

## SOCIALS

We are having more socials this month. They will be taking place at 3:00 so that you may go right in to dinner afterward. The theme for this month is "Warm Hearts & Cozy Starts".

The socials that we will be having will be with warm & cozy foods.

7th Banana Bread

12th Soup & Sandwiches and sharing recipes

14th Spinach Dip

19th Martin Luther King Jr. Social

21st Baked Potato Bar

26th Hot Cocoa Bar & Flavored Toppings

28th Chili Social



## MARTIN LUTHER KING JR. FUN FACTS

He graduated as the valedictorian of his class in 1951.

King pursued his Ph.D. in theology at Boston University, which he completed in 1955.

He was deeply influenced by the teachings of Mahatma Gandhi.

King's dissertation explored the teachings of Paul Tillich and Henry Nelson Wieman.

He met Coretta Scott, his future wife, while studying in Boston.

His professors recognized him as an exceptional student with a passion for social justice.

King was fluent in several languages, including Latin.

He often cited philosophers such as Hegel and Kant in his sermons.

His time in Boston exposed him to diverse racial and cultural experiences.

King wrote extensively about the intersection of theology and social change.

He received numerous academic awards for his scholarship.

His first published article appeared in a theological journal during his Ph.D. studies.

King gave lectures on theology while still a student.

### Civil Rights Leadership

Martin Luther King Jr. became the pastor of Dexter Avenue Baptist Church in Montgomery, Alabama, in 1954.

At age 26, he led the Montgomery Bus Boycott after Rosa Parks' arrest.

The boycott lasted 381 days and led to the desegregation of Montgomery's buses.

King was arrested over 20 times during his lifetime.

He co-founded the Southern Christian Leadership Conference (SCLC) in 1957.

King's leadership emphasized nonviolent resistance.

He delivered over 2,500 speeches during his career.

King worked with Presidents Kennedy and Johnson to advance civil rights legislation.

The March on Washington in 1963 drew over 250,000 people.

King's "I Have a Dream" speech was delivered on the steps of the Lincoln Memorial.

He received the Nobel Peace Prize in 1964 at the age of 35, the youngest recipient at the time.

King's efforts led to the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

He campaigned for economic justice through the Poor People's Campaign.

King supported striking sanitation workers in Memphis in 1968.

His final speech, "I've Been to the Mountaintop," was delivered the night before his assassination.

**1000**  
**1000 LINE**



Please make sure that you listen to the 1000 line daily. Activities are listed on your calendar but are subject to change. The 1000 line will inform you if there are any updates.

## WELCOME NEW RESIDENTS

Joann Poli  
Barbara Cutsinger  
Leonard Stein  
Deborah Warner  
Ken Hollingworth  
Helen Bender  
Margaret Eck  
Gay Lynne Davis

ASSISTED &  
INDEPENDENT  
LIVING  
NEWSLETTER

**Oak Manor**  
SENIOR LIVING COMMUNITY



## JANUARY 2026

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## SPOTLIGHT ON A RESIDENT

Winnie Anderegg was Born in Brooklyn, New York, to Patricia and Birge Emery. She is the middle child of two sisters.

Professionally, Winnie worked as an administrative assistant for many years. One of her places of business was with Bear Stearns, where she spent six years, before relocating to Florida in 2004. After her move, Winnie continued her career working for Raymond James for seven years, until she retired.

Winnie was married to her husband, Warren, for 28 years. He was a DJ for over 40 years in New Jersey, which filled their life with music and memories.

After moving to Florida, Warren also operated an internet radio station, further deepening music's special place in Winnie's life. At one point they had over 200 records. Family remains close to Winnie's heart. She has two sons, Mark and David, who live in New Jersey, as well as a grandmother, four grandsons and five great-grandchildren. In her free time, Winnie enjoys sewing, reading, shopping, and playing bingo. One of her greatest joys is watching Hallmark movies. She has been an avid doll collector since 1992, a hobby that reflects her appreciation for tradition and nostalgia. Winnie also enjoyed traveling and fondly recalls trips to the Bahamas and spending summers at Foxwoods Hotel and Casino, creating lasting memories year after year. Winnie has been part of the Oak Manor community for about a year. She shares that what she enjoys most is the variety of activities offered and the wonderful people she has met. Winnie, thank you for being part of the Oak manor family.



