, January 13th & 27th
@ 1:00 pm - CK1

Join Kimberly and friends for helpful tips and tricks to lead a healthier lifestyle. Learn how to make choices that are right for you and your body! No person is the same, so making choices to be active and nutritious can look differently from one person to the next.



Master Class - Brain Health

Friday, January 17th, 24th, & 31st
@ 1:00 pm - Cinema Room

Master Class is an online learning platform using well-known experts in a variety of subjects. Online offerings include hundreds of video lessons and workbooks taught by experts in subjects like cooking, writing, business, and more. This month we are focusing on health and wellness, particularly for our brain. Start the new year with science backed tips for better cognitive health!

Our Residents




Terpening's Veterans Board

We are dedicated to honoring our Veterans. Please contact the Activities Department if you would like a photo & name plate made for board display.

December 2024's Gift Fund

Wow! The employee gift fund raised
\$21,410.00

Endless gratitude to those who were able to donate to the fund, it was given to all the hardworking staff here at Terpening Terrace. We not only have a wonderful community of residents, but a lovely team of individuals who show their dedication to their work on a daily basis. Thank you!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DR = Dining Room PDR = Private Dining Room PP = Packard Place Lobby = Front Lobby CinRm = Cinema Room, 3rd Floor CK3 = Connie's Kitchen, 3rd Floor FH = Fishing Hole Game Rm, 1st Fl. TP = Tea Party Game Room, 2nd Fl. FIT = Fitness Room, Basement BP = Bits - Pieces Puzzle Room, 2nd Fl. CY = Courtyard <i>*(asterisk) = Requires Sign Up</i></p> <h1>January</h1>			<p>1 <u>No Transportation</u> 10:00 Yoga Video - PP 2:00 Rose Bowl - PP 3:30 Bridge - TP 6:30 Games- PP</p> <p>HAPPY NEW YEAR 2025</p>	<p>2 <u>9:00 - 5:00 Transportation</u> 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness PP 10:30 Ladies Bible Study CK3 1:00 Bible Appreciation - TP 3:00 Social Hour - PP * The Angels</p>	<p>3 <u>9:00 - 5:00 Transportation</u> 9:30 Guided Meditation -CinRm 10:30 Chapel - PP Resident Craft * 12:30 Winter Watercolor & Wine - CK3 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP</p>	<p>4 <u>9:00 - 3:30 Transportation</u> 10:15 Fitness Video - PP 11:00 Baking With Jamie - CK1 * 2:00 Vegas Bingo - PP</p>
<p>5 <u>9:00 - 2:00 Transportation</u> 10:15 Fitness Video - PP 1:30 Manipulation - PP 2:00 Weekend Drive * Fern Ridge 3:00 Bridge-PP 6:30 Wii Bowling - PP 6:30 Bridge Refresher - TP</p>	<p>6 <u>9:00 - 5:00 Transportation</u> 10:15 Total body - PP 11:00 Chair Dancing - PP 1:00 Ted Talk - CinRm "Why do you love your favorite songs?" 2:00 Chair Volleyball - PP 3:30 Cribbage Club - PP</p>	<p>7 <u>9:00 - 5:00 Transportation</u> 9:30 Cheerful Chats - CK3 9:40 Sit and Resist - PP 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 1:00 Gathering Hands - CK1 1:30 Circuit Training - FIT 2:00 Bingo - PP</p>	<p>8 <u>9:00 - 5:00 Transportation</u> 10:15 Chair Yoga - PP 11:00 Wii Bowling- PP 1:00 Art Therapy - CK3 * 2025 Bingo Cards 2:00 Chair Volleyball-PP 3:30 Bridge - TP 6:30 Games- PP</p>	<p>9 <u>9:00 - 5:00 Transportation</u> 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness PP 10:30 Ladies Bible Study CK3 1:00 Bible Appreciation - TP 3:00 Social Hour - PP * Three of Hearts 6:30 Movie Night w/ Suzie - CinRm "A Walk in the Clouds" *</p>	<p>10 <u>9:00 - 5:00 Transportation</u> 9:30 Guided Meditation -CinRm 10:30 Chapel - PP Resident Outing* 10:30 Cinemark Movie Theater "A Complete Unknow" 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP</p>	<p>11 <u>9:00 - 3:30 Transportation</u> 10:15 Fitness Video - PP 11:00 Croquet - PP 2:00 Vegas Bingo - PP</p>
