



January 2025

Monthly Newsletter



Tamyia Gould
Executive Director

Community Events

Hello all! I hope all of you have had a great December and enjoyed your holidays!

December was such a fun month for us! We enjoyed a hot chocolate bar, cookies, and photos with Santa! Our annual holiday dinner was a huge success! We enjoyed a trip to Beef and Boards and held our ugly sweater contest.

The new year is upon us, and we are geared up and ready to have a great time! In January, we will be having a blast from the past with our decades party! Come dressed in your favorite decade! 60s, 70s, 80s, 90s. Be on the lookout for a flyer for our "Wonderful Wonderland" day where we will be having a Mad Hatter's Tea Party! I hope to see you all this month to join in on the fun!



Events & Outings

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/>

- 1/2 Golden Corral
- 1/6 Hobby Lobby
- 1/7 Popeye's Drive Up
- 1/8 Goodwill
- 1/10 Ross
- 1/13 Chic-Fil-A Drive Up
- 1/14 Spaghetti Factory
- 1/16 Bowling
- 1/21 Golden Corral
- 1/24 Ordinary Pizza
- 1/27 Happy Days
- 1/30 NCAA Museum
- 1/31 Metro Diner



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