



VANTAGE POINTE VILLAGE

at Ashland City

2035 Vantage Pointe
Ashland City, TN 37015
(615) 246-0000



Mix and Mingle

Holiday gatherings can be a merry way to catch up with loved ones and meet new people, and all that socializing can be good for your health. Experts say mingling with others can help lower stress, boost confidence, and improve physical well-being.

Save the Sweet Date

Whether your favorite is peanut butter, sugar, oatmeal or classic chocolate chip, go ahead and get caught with your hand in the cookie jar on Dec. 4, National Cookie Day.

Remember When: Candy Stripers

Wearing red-and-white striped pinafore uniforms that resembled peppermint sticks, candy stripers were once a common sight in many hospitals. Beginning in the 1940s, these teenage girls took part in the first hospital volunteer programs. Their duties included delivering meals and mail to patients, assisting nurses and visitors, and performing clerical tasks. Serving as a candy striper was often a first step to a career in the medical field.

Spread the Word

OK, ew, bestie and yowza are words Scrabble fans can now add to their arsenals when playing the board game. Those are among the 300 new entries in the latest edition of The Official Scrabble Players Dictionary, which is updated every four to eight years.

Legacies Live On

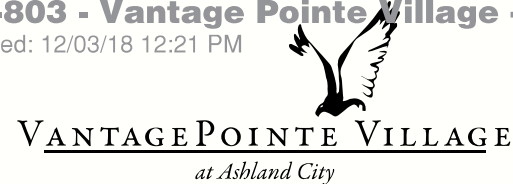
"Memories of our lives, of our works and our deeds will continue in others." —Rosa Parks

December 2018



Positive Thought...Eggnog!

Stop by the activity room any day around 4 o'clock



December 2018

- LR Living Room
- AR Activity Room
- RR Recreation Room
- EX Exercise Room 3rd Flr
- DR Dining Room
- ♪ Music
- ♥ Exercise
- 👤 Food Event
- ✓ Newly Added