<p>12 <u>9:00 - 2:00 Transportation</u> 10:15 Fitness Video - PP 1:30 Manipulation - PP 2:00 Weekend Drive * Jasper 3:00 Bridge- PP 6:30 Wii Bowling - PP 6:30 Bridge Refresher - TP</p>	<p>13 <u>9:00 - 5:00 Transportation</u> 10:30 Town Hall - PP 1:00 Healthy Habits -CK1 2:00 Chair Volleyball - PP 3:30 Cribbage Club - PP 6:30 Games - PP</p>	<p>14 <u>9:00 - 5:00 Transportation</u> 9:30 Cheerful Chats - CK3 9:40 Sit and Resist - PP 10:00 Bi-Mart - Lobby * 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 1:30 Circuit Training - FIT 2:00 Bingo - PP</p>	<p>15 <u>9:00 - 5:00 Transportation</u> 10:15 Chair Yoga - PP Resident Outing* 12:00 Heritage Distillery 11:00 Wii Bowling- PP 2:00 Chair Volleyball-PP 3:30 Bridge - TP 6:30 Games- PP</p>	<p>16 <u>9:00 - 5:00 Transportation</u> 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study CK3 1:00 Bible Appreciation - TP 3:00 Social Hour * Timothy Patrick</p>	<p>17 <u>9:00 - 5:00 Transportation</u> 9:30 Guided Meditation -CinRm 10:30 Chapel - PP 1:00 Master Class - CinRm * Week One: Brain Health 2:00 Chair Volley Ball - PP 4:00 Lobster Night - DR 6:30 Manipulation - PP</p>	<p>18 <u>9:00 - 3:30 Transportation</u> 10:15 Fitness Video - PP 11:00 Ladder Ball - PP 2:00 Vegas Bingo - PP</p>
<p>19 <u>9:00 - 2:00 Transportation</u> 10:15 Fitness Video 1:30 Manipulation - PP 2:00 Weekend Drive * Cresswell 3:00 Bridge-PP 6:30 Wii Bowling- PP 6:30 Bridge Refresher - TP</p>	<p>20 <u>9:00 - 5:00 Transportation</u> 10:15 Total body - PP 11:00 Chair Dancing - PP 1:30 MLK Documentary & Discussion - CinRm 3:30 Cribbage Club - PP 6:30 Games - PP</p> 	<p>21 <u>9:00 - 5:00 Transportation</u> 9:30 Cheerful Chats - CK3 9:40 Sit and Resist - PP 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 11:30 Creative Writing - CK3 1:00 Gathering Hands - CK1 1:30 Circuit Training - FIT 2:00 Bingo - PP</p>	<p>22 <u>9:00 - 5:00 Transportation</u> 10:15 Chair Yoga - PP Resident Outing* 10:30 Jordan Schnitzer Art Museum & Lunch Out 11:00 Wii Bowling- PP 2:00 Chair Volleyball-PP 3:30 Bridge - TP 6:30 Games- PP</p>	<p>23 <u>9:00 - 5:00 Transportation</u> 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study - CK3 1:00 Bible Appreciation - TP 3:00 Social Hour - PP * Gary Battles 6:30 Movie Night w/ Suzie - CinRm "Brooklyn" *</p>	<p>24 <u>9:00 - 5:00 Transportation</u> 9:30 Guided Meditation-CinRm 10:00 Trader Joes - Lobby * 10:30 Chapel - PP 1:00 Master Class - CinRm * Week Two: Brain Health 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP</p>	<p>25 <u>9:00 - 3:30 Transportation</u> 10:15 Fitness Video - PP 11:00 Bean Bag Toss - PP 2:00 Vegas Bingo - PP</p>
<p>26 <u>9:00 - 2:00 Transportation</u> 10:15 Fitness Video 1:30 Manipulation - PP 2:00 Weekend Drive * Fox Hollow 3:00 Bridge-PP 6:30 Wii Bowling - PP 6:30 Bridge Refresher - TP</p>	<p>27 <u>9:00 - 5:00 Transportation</u> 7:00 Mimosa Monday - DR 10:15 Total Body - PP 11:00 Chair Dancing - PP 1:00 Healthy Habits -CK1 2:00 Chair Volleyball - PP 3:30 Cribbage Club - PP 6:30 Games - PP</p>	<p>28 <u>9:00 - 5:00 Transportation</u> 9:30 Cheerful Chats - CK3 9:40 Sit and Resist - PP 10:00 Bi-Mart - Lobby * 10:15 Posture and Balance - PP 11:00 Wii Golf - PP 1:30 Circuit Training - FIT 2:00 Bingo - PP</p>	<p>29 <u>9:00 - 5:00 Transportation</u> 10:15 Chair Yoga - PP Resident Outing* 10:30 Coburg Antique Stores & Lunch Out 11:00 Wii Bowling- PP 2:00 Chair Volleyball-PP 3:30 Bridge - TP 6:30 Games- PP</p>	<p>30 <u>9:00 - 5:00 Transportation</u> 9:40 Meditation & Stretching - PP 10:15 Total Body Fitness - PP 10:30 Ladies Bible Study - CK3 1:00 Bible Appreciation - TP 3:00 Social Hour - PP * COOLEY Show</p>	<p>31 <u>9:00 - 5:00 Transportation</u> 9:30 Guided Meditation-CinRm Resident Outing* 9:30 Denise's Coffee Shop 10:30 Chapel - PP 1:00 Master Class - CinRm * Week Three: Brain Health 2:00 Chair Volley Ball - PP 6:30 Manipulation - PP</p>	