## OAK MANOR DEPARTMENT MANAGERS

### ADMINISTRATOR:

Justin Mock ext. 2107

### EXECUTIVE DIRECTOR/OWNER:

Brad Graham ext. 2111

### ACTIVITIES

Cindy LaVine ext. 2162

### DIRECTOR OF NURSING

Andy Feldhaus ext. 2220

### FOOD SERVICES:

Debi Burger 2237 or 2240

### HAIRDRESSER:

Michelle ext. 2245

### MAINTENANCE:

Bradley Schurman 3330

### SALES COUNSELOR:

Pam Pardi ext. 2052



### SALES COUNSELOR:

Ashley Pfaff ext. 2217

### ENVIRONMENTAL SERVICES:

Jose Bones ext. 2119

### PHYSICAL THERAPY:

Jenny Zirbel, ext. 2128

### RECEPTIONIST:

ext. 2200

### RESIDENT ACCOUNTS:

Holly-Greene-Stephany, Ext. 2216

### RESIDENT CARE COORDINATOR:

Brianna Williams Ext. 2509

### RESIDENT SERVICES MANAGER:

Briahna Slater 2257

### SECURITY:

Robert Tippit, 2200 or (727) 482-3930

## OUTINGS



## BABES WHO BRUNCH

We have a new activity called "Babes Who Brunch". You ladies will be having brunch in the fireside room getting to know all of the new residents.

If you would like to attend, you must sign up!

The sign up sheet will be in the lobby.



### COOKING

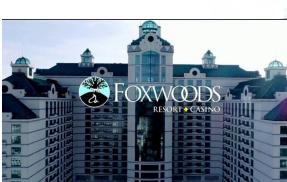
7th Making Oatmeal Pie Cookies  
21st Making Waffles



## FRIENDS & FAMILY

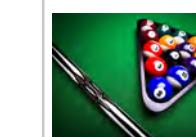
We will be having our first Friends & Family of the new year on the 29th!

Our theme for this month is "Cozy Winter Night". We will be starting at 4:00 from now on. It will take place from 4:00-6:00. Please remember that you must R.S.V.P. by the 26th, with the receptionist.



## LADIES NIGHT OUT

We will be going on a mystery dinner outing with the ladies on the 3rd Thursday of each month. This month it will take place on the 15th. If you would like to join us, please sign up at the clubhouse.



## BEER & BILLARDS

We will be having "Beer & Billards" on the 17th & 31st. Join us for some beers and a few games of pool!



## CATHOLIC MASS

Catholic Mass is on the third Tuesday of every month @ 10:00 upstairs in B2.



## CARD GAMES

We are now having "Card Games" of choice in B1 on Sundays @ 1:00 and on every other Wednesday @ 3:00



## NEW YEAR FUN FACTS



### Drink Your Wishes

In Russia, a popular New Year's tradition is drinking your New Year's wish! Throughout the country, those who practice this ritual write their desires on a piece of paper before lighting it on fire, gathering the ashes, sprinkling them into a glass of Champagne, and guzzling it down!

### Smash Pomegranates

Take a cue from Turkey this New Year's Eve by smashing a pomegranate outside your front door, all in the name of good luck! Since the red seeded fruit is seen as a symbol of health, prosperity, and abundance, throwing it onto your doorstep or banging it against the door will unlock all the auspicious powers. The more seeds that scatter, the more luck you'll have! Wear Polka Dots

Here's a New Year's clothing tradition that doesn't involve sparkles! In the Philippines, wearing dresses, shirts, or pants with a polka-dot pattern is said to bring good fortune into the new year. That's because each round dot symbolizes coins and wealth.

