



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

Jonda Brown

Office Manager

Vicki Crooks

Resident Care Director

Tiffany Kennebrew, LPN

Dining Services Director

Tracy Bradley

Maintenance Director

Chip McKenney

Sales Director

Heather Cunningham Upchurch

Recreation Director

Susan Jones

Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.



We wish all of our residents and family members a **HAPPY NEW YEAR!** We hope it's the best year yet! We've seen many changes in the last year, but our resolution for the year remains the same: to ensure our residents have a wonderful place to call home. We appreciate your patience during our renovations.



Upcoming Community Events

- January 4th--Name That Tune
- January 9th--Bill Sleeter Musical
- January 11th--Crafting with Emme (sign up)
- January 12th--Ultimate Hearing Testing (sign up)
- January 16th--Men of Harmony
- January 13th--Leisure Ride with Bob (sign up)
- January 23rd--Painting with Hannah (sign up)

Walk and Talk

Walking is a convenient, low-intensity workout that can improve or maintain your overall health. Follow the talk test to gauge how hard you're working. If you can comfortably talk while walking, then you are successfully completing a moderate workout. But if you're able to sing, then you should up your pace.

Brainteaser

Question: What is always in front of you but can't be seen?
Answer: The future.

Snow Joke

Did you hear about the ski trip? It started off great, but things went downhill fast.
We love Humor Therapy!

Reading Challenge: Genre Switch-Up


Start the new year with a goal to read more! With so many genres, you're sure to find a book to fall in love with. This month, challenge yourself to read two books from different genres. If you're a regular reader, this will change your routine, and if you're not a reader, you may find a new joy!

Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye's retina, it boosts the body's levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows whenever possible.

Celebrating MLK, Jr.

