

Lexington Estate

at Buchanan County Health Center

HELLO
WINTER



CELEBRATING JANUARY

A GLANCE AT THE MONTH AHEAD...

- 1ST- HAPPY NEW YEAR 2024
- 2ND- PIANO WITH DAVE
- 8TH- RON LUBBERS
- 9TH- BUS RIDE
- 12TH- DJ CLAY WILLIE
- 13TH- DAVE WIRTZ
- 16TH- CHARLES BIRTHDAY
- 18TH- OUT TO EAT
- 23RD- PIANO WITH BONNIE
- 26TH- DJ CLAY WILLIE
- 26TH- MARION BIRTHDAY

View our
activities calendar
to see what we're
up to this month!



Charles.B (Jan 16th)
Marion R. (Jan 26th)



December Highlights

REMINDERS

Outings are marked on the calendar often in a different color. Please note outside activities are weather pending.





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2024

Another year has begun. It's now twenty-twenty four.
I wonder if it will be any better than before.

There will still be wars, conflicts, and disaster
Men will still want to see who's master.

Maybe this year will be different and men will see eye to eye
and no longer will young men go to war and die.

I suppose this January will have some of the same old things.
Runny nose, cold toes, and some fender bender dings.

But when the month is done,
I hope we all will be able to say, it's been fun!

Leonard K.



Dress smart for cold weather

Please take an inventory of your closets for upcoming winter weather gear. Even if you don't plan to go out there may be times when a Dr. appointment or other outing is necessary.

A warm winter coat is a must!

It's a good idea for seniors to get out for some fresh air when possible, layered loose-fitting clothing and water-proof gloves or mittens are best. Wearing a hat & scarf protects against heat loss, as close to half of body heat is lost through the head.

We plan to go out in the winter months but will limit how far we travel as well as cancel if temperatures are below zero or weather forecasts indicate winter storms.

Taste of Home

Easy Apple Carmel Crumble



Ingredients:

- 1 2/3 Cups brown sugar, divided
- 1/2 cup sugar
- 5 Large apples chopped
- 1/4 teaspoon salt
- 2 teaspoons cinnamon
- 2/3 cups oats
- 1/4 cup flour
- 4 Tablespoons butter-room temp
- 1 teaspoon vanilla













Directions:

1. Place 1 cup brown sugar, apples, salt, and 1 teaspoon cinnamon in the bottom of slow cooker. Stir to combine.
2. Combine oats, 2/3 cup of brown sugar, flour, 1teaspoon cinnamon, butter, and vanilla in a small bowl. Sprinkle mixture evenly over apple mixture.
3. Cook on low for 4 hours or high for 2 hours.
4. Turn off slow cooker and allow to sit for 1 hour before serving to allow caramel to thicken.

Serve with ice cream or whipped topping.



JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 Independent Activities</p>	<p>1  Happy New Year! 2024</p>	<p>2 9:30 Crosswords 10:30 Reader's Circle 2:00pm Piano with Dave</p>	<p>3 9:30 Senior Fitness 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour </p>	<p>4 9:00 Manicures 10:00 Snack Cart 10:30 Devotionals 1:30 Trivia</p>	<p>5 9:30 Senior Fitness 10:00 Sensory Group 10:30 Catholic Communion 1:30 National bird day </p>	<p>6 Independent Activities</p>
<p>7 Local Radio Channel 95.3 Un-deck the halls start taking down Christmas Decorations</p>	<p>8 9:30 Senior Fitness 10:15 Coffee Talk 1:00 Ron Lubbers </p>	<p>9 9:30 Chair Yoga 10:30 Reader's Circle with Erin 11:30 Take Out 1:30 Bus Ride </p>	<p>10 9:30 Catholic Mass 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour </p>	<p>11 9:00 Manicures 10:00 Snack Cart 10:30 Devotionals 11:00 Lutheran comm 1:30 Game time </p>	<p>12 9:30 Senior Fitness 10:00 Non Denom Church 10:30 Catholic Communion 1:30 DJ Clay </p>	<p>13 Independent Activities 11:30 Dave Wirtz Music </p>
<p>14 Local Radio Channel 95.3</p>	<p>15 9:30 Senior Fitness 10:15 Coffee Talk 1:30 Amy's Kitchen</p>	<p>16 9:30 Crosswords 10:30 Reader's Circle 1:30 January Modern Trivia</p>	<p>17 9:30 Senior Fitness 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour </p>	<p>18 9:00 Manicures 10:00 Snack Cart 10:30 Devotionals 12:00 Out To Eat</p>	<p>19 9:30 Senior Fitness 10:00 Sensory Group 10:30 Catholic Communion 1:30 Birthday Bingo 2:30 Birthday Party</p>	<p>20 Independent Activities</p>
<p>21 Local Radio Channel 95.3 Activity Professionals Week 21st- 27th "Innovate, Inspire, Involve"</p>	<p>22 9:30 Senior Fitness 10:15 Coffee Talk 10:30 Sing-a-long  1:30 Pick a hobby day</p>	<p>23 9:30 Chair Yoga 10:30 Resident Council 11:30 Take Out 2:00 Tea Time and  Trivia 4:45 Piano with Bonnie</p>	<p>24 9:30 Senior Fitness 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour </p>	<p>25 9:00 Manicures 10:00 Snack Cart 10:30 Devotionals 1:30 Cork N Canvas </p>	<p>26 9:30 Senior Fitness 10:00 Non Denom Church 10:30 Catholic Communion 1:30 DJ Clay  HAPPY BIRTHDAY MARION  National Activity Professionals Day</p>	<p>27 Independent Activities</p>
<p>28 Local Radio Channel 95.3</p>	<p>29 9:30 Senior Fitness 10:15 Coffee Talk 1:30 Puzzle Day  Activity</p>	<p>30 9:30 Crafting Corner 10:30 Readers Circle 10:30 Beverage Cart 1:30 Movie </p>	<p>31 9:30 Senior Fitness 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour </p>		<p>Activities are always subject to change. Bus trips are weather permitting. Outings are in green, music/parties in red Questions or concerns please contact: Katelyn Ciesielski 319-332-0976</p>	