### Watch the Sunrise

Watching the first sunrise of the New Year is called "hatsuhinode" in Japan. This practice isn't just an awe-inspiring sight, though—it's thought to promise a year brimming with prosperity and blessings. It's such a powerful New Year's tradition that many people rise early to scope out a picturesque spot, such as the top of a hill or on the beach.

### Clean Your House Before Midnight

Another special New Year's tradition in Japan is "osoji" or "o-souji," which involves giving the house a thorough cleaning before the clock strikes midnight. This practice stems from the belief that a tidy home removes the bad luck from the past year, purifies the stale air, and creates more space for ample blessings to arrive.

### Make a List of Resolutions

Believe it or not, New Year's resolutions are said to have been around since ancient Babylonian times. So, when writing out this year's goals, remember that for approximately 4,000 years, people have been working toward achieving their resolutions.

### Jump Seven Waves

In Brazil, it's considered good luck to start the new year by jumping over seven waves. You get one wish for each wave, so be ready with your list for 2025!

### Tuck Mistletoe Under Your Pillow

Mistletoe isn't just a Christmas tradition. The Irish believe that if you put a sprig of mistletoe, holly, or ivy under your pillow on New Year's Eve, you'll dream of your future love.

### Carry an Empty Suitcase

Want to go places in 2025? Take a cue from the Colombians, who walk around the block carrying empty suitcases on New Year's Eve to bring a year filled with travel.

### Watch Fireworks

Across the world, fireworks are a central part of celebrating the new year. But where did the tradition begin? Well, historians point to seventh century A.D. in China where the big bangs were used to ward off evil spirits. You can find displays across the country to enjoy on NYE or light your own. In some cultures, different colors even correspond to various types of luck, including love and health.

### Smash a Peppermint Pig

Have you heard of the tradition of the Peppermint Pig? It all began in the 1880s with candy makers in Saratoga Springs, New York. To bring good health, happiness, and prosperity in the new year, place the candy pig in a velvet bag and smash it with a

small hammer, then eat a piece of peppermint. This one will be fun for the whole family!

### Bang Some Bread

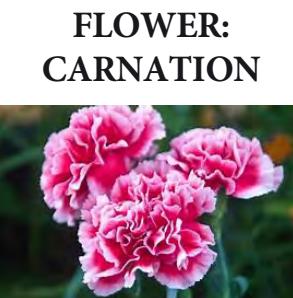
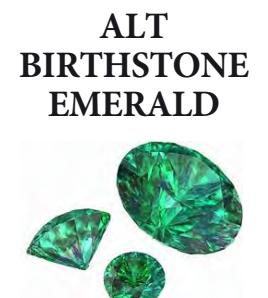
You've heard of breaking bread, but how about banging it? Families in Ireland have a New Year's tradition of banging loaves of Christmas bread against the walls and doors to ward off evil spirits and pave the way for a healthy and prosperous new year.

### Take a Polar Bear Plunge

All around the world, people will be kicking off 2025 by running into freezing cold lakes and oceans. The tradition was started in Vancouver, Canada in 1920 by a group of swimmers who called themselves the Polar Bear Club. In the U.S., these events are usually held to raise money for charity.

### Throw Water Out of the Window

In Latin America, one New Year's tradition involves throwing a bucket of water out the window to signify cleansing and renewal. What better way to prepare for a new year than by leaving the past behind you?



**Happy New Year**  
*Word Search*

NYNEAHXWKT IYNJBIWLQJZKBW  
IRXSAZQSLCZ FVWPUDLCVOYEJ  
SMUIIPODSFTRIOSDZLHGHJHGP  
VOQDCWJETAUDRFKBOUEVTYIY  
KAFGQVSREWLEHOICRDEUGANX  
YCCWUYBMLMDGVXUHOCRXHCNO  
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OLXHILJNLJP00XOENGAPMAHC  
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TRNPUDWGHCTDESWUUSULJQQT  
BUWILVVDANE NITTEFNOCRGS  
COOVOBFTRZOMNJGETI UUGYTU  
FHDWSPWBMI RORBALLRLOEQB  
IRTIEWEEFIREWORKSSJAEKNH  
DLNVRLPMFTREDETGPASQERLK  
IKUVEBCADLOXVORBNIQJYYHU  
RZOCEGYDRDFLCCNUCDOYJTL  
OBCPUIHWWTKHUXAVRJ JGZFUR  
GPVIWQUXMGYXGRZLJYLPYEF  
DBABYNEWYEARYRADNELACZVB  
YIVTKTZEVUIRTZQZPYNTJELG