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---|--|--|--|--|--|---|
| <p>Resident of the Month: Pearl Jacobs</p> | <p>Ham Of the Month: Doc</p> | <p>Master Crafter Award: Jackie Scott</p> | <p>Sweethearts of the Month: Len & Freda</p> | | | <p style="text-align: right;">1</p> <p>8:00 LR Morning News & Coffee</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon</p> <p>1:00 AR Movie Popcorn & Cokes</p> <p>2:00 RR Puzzles & Pool</p> <p>3:00 Snacks @ The Concierge Desk</p> <p>4:00 DR Coffee & Cards</p> |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| <p>8:00 LR Morning News & Coffee</p> <p>9:00 LR Church with Jim Rich</p> <p>10:00 LR Prayer Group</p> <p>12:00 RR Titan Football!!</p> <p>1:00 AR Bingo</p> <p>2:00 AR Art, oils, Scrapbook, flowers, waxless candle ✓</p> <p>3:00 AR Spa Day ✓</p> | <p>8:00 YMCA ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Chocolate with Mary 👤</p> <p>1:00 Walmart / Salon</p> <p>2:30 AR Jewelry / Craft Class</p> <p>3:00 EX NuStep Dub Step ♥</p> | <p>8:30 EX Weightlifting</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Jackie Scott Craft Class</p> <p>1:00 AR Bingo</p> <p>2:30 AR Popcorn Social 👤</p> <p>3:00 AR Cards, Games, Dominoes, Fellowship & Fun ✓</p> | <p>8:00 YMCA ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 RR Live Music / Fellowship ♪</p> <p>1:00 Walmart</p> <p>2:30 Birdwatching ✓</p> <p>3:00 EX NuStep Dub Step ♥</p> | <p>8:30 EX Weightlifting</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>12:30 AR Bible Study</p> <p>1:00 AR Bingo</p> <p>2:30 AR Popcorn Social 👤</p> <p>2:30 RR Ronnie Anderson Concert</p> | <p>8:00 AR YMCA / Pool Aerobics ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Chocolate w/ Janet ✓</p> <p>1:00 Walmart</p> <p>3:00 LR Happy Hour 👤</p> <p>3:30 LR Music & Mayhem!!</p> | <p>8:00 LR Morning News & Coffee</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon</p> <p>1:00 AR Movie Popcorn & Cokes</p> <p>2:00 RR Puzzles & Pool</p> <p>3:00 Snacks @ The Concierge Desk</p> <p>4:00 DR Coffee & Cards</p> |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| <p>8:00 LR Morning News & Coffee</p> <p>9:00 LR Church with Jim Rich</p> <p>10:00 LR Prayer Group</p> <p>12:00 RR Titan Football!!</p> <p>1:00 AR Bingo</p> <p>2:00 AR Art, oils, Scrapbook, flowers, waxless candle ✓</p> <p>3:00 AR Spa Day ✓</p> | <p>8:00 YMCA ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Chocolate with Mary 👤</p> <p>1:00 Walmart / Salon</p> <p>2:30 AR Jewelry / Craft Class</p> <p>3:00 EX NuStep Dub Step ♥</p> | <p>8:30 EX Weightlifting</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Jackie Scott Craft Class</p> <p>1:00 AR Bingo</p> <p>2:30 AR Popcorn Social 👤</p> <p>3:00 AR Cards, Games, Dominoes, Fellowship & Fun ✓</p> | <p>8:00 YMCA ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 RR Live Music / Fellowship ♪</p> <p>1:00 Walmart</p> <p>2:30 Birdwatching ✓</p> <p>3:00 EX NuStep Dub Step ♥</p> | <p>8:30 EX Weightlifting</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>12:30 AR Bible Study</p> <p>1:00 AR Bingo</p> <p>2:30 AR The Price Is Right ✓</p> <p>2:30 AR Popcorn Social 👤</p> | <p>8:00 AR YMCA / Pool Aerobics ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Chocolate w/ Janet ✓</p> <p>1:00 Walmart</p> <p>3:00 LR Happy Hour 👤</p> <p>3:30 LR Music & Mayhem!!</p> | <p>8:00 LR Morning News & Coffee</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon</p> <p>1:00 AR Movie Popcorn & Cokes</p> <p>2:00 RR Puzzles & Pool</p> <p>3:00 Snacks @ The Concierge Desk</p> <p>4:00 DR Coffee & Cards</p> |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| <p>8:00 LR Morning News & Coffee</p> <p>9:00 LR Church with Jim Rich</p> <p>10:00 LR Prayer Group</p> <p>12:00 RR Titan Football!!</p> <p>1:00 AR Bingo</p> <p>2:00 AR Art, oils, Scrapbook, flowers, waxless candle ✓</p> <p>3:00 AR Spa Day ✓</p> | <p>8:00 YMCA ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Chocolate with Mary 👤</p> <p>1:00 Walmart / Salon</p> <p>2:30 AR Jewelry / Craft Class</p> <p>3:00 EX NuStep Dub Step ♥</p> | <p>8:30 EX Weightlifting</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Jackie Scott Craft Class</p> <p>1:00 AR Bingo</p> <p>2:30 AR Popcorn Social 👤</p> <p>3:00 AR Cards, Games, Dominoes, Fellowship & Fun ✓</p> | <p>8:00 YMCA ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 RR Live Music / Fellowship ♪</p> <p>1:00 Walmart</p> <p>2:30 Birdwatching ✓</p> <p>3:00 EX NuStep Dub Step ♥</p> | <p>Family Christmas Party</p> <p>8:30 EX Weightlifting</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>12:30 AR Bible Study</p> <p>1:00 AR Bingo</p> <p>2:30 AR Popcorn Social 👤</p> <p>5:00 RR Family Christmas Party ♪</p> | <p>8:00 AR YMCA / Pool Aerobics ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Chocolate w/ Janet ✓</p> <p>1:00 Walmart</p> <p>3:00 LR Happy Hour 👤</p> <p>3:30 LR Music & Mayhem!!</p> | <p>8:00 LR Morning News & Coffee</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon</p> <p>1:00 AR Movie Popcorn & Cokes</p> <p>2:00 RR Puzzles & Pool</p> <p>3:00 Snacks @ The Concierge Desk</p> <p>4:00 DR Coffee & Cards</p> |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| <p>9:00 LR Church with Jim Rich</p> <p>12:00 RR Titan Football!!</p> <p>1:00 AR Bingo</p> <p>2:00 AR Art, oils, Scrapbook, flowers, waxless candle ✓</p> <p>3:00 AR Spa Day ✓</p> | <p>Christmas Eve</p> <p>8:00 YMCA ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>1:00 Walmart / Salon</p> <p>2:30 AR Jewelry / Craft Class</p> | <p>Christmas</p> <p>8:30 EX Weightlifting</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Jackie Scott Craft Class</p> <p>1:00 AR Bingo</p> <p>2:30 AR Popcorn Social 👤</p> <p>3:00 AR Cards, Games, Dominoes, Fellowship & Fun ✓</p> | <p>8:00 YMCA ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 RR Live Music / Fellowship ♪</p> <p>1:00 Walmart</p> <p>2:30 Birdwatching ✓</p> <p>3:00 EX NuStep Dub Step ♥</p> | <p>8:30 EX Weightlifting</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Food & Resident Council</p> <p>12:30 AR Bible Study</p> <p>1:00 AR Bingo</p> <p>2:30 AR Popcorn Social 👤</p> <p>3:00 AR Auction</p> | <p>8:00 AR YMCA / Pool Aerobics ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>11:00 AR Chocolate w/ Janet ✓</p> <p>1:00 Walmart</p> <p>3:00 LR Happy Hour 👤</p> <p>3:30 LR Music & Mayhem!!</p> | <p>8:00 LR Morning News & Coffee</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon</p> <p>1:00 AR Movie Popcorn & Cokes</p> <p>2:00 RR Puzzles & Pool</p> <p>3:00 Snacks @ The Concierge Desk</p> <p>4:00 DR Coffee & Cards</p> |
| 30 | 31 | | | | | |
| <p>9:00 LR Church with Jim Rich</p> <p>12:00 RR Titan Football!!</p> <p>1:00 AR Bingo</p> <p>2:00 AR Art, oils, Scrapbook, flowers, waxless candle ✓</p> <p>3:00 AR Spa Day ✓</p> | <p>8:00 YMCA ♥</p> <p>10:00 AR Exercise ♥</p> <p>10:30 AR Volley Balloon ♥</p> <p>1:00 Walmart / Salon</p> <p>2:30 AR Jewelry / Craft Class</p> | | | | | |