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|--|
|  <p>HAPPY NEW YEAR</p> | NEW YEAR'S DAY 1 7:30 ALL FRONT OFFICES WILL BE CLOSED. A RECEPTIONIST WILL BE ON DUTY IF YOU NEED ASSISTANCE. 9:00 JIGSAW PUZZLE (A) RESIDENT CHOICE GAMES IN THE ACTIVITY ROOM ON IL. 6:30 HAND AND FOOT (IL-2) 6:30 RUMMIKUB (A) | 2 9:00 JIGSAW PUZZLE (A) 10:00 WHO WANTS POPCORN (L) 11:00 MUSIC / HYMNS WITH GAIL DAVIS (C) 2:00 COCKTAIL / MOCKTAILS / POPCORN SOCIAL HOUR (A) 2:30 HAPPY HOUR (AL-1) 6:30 RUMMIKUB (A) & (4) 6:30 SKIP-BO (2) | 3 9:00 JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 MUSIC WITH EDDIE (AL-1) 1:30 BINGO MANIA (A) 1:30 KROGER SHOPPING* 2:45 CORN HOLE (AL-1) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (A) | 4 9:00 JIGSAW PUZZLE (A) 10:30 BIBLE STUDY (A) 1:15 LET'S PLAY POKER (AL-1) 1:45 CHAIR YOGA (A) 2:30 NAME THAT TUNE (C) 6:30 HAND AND FOOT (A) 7:00 THURSDAY NIGHT AT THE MOVIES (AL-1) | 5 10:00 MOVE IT OR LOSE IT (DR) 10:45 COFFEE CHAT / Word Search (AL-1) 1:30 BINGO MANIA / PRIZES (A) 2:45 BINGO MANIA (AL-1) 6:30 HAND AND FOOT (IL-2) 6:30 RUMMIKUB (A) | 6 9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 1:30 RESIDENT CHOICE GAMES (A) 2:30 MUSIC WITH EDDIE AND FRIENDS (C) 6:30 Hand and Foot (A) |
| 7 9:00 JIGSAW PUZZLE (A) 9:00 Transportation to 1st Baptist Church: H'ville* 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 10:30 Transportation to Our Lady of the Lake Catholic Church* 2:00 Coffee with Friends (AL-1) 2:00 RUMMIKUB (A) 6:30 Hand and Foot (A) | 8 9:00 JIGSAW PUZZLE (A) 10:00 RISE & SHINE STRETCHING (DR) 10:45 MORNING EXERCISE (AL-1) 1:30 BINGO MANIA WITH KAREN (A) 1:30 WALMART SHOPPING* 2:45 BINGO / PRIZES (AL-1) 3:15 IPHONE CLASS WITH JOEY HOLLAND (A) 6:30 HAND & FOOT (IL-2) 6:30 RUMMIKUB (A) | 9 9:00 JIGSAW PUZZLE (A) 10:00 WHO WANTS POPCORN (L) 10:30 DEVOTIONAL READING (AL-1) 2:30 BILL SLEETER MUSICAL ENTERTAINMENT (DR) 6:30 RUMMIKUB (A) & (4) 6:30 SKIP-BO (2) | 10 9:00 JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 CRAFTING MADE EASY (AL-1) 1:30 BINGO MANIA (A) 2:45 CORN HOLE (AL-1) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (A) | THANK YOU DAY 11 9:00 JIGSAW PUZZLE (A) 10:00 FUNNY CRIMINAL MISTAKES (AL-1) 10:30 BIBLE STUDY (A) 1:15 LET'S PLAY POKER (AL-1) 1:45 CHAIR YOGA (A) 2:30 CRAFTING MADE EASY WITH EMME (A) please sign up in Outing Book 6:30 HAND AND FOOT (A) 7:00 THURSDAY NIGHT AT THE MOVIES (AL-1) | 12 10:00 MOVE IT OR LOSE IT (DR) 10:45 COFFEE CHAT / Word Search (AL-1) 1:00 HEARING TEST WITH ULTIMATE HEARING (4) please sign up in Outing Book 1:30 BINGO MANIA / PRIZES (A) 2:45 BINGO MANIA (AL-1) 6:30 HAND AND FOOT (IL-2) 6:30 RUMMIKUB (A) | 13 9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 1:30 RESIDENT CHOICE GAMES (A) 2:30 MUSIC WITH EDDIE AND FRIENDS (C) 6:30 Hand and Foot (A) |
| 14 9:00 JIGSAW PUZZLE (A) 9:00 Transportation to 1st Baptist Church: H'ville* 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 10:30 Transportation to Our Lady of the Lake Catholic Church* 2:00 Coffee with Friends (AL-1) 2:00 RUMMIKUB (A) 6:30 Hand and Foot (A) | Martin Luther King Jr. Day 15 9:00 JIGSAW PUZZLE (A) 10:00 RISE & SHINE STRETCHING (DR) 10:45 SNOWBALL TOSS (AL-1) 1:30 BINGO MANIA (A) 2:45 BINGO / PRIZES (AL-1) 3:15 CROSSWORD CHALLENGE (A) 6:30 HAND & FOOT (IL-2) 6:30 RUMMIKUB (A) | 16 9:00 JIGSAW PUZZLE (A) 11:00 MUSIC / HYMNS WITH PASTOR JERRY WOOLEY FROM 1ST BAPTIST CHURCH (C) 2:00 COCKTAIL / MOCKTAIL HOUR WITH POPCORN (A) 2:30 HAPPY HOUR (AL-1) 3:00 GRANDPA'S ATTIC with Lisa Berry from Preferred Care(AL-1) 6:30 RUMMIKUB (A) & (4) 6:30 SKIP-BO (2) | 17 9:00 JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 MUSIC WITH EDDIE (AL-1) 1:30 BINGO MANIA (A) 1:30 DILLARD'S SHOPPING* 2:45 CORN HOLE (AL-1) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (A) | 18 9:00 JIGSAW PUZZLE (A) 10:00 NAME THAT TUNE (AL-1) 10:30 BIBLE STUDY (A) 1:15 LET'S PLAY POKER (AL-1) 1:45 CHAIR YOGA (A) 2:30 CORN HOLE CHALLENGE (A) 3:30 WHO WANTS POPCORN (L) 6:30 HAND AND FOOT (A) 7:00 THURSDAY NIGHT AT THE MOVIES (AL-1) | 19 10:00 MOVE IT OR LOSE IT (DR) 10:45 COFFEE CHAT / Word Search (AL-1) 12:00 CELEBRATION WITH GAIL DAVIS (DR) 1:30 BINGO MANIA / PRIZES (A) 2:45 BINGO MANIA (AL-1) 6:30 HAND AND FOOT (IL-2) 6:30 RUMMIKUB (A) | 20 9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 1:30 RESIDENT CHOICE GAMES (A) 2:30 MUSIC WITH EDDIE AND FRIENDS (C) 6:30 Hand and Foot (A) |
| 21 9:00 JIGSAW PUZZLE (A) 9:00 Transportation to 1st Baptist Church: H'ville* 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 10:30 Transportation to Our Lady of the Lake Catholic Church* 2:00 Coffee with Friends (AL-1) 2:00 RUMMIKUB (A) 6:30 Hand and Foot (A) | 22 9:00 JIGSAW PUZZLE (A) 10:00 RISE & SHINE STRETCHING (DR) 10:45 DRUMMER CIRCLE (AL-1) 1:30 BINGO MANIA WITH KAREN (A) 2:45 BINGO WITH A TWIST (AL-1) 3:15 IPHONE CLASS WITH JOEY HOLLAND (A) 6:30 HAND & FOOT (IL-2) 6:30 RUMMIKUB (A) | 23 9:00 JIGSAW PUZZLE (A) 10:15 TRIVIA WITH A TWIST (A) 11:00 NEEDS AND WANTS SOCIAL (AL-1) 2:00 PAINTING WITH HANNAH (A) please sign up in Outing Book 3:00 HAND MASSAGE WITH CHERI (AL-1) 6:30 RUMMIKUB (A) & (4) 6:30 SKIP-BO (2) | COMPLIMENT DAY 24 9:00 JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 CRAFTING MADE EASY (AL-1) 1:30 BINGO MANIA (A) 1:30 GLENBROOK SHOPPING* 2:45 CORN HOLE (AL-1) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (A) | 25 9:00 JIGSAW PUZZLE (A) 10:30 BIBLE STUDY (A) 1:15 LET'S PLAY POKER (AL-1) 1:45 CHAIR YOGA (A) 2:30 EDDIE, JOE AND RAY MUSICAL TUNES (C) 3:30 ICE CREAM SOCIAL (A) 6:30 HAND AND FOOT (A) 7:00 THURSDAY NIGHT AT THE MOVIES (AL-1) | 26 10:00 MOVE IT OR LOSE IT (DR) 10:45 COFFEE CHAT / Word Search (AL-1) 1:30 BINGO MANIA / PRIZES (A) 2:45 BINGO MANIA (AL-1) 6:30 HAND AND FOOT (IL-2) 6:30 RUMMIKUB (A) | 27 9:00 JIGSAW PUZZLE (A) 10:30 Coffee Social Get-Together (AL-1) 11:00 BIBLE STUDY with Lance Thompson (C) 1:30 RESIDENT CHOICE GAMES (A) 2:30 MUSIC WITH EDDIE AND FRIENDS (C) 6:30 Hand and Foot (A) |
| 28 9:00 JIGSAW PUZZLE (A) 9:00 Transportation to 1st Baptist Church: H'ville* 10:00 WORSHIP WITH JOHN BRADLEY FROM H'VILLE CHURCH OF CHRIST (C) 10:30 Transportation to Our Lady of the Lake Catholic Church* 2:00 Coffee with Friends (AL-1) 2:00 RUMMIKUB (A) 6:30 Hand and Foot (A) | 29 9:00 JIGSAW PUZZLE (A) 10:00 RISE & SHINE STRETCHING (DR) 10:45 BALLOON DARTS (AL-1) 1:30 BINGO MANIA (A) 2:45 BINGO / PRIZES (AL-1) 3:15 CROSSWORD CHALLENGE (A) 6:30 HAND & FOOT (IL-2) 6:30 RUMMIKUB (A) | 30 9:00 JIGSAW PUZZLE (A) 10:00 POPCORN (L) 10:45 RESIDENT COUNCIL MEETING (AL-2) 2:30 TOWN HALL MEETING (A) 6:30 RUMMIKUB (A) & (4) 6:30 SKIP-BO (2) | 31 HOT CHOCOLATE DAY 9:00 JIGSAW PUZZLE (A) 10:00 MOVEMENT AND MOTION (DR) 10:45 MUSIC WITH EDDIE (AL-1) 1:30 BINGO MANIA (A) 1:30 DOLLAR GENERAL MARKET SHOPPING* 2:45 CORN HOLE (AL-1) 4:00 CATHOLIC COMMUNION (C) 6:30 ROOK (A) | LOCATIONS OF ACTIVITIES (A) ACTIVITY ROOM (AL) ASSISTED LIVING (C) CHAPEL (DR) DINING ROOM (G) GARDEN (IL) INDEPENDENT LIVING | (L) LOBBY (*) REQUIRES SIGNING UP IN THE OUTING BOOK LOCATED ON IL-1 BY ELEVATOR BE SURE TO JOIN CHAIR YOGA ON THURSDAYS AT 1:45PM IN THE ACTIVITY ROOM ON IL. | ADDITIONAL ACTIVITIES may be added or omitted during the month. Please check the BULLETIN BOARDS located in various areas on IL and AL. Announcements will be made during our noon meal concerning any changes that need to be made. |