**GLASS** **BALLOONS** **CONFETTI** **HAPPY**  
**FIREWORKS** **GOALS** **CHEERS** **CHAMPAGNE**  
**MIRROR BALL** **BEGINNING** **CELEBRATION** **NEW**  
**TIME** **YEAR** **BABY NEW YEAR** **FIRST**  
**HOURGLASS** **PARTY** **COUNTDOWN** **MIDNIGHT**  
**RESOLUTIONS** **JANUARY** **CLOCK** **CALENDAR**

**COLORS ARE:**  
**BLACK,**  
**DARK BLUE**  
**& DARK RED**



**The**  
**Beauty**  
**Salon**

Beauty Shop is open  
every Friday from  
9:30-4:00.

To schedule an  
appointment, please call  
Michelle @ 2245



3rd Meera Chowdhury  
5th Betty Lucina  
9th Jean Stephany  
11th Mark Wylie  
13th Miguel Jimenez  
14th Ron Zordan  
22nd Barbara Miller

# OAK MANOR AL/IL JANUARY 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<b>THEME FOR THE MONTH:</b> <b>WARM HEARTS, COZY STARTS</b>	<b>ROOM KEY</b> CH=Clubhouse L=Library in CH O=Outside B1=Building 1 Pine Oaks B2=Building 2 Laurel Oaks CC=Center Court CHL=Clubhouse Library DR=Dining Room				<b>1</b> 10:00 Bingo-B2 <b>2:00 HAPPY HOUR W/ MINI MEATBALL SUBS &amp; CRANBERRY &amp; GINGERALE COCKTAILS</b> <b>W/ MUSIC BY RALPH ROGERS-CH</b> 3:00 Movie-CH	<b>2</b> 10:00 Quarter Bingo-B2 <b>2:00 BAKING COOKIES-B2</b> 3:00 Crafts-B2	<b>3</b>	
10:00 Transport To St. Jerome's Catholic Church, Baptist Church & Anona Methodist Church <b>10:30 GREATER GRACE NON-DENOMINATIONAL SERVICE-CH</b> <b>11:30-4:30 SUNDAY BUFFET-CH</b> 1:00 Card Game Of Choice-B1 <b>2:00 QUARTER BINGO-CH</b> <b>3:00 MOVIE-CH</b>	<b>4</b> 9:30 Yoga Chair Exercise Class-CH 10:00 Dominoes-CH <b>11:00 OUTING TO REC CENTER</b> <b>2:00 QUARTER BINGO-CH</b> <b>3:00 MONTHLY BIRTHDAY PARTY W/ STEVE-CH</b> <b>4:00 MOVIE- CH</b>	<b>5</b> <b>9:00 OUTING TO PUBlix</b> 9:30 Walk Club: Meet Outside Of CH 10:00 Balloon Volleyball-B2 10:30 Current Events-B2 <b>10:00 COMMUNION-B1</b> <b>11:00 OUTING TO WALMART</b> <b>2:00 MAKING "WARM WELCOME DOOR DECOR" SIGNS-B2</b> <b>3:00 BIBLE STUDY-CH</b> 3:00 Manicures-B2	<b>6</b> 9:30 Tai Chi Exercise-CH 10:00 Yoga Chair Exercise-B2 10:30 Scrabble-B2 10:00 Dominoes-CH 1:30 Painting-CH <b>2:00 MAKING OATMEAL CREAM PIE COOKIES-B2</b> 3:00 Card Game Of Choice-B1 <b>3:00 BANANA BREAD SOCIAL &amp; TRIVIA-CH</b> 3:00 Manicures-B2	<b>7</b>		<b>8</b> 10:00 Bingo-B2 <b>1:00 TOWN HALL MEETING-CH</b> <b>2:00 HAPPY HOUR W/ CAPRESE SKEWERS, VODKA &amp; LEMONADE &amp; W/ MUSIC BY VAL-CH</b> 3:00 Crafts-B2	<b>9</b> 10:00 Quarter Bingo-B2 <b>2:00 Baking Cookies-B2</b> 3:00 Crafts-B2	<b>10</b>