Riddle Me This

Intricate and small, I dance in the cold air. No two of me alike; that's truly rare. What am I, a wonder from above? A symbol of winter, sent with love?

Challenge for the Day

Rearrange the letters in your last name to form as many words as possible.

Food for Thought

The Margherita pizza, one of Italy's most famous culinary exports, was created in 1889 in Naples. It was made to honor Queen Margherita of Savoy and features ingredients representing the colors of the Italian flag. This classic pizza, with its simple yet flavorful combination of tomato sauce, fresh mozzarella, and basil, remains a beloved symbol of Italian cuisine worldwide.

Tickle Your Funny Bone

Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.

Challenge for the Day

Practice good posture. Remind yourself to maintain an upright seated and standing position whenever possible.

Food for Thought

Champagne, the famous sparkling wine, owes its creation to an accident. In the 17th century, winemakers in the Champagne region of France faced an issue wherein their wines would need a second fermentation in the bottle. This secondary fermentation created carbonation, resulting in bubbles.

Who Am I?

I was born January 5, 1946, in Los Angeles, California. I've left a permanent mark in Hollywood with a career spanning several decades. I am a renowned American actress known for my distinctive style, versatility, and memorable performances in film. I gained widespread recognition and an Academy Award for my portrayal of the titular character in Woody Allen's 1977 film *Annie Hall*. This role showcased my unique fashion sense and my ability to blend humor and vulnerability. I received three more Academy Award nominations for my roles in *Reds*, *Marvin's Room*, and *Something's Gotta Give*. I have also worked behind the camera, directing and producing films. I am a big advocate for adoption, and my two children were adopted. Who am I?

What Am I?

I have been on the planet for over 65 million years. I am found mostly in the northern hemisphere. I was a symbol of fertility to ancient cultures. Children often make toy animals or art projects out of me. In Eastern Europe, I am boiled to make a sweet jam. I am a food source for many birds and small rodents. My seeds can be ground up and made into coffee. A three-story bronze statue of me sits outside St. Peter's Basilica in Rome. I show up on staffs carried by the pope as well. I come from a type of plant called a gymnosperm. Without my seeds, there wouldn't be any pesto in Italian food. I often appear as a decoration during the holiday season. Many plants create things like me, but I grow only on pine trees. What am I?

Conversational Starter

If you could time travel, what time period would you want to visit? Why?

Who Said So?

This novelist who often set his novels in California said, "Many a trip continues long after movement in time and space have ceased."

Fun Fact

In 1919, a massive molasses storage tank in Boston burst, causing a wave of molasses to flood the streets at a speed of 35 miles per hour, resulting in 21 deaths and over 150 injuries. This event, which became known as the "Great Molasses Flood," prompted stricter oversight of industrial facilities to prevent similar accidents in the future.

Conversational Starter

What's a resolution, goal, or project you're currently working on or excited about?

Name Three

Can you name three fast-food chains that start with the letter *D*?

Did You Know?

The Rosetta Stone was discovered in Egypt in 1799, serving as the key to deciphering hieroglyphs. It contains inscriptions in three scripts: Greek, Demotic, and hieroglyphic, thereby allowing scholars to unlock the mysteries of ancient Egyptian writing and history.

Quiz answers:

Table Talk Tidbits #1

RIDDLE ME THIS: A snowflake

WHO AM I? Diane Keaton

WHO SAID SO? John Steinbeck

Table Talk Tidbits #2

WHAT AM I? A pinecone

NAME THREE: Dairy Queen,

Domino's Pizza, Dunkin'

Donuts, D'Angelo's

Sign Out Book!

Please, if taking a resident out of the facility sign them out.

Effective and accurate sign-out is important for patient safety and successful patient care.

Reminder

Please, refrain from sitting more than five people at a table during meals in the dining area.