

The Chatterbox



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www.theparksidevillage.com

January Events:

1) HAPPY NEW YEAR! (office closed)

7) Women's Breakfast/ Farkle Dice

8) Men's Breakfast

10) Coffee Hour (hosted by Shirley Goldbin and
Joan Cavanaugh)

14) BINGO

15) Coloring & Crafts Coffee/ **Italian Dinner Night**

21) Farkle Dice

24) Coffee Hour (hosted by Kathy Calkins & Shirley Kruse)

28) BINGO

29) Coloring Coffee

30) Movie & Popcorn



Kindness is a simple yet wonderful
New Year's Resolution :

Being kind, feeling kind, acting kindly, accepting kindness from others: "Practicing Kindness" in every way.

It turns out that kindness is not only wonderful and benefitting for the recipient but it's also really healthy for you too. Research shows being kind is a natural part of the human condition, instigating a whole host of positive physical, mental, and emotional effects.

A special thank you to all of you verbally wished us Merry Christmas, hugged us, or who sent our staff holiday greetings, treats and gifts. We were humbled by all your sweet gestures. We enjoy serving you day to day. **We appreciate all of you!**

Keep active.

Do something to keep fit each day, something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too. Chair YOGA is a great option as well as walking and swimming.

Our staying Active winners from the last month of 2019 are Cynthia Kessenich & Sonja Wipperfurth. They each get a \$10 Pick n Save gift card.

Congrats and keep up the good work everyone!

Want to get in on the fun?!

See Julie for more details. Keep track of time spent doing activities and win prizes monthly.



Join us for ITALIAN NIGHT at Parkside!

Date: Wednesday, January 15th

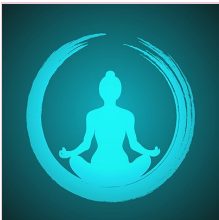
Place: Parkside Community Room

Time: Happy hour 4:30 pm / Dinner 5 pm

Menu: Italian Buffet includes your choice of lasagna or chicken alfredo, breadsticks, salad and cake for dessert and assorted drinks
(Rodeside Grill will be our caterer)

Cost: \$8.00 each to be paid at time of reservation

Sign-up's and Reservations **due by** Friday, January 10th.



YOGA!!

Yoga continues in 2020. We are so happy to have this healthy lifestyle choice available to all of you. Classes will continue to be Free for residents. The days and times will also stay the same. Monday & Thurs. mornings at 9 am. Please Note: January 27th & 30th there will be NO Yoga.

Did you know?

Our Deforest Area Community & Senior Center has so many resources for you? Everything from Grief & Caregiver support groups to help with tax returns prep to van transportation to in town shopping, scheduled rides to appointments, fun events, games, lunch, social activities. They also have volunteer opportunities. Check them out...they are there for you!



Start each day with
a positive thought.

Saying Good-bye is so sad

We had to say good-bye to our friend and long time resident **Harvey Kinderman** on December 12, 2019.

He was born on January 20, 1932 in Eau Claire, WI. He grew up in Fall Creek. Harvey married the love of his life, Kay. Some of you may not have known but for twenty years he was a funeral director, followed by 25 years as a corporate pilot. His most important job however was being a husband and a dad.

Our deepest sympathies go out to Kay and the family.

To see Harvey's full obituary please go to:

<https://www.ryanfuneralservice.com/notices/Harvey-Kinderman>



Olbrich Botanical Gardens: You can visit the tropics without leaving the Madison area! The Bolz Conservatory, a sunny 50-foot-high glass pyramid, houses a diverse collection of tropical plants, a rushing waterfall, free-flying birds, and blooming orchids. See the plants on which some very common foods grow, such as banana, coffee, and vanilla. Get an up close and personal look at carnivorous plants as well! Temperatures in the Conservatory range from 65 degrees to 95 degrees Fahrenheit year-round, making this a truly tropical escape.



COLORING, CRAFTS & COFFEE

If you like to be creative and work on crafts, do some relaxing adult coloring or knitting, or painting...you should join us every other Wednesday morning for a cup of coffee or tea and some socializing while working on your project. It's fun to see what each other is working on and friendly conversation. You may get new ideas or inspired to start a new hobby or craft. January's Crafts & Color coffee's will be held on Wednesday the 15th and the 29th starting at 9 am. Sweets sometimes show up alongside the coffee. Men are encouraged to join us too! (don't be shy!!)

2020 BINGO SCHEDULE Every Other TUESDAY Night

7:00 pm in the Community Room

\$1.00 per Card

Residents & Guests Welcome

JANUARY Tuesday, Jan. 14 Tuesday, Jan. 28	FEBRUARY Tuesday, Feb. 11 Tuesday, Feb. 25	MARCH Tuesday, Mar. 10 Tuesday, Mar. 24
APRIL Tuesday, Apr. 7 Tuesday, Apr. 21	MAY Tuesday, May 5 Tuesday, May 19	JUNE Tuesday, June 2 Tuesday, June 16 Tuesday, June 30
JULY Tuesday, July 14 Tuesday, July 28	AUGUST Tuesday, Aug. 11 Tuesday, Aug. 25	SEPTEMBER Tuesday, Sept. 8 Tuesday, Sept. 22
OCTOBER Tuesday, Oct. 6 Tuesday, Oct. 20	NOVEMBER Tuesday, Nov. 3 Tuesday, Nov. 17	DECEMBER Tuesday, Dec. 1 Tuesday, Dec. 15 Tuesday, Dec. 29

BINGO = Help Needed!

We are looking for 2-3 people to help us with Tuesday night Bingo as either a caller or a cashier. You would be asked to work once a month. A couple of our current volunteers are wanting to retire from calling or cashiering after volunteering for ten or more years.

So if you are interested in helping us, please contact Erlene Delano at **846-4822** or email her at meodelano@gmail.com. Thank you.