10:00 Transport To St. Jerome's Catholic Church, Baptist Church & Anona Methodist Church <b>10:30 GREATER GRACE NON-DENOMINATIONAL SERVICE-CH</b> <b>11:30-4:30 SUNDAY BUFFET-CH</b> 1:00 Card Game Of Choice-B1 2:00 Quarter Bingo-CH <b>3:00 MOVIE-CH</b>	<b>11</b> 9:30 Yoga Chair Exercise-CH 10:00 Dominoes-CH <b>11:00 OUTING TO REC CENTER</b> <b>2:00 QUARTER BINGO-CH</b> <b>3:00 SOUP &amp; SANDWICH BAR W/ (SHARING RECIPES)-CH</b> <b>4:00 MOVIE-CH</b>	<b>12</b> <b>9:00 OUTING TO PUBlix</b> 9:30 Walk Club: Meet Outside Of CH <b>10:00 COMMUNION-B1</b> 10:00 Balloon Volleyball-B2 1030 Guess The Word-B2 <b>11:00 OUTING TO BURLINGTON, BURGER KING, TJ MAXX &amp; DOLLAR TREE</b> <b>2:00 MAKING SNOWMAN-B2</b> 3:00 Manicures-CH <b>3:00 BIBLE STUDY-CH</b>	<b>13</b>	10:00 Dominoes-CH 10:00 Rummikub-B2 <b>11:00-11:30 LARGO BOOKMOBILE-0</b> <b>2:00 PAINTING W/ JOHN-CH</b> <b>3:00 SPINACH DIP SOCIAL &amp; TRIVIA-CH</b>	<b>14</b> <b>9:00 OUTING TO PUBlix</b> 10:00 Bingo-B2 <b>11:00 OUTING TO OUTBACK</b> 2:00 Karaoke-B2 3:00 Card Game Of Choice-B2 <b>3:00 BIG BUCKS BINGO-CH</b> <b>4:00 BIBLE STUDY W/ TINA-CH</b> <b>5:00 LADIES NIGHT OUT</b>	<b>15</b> 9:30 Cornhole-CC 10:00 Bingo-B2 <b>2:00 HAPPY HOUR W/ SCONES &amp; MIMOSAS W/ MUSIC BY PAUL MILLER-CH</b> 3:00 Crafts-B2	<b>16</b> 10:00 Quarter Bingo-B2 <b>2:00 BEER &amp; BILLARDS-CH</b> 3:00 Crafts-CH	<b>17</b>
10:00 Transport To St. Jerome's Catholic Church, Baptist Church & Anona Methodist Church <b>10:30 GREATER GRACE NON-DENOMINATIONAL CHURCH SERVICE-CH</b> <b>11:30-4:30 SUNDAY BUFFET-CH</b> 1:00 Card Game Of Choice-B1 2:00 Quarter Bingo-CH <b>3:00 MOVIE-CH</b>	<b>18</b> <b>MARTIN LUTHER KING JR. DAY</b> 9:30 Yoga Chair Exercise-CH 10:00 Dominoes-CH 11:00 OUTING TO REC CENTER <b>2:00 QUARTER BINGO-CH</b> <b>3:00 MARTIN LUTHER KING JR. SOCIAL &amp; TRIVIA-CH</b> <b>BAKED POTATO SOCIAL-CH</b> <b>4:00 MOVIE-CH</b>	<b>19</b> <b>9:00 