RESIDENT CHRISTMAS TREE CRAFT



CHRISTMAS ORNAMENT CRAFT

Make Someone's Day
Jan. 24 is National Compliment Day.



GINGERBREAD HOUSE CRAFT



IT'S BEGINNING TO LOOK LIKE CHRISTMAS



ANNIVERSARIES
RESIDENTS

- 1 Year - Bobby Cook
- 1 Year - Marguerite Faxon
- 1 Year - Nancy Thompson
- 1 Year - Margie Hall
- 2 Years - Jean Arthur
- 2 Years - Charlene Jones
- 2 Years - Jerry Merry
- 6 Years - Evelyn Tucker

STAFF

- 1 Year - Tracy Bradley
- 1 Year - Julie Qualls
- 2 Years - Stephanie Smith
- 2 Years - Danny Jones
- 14 Years - Barbara Strickland

BIRTHDAYS
RESIDENTS

- 06--Bobby Cook
- 10--Ruth Smith
- 11--Georgette Dion
- 15--Diane Lahoski
- 17--Carole Keller
- 26--Dianne Phillips

STAFF

- 17--Annie Seybert
- 24--Heather Wolf
- 30--Jessica Witherspoon



PARK PLACE
A SENIOR LIVING COMMUNITY

31 Executive Park Drive • Hendersonville, TN 37075