



January 2025

# Monthly Newsletter



## Guest of the Month

Cassandra K. is our guest of the month for January. Cassandra has been bringing smiles to the faces of staff and guests since 2022. Her positive energy and big smile are infectious.

In her free time, she enjoys painting on canvases and making artwork for the people she cares about, reading books, and journaling. She gives praises to her Aunt Maggie, Uncle Rich, Aunt Jess, friend Julie, and caregiver Deseray for making her laugh and keeping her spirits up and bright.

Kindness is her favorite self-characteristic. While at the center, she enjoys socializing with friends and staff, attending outings, and a fun game of bingo!

**Cassandra K.**



## Events & Outings



- 1/2 Wal-Mart
- 1/3 Seeing the Sights Drive Around
- 1/6 Starbucks
- 1/7 Hobby Lobby
- 1/8 Tequila Sunrise
- 1/9 McDonald's Milkshake
- 1/14 Popeye's Women's Lunch
- 1/15 Kroger
- 1/16 Cookie Drive Around
- 1/17 Men's Popeye's Lunch Outing
- 1/20 Steak 'n Shake
- 1/21 Woodland Bowling
- 1/22 Frosty Drive Around
- 1/23 Dollar Tree
- 1/24 Casino
- 1/27 Golden Corral
- 1/28 Schoolhouse 7 Café
- 1/29 Kohl's
- 1/31 Cookie Drive Around

### Want to access your guest rights?

You can also always find your rights at:  
<https://adulthood.com/guests-we-serve/adult-day-services-guest-rights/>

### Did You Know?

People who have close, supportive relationships have been shown to live longer, have less stress, better overall physical and emotional health, decreased feelings of loneliness, and greater quality of life.

CDC 2024