OUTING TO PUBlix</b> 9:30 Walk Club: Meet Outside Of CH <b>10:00 CATHOLIC MASS-B2</b> 10:00 Noodleball-B2 10:30 Current Events-B2 <b>11:00 OUTING TO WALMART</b> <b>2:00 MAKING SNOWFLAKES-B2</b> <b>3:00 BIBLE STUDY-CH</b> 3:00 Manicures-B2	<b>20</b> 9:30 Tai Chi Exercise-CH 10:00 Yoga Chair Exercise-B2 10:00 Dominoes-CH 10:30 Scrabble-B2 <b>11:00 BABES WHO BRUNCH-CH</b> 1:30 Painting-CH <b>2:00 MAKING WAFFLES-B2</b> 3:00 Card Game Of Choice-B1 <b>3:00 BAKED POTATO BAR-CH</b>	<b>21</b>	<b>9:00 OUTING TO PUBlix</b> 10:00 Bingo-B2 <b>11:00 OUTING TO RED LOBSTER</b> 2:00 Karaoke-B2 3:00 Card Game Of Choice-B2 <b>3:00 BIG BUCKS BINGO-CH</b>	<b>22</b> 10:00 Bingo-B2 <b>2:00 HAPPY HOUR W/ QUICHE &amp; WHISKEY SOUR COCKTAILS &amp; MUSIC BY STEVE CH</b>	<b>23</b> 10:00 Quarter Bingo-B2 <b>2:00 BAKING COOKIES-B2</b> 3:00 Crafts-B2	<b>24</b>
10:00 Transport To St. Jerome's Catholic Church, Baptist Church & Anona Methodist Church <b>10:30 GREATER GRACE NON-DENOMINATIONAL CHURCH SERVICE-CH</b> <b>11:30-4:30 SUNDAY BUFFET-CH</b> 1:30 Card Game Of Choice-B1 2:00 Quarter Bingo-CH <b>3:00 MOVIE-CH</b>	<b>25</b> 9:30 Yoga Chair Exercise Class-CH 10:00 Dominoes-CH <b>11:00 OUTING TO REC CENTER</b> <b>2:00 QUARTER BINGO-CH</b> <b>3:00 HOT COCOA BAR W/ FLAVORED TOPPINGS &amp; COZY MOVIE MARATHON-CH</b>	<b>26</b> <b>9:00 OUTING TO PUBlix</b> 9:30 Walk Club: Meet Outside Of CH <b>10:00 COMMUNION-B1</b> 10:00 Balloon Volleyball-B2 10:30 Guess The Word-B2 <b>11:00 OUTING TO TARGET &amp; FIVE BELOW</b> <b>2:00 MAKING SNOWFLAKE BOOK MARKS-B2</b> 3:00 Manicures-B2 <b>3:00 BIBLE STUDY-CH</b>	<b>27</b>	10:00 Dominoes-CH 10:00 Rummikub-B2 <b>11:00-11:30 LARGO BOOKMOBILE-0</b> 1:30 Painting-CH <b>3:00 CHILI SOCIAL &amp; SHARING RECIPES-CH</b>	<b>28</b> <b>9:00 OUTING TO PUBlix</b> 10:00 Bingo-B2 <b>11:00 OUTING TO STEAK N' SHAKE</b> 2:00 Karaoke-B2 3:00 Card Game Of Choice-B2 <b>4:00 "COZY WINTER NIGHT" FRIENDS &amp; FAMILY-CH</b>	<b>29</b> 10:00 Bingo-B2 <b>2:00 HAPPY HOUR W/ BAKED APPLE SLICES &amp; BAKED APPLE COCKTAILS &amp; MUSIC BY TONY ORIFICI-CH</b> 3:00 Crafts-B2	<b>30</b> 10:30 Quarter Bingo-B2 <b>2:00 BEER &amp; BILLARDS-CH</b> 3:00 Crafts-CH	<b>31</b>