



Happenings

December 2018

Stepping Up – Saturday, December 1st, 8th, 15th, 22nd, 29th

Keep up with your exercise routine on the weekend! Get up and moving by walking laps on each of the floors. Which floor will get the most walkers??? Which floor will get the most laps???

Jenga - Saturdays, December 1st and December 22nd - 1:15pm

Jenga is a popular game of concentration and balance. The object of the game is to remove one block from somewhere in the lower part of the tower and place it on top without knocking the tower over. The game continues with players each taking a turn until the tower falls. Our game is a jumbo size and the tower will start out 34 inches tall! Join in the fun! We will be playing in the Creative Arts Center.

Soup Tasting Luncheon—Monday, December 3rd, 11:30am—12:30

What better way to warm your soul than with warm tasty bowl of soup? You are invited to the Dining Room for a soup tasting luncheon sponsored by Gordon Food Service. Guests are welcome to attend, there is no charge.

Decorating the Christmas Tree and Stories—Monday, December 3rd - 1:30pm

Begin the holiday season spending time with your friends! Join the Writer's Club and the Book Club in the Alpine room to decorate the Christmas tree. Stories will be shared along with hot cocoa and cookies. All are welcome, the more the merrier!

Circle of Wellness Massage – Tuesdays, December 4th and December 18th, 10:00am – 3:00pm

This form of therapy involves hands-on techniques to increase circulation, relieve tension, reduce stress, relieve anxiety, improve sleep, and promote relaxation throughout the entire body, as well as many other benefits. Cost for massage is \$7.50 per 15 minute session. Sign up at the reception desk. Cash payment is due at the time of sign up. Cancellations will not be reimbursed.

Crafter's Corner - Centerpieces for Dining Room - Tuesday, December 4th - 12:30pm

Busy hands are happy hands! All are welcome to join us in the Creative Arts Center to assemble center pieces for our special dinner on December 5th. The project should take us about an hour to complete, and best of all, no special talent is required!

Indoor Badminton – Tuesday, December 4th – 1:00pm

Join us in the Alpine Room at 1:00pm for an invigorating game of indoor Badminton. We will break in to two teams and see which team is the most successful. Playing indoors, we will be modifying the equipment with hand shaped fly swatters and balloons ☺. This is sure to be great exercise and a good time.

Bible Study - Wednesday, December 5th - 1:00pm

On the first Wednesday of each month, Bible Study is held in the Creative Arts Center. God's blessings will be shared the first Wednesday every month, led by Marie Abel, with scripture readings and questions for discussion. Printed handouts are provided to all attendees.

Lucky Strike - Wednesdays, December 5th, 12th, 19th, & 26th - 1:30pm

On Wednesday afternoons, the Alpine Room turns in to a bowling alley! New teams started in November. We are always looking for new participants and cheerleaders to join in the fun! Come on down and join in!

White Christmas Dinner - Wednesday, December 5th - 5:00pm

I'm dreaming of a white Christmas.....and what better way to celebrate the season than with an elegant dinner followed by holiday entertainment by Maureen Christine. We will have one seating at 5:00PM. Please sign up at the reception desk.

St. Nicholas Shoes - Wednesday, December 5th - Before Going To Bed

Saint Nicholas' Day, observed on December 6 in Western Christian countries, December 5 in the Netherlands and December 19 in Eastern Christian countries, is the feast day of Saint Nicholas. It is celebrated as a Christian festival with particular regard to his reputation as a bringer of gifts, as well as through the attendance of Mass or worship services. In Europe, especially in Germany and Poland, "boys would dress as bishops begging alms for the poor." In Ukraine, children wait for St. Nicholas to come and put a present under their pillows, provided that the children were good during the year. Children who behaved badly may expect to find a twig or a piece of coal under their pillows. In the Netherlands, "Dutch children put out a clog filled with hay and a carrot for Saint Nicholas' horse. On Saint Nicholas' Day, gifts are tagged with personal humorous rhymes written by the sender." In the United States, one custom associated with Saint Nicholas Day is children leaving their shoes in the foyer on Saint Nicholas Eve in hope that Saint Nicholas will place some coins on the soles, for them to awake to. Since we are children in God's eyes, leave your shoe (s) outside your door on December 5th and discover how Siena on Brendenwood celebrates this time-honored tradition. (The Duplexes will receive theirs on the morning of December 6th.)

National Mitten Tree Day - Thursday, December 6th

National Mitten Tree Day is celebrated on December 6th. Did you know that many children go without mittens in the Rockford area? To help these children, Siena has a "Christmas Mitten Tree" located in our Living Room. The "Mitten Tree" will be available until December 20th. Mittens will be distributed to the youth programs at St. Elizabeth Community Center and Rock House Kids. For those unable to get to the store, there will be mittens available in The Siena Shoppe to purchase.

Sing-a-long with Bill & Bonnie and Refreshments - Thursday, December 6th - 10:30am

Welcome our dear friends, Bill & Bonnie, in the Alpine Room at 10:30 for a holiday sing-a-long. We always enjoy their entertainment. Come and enjoy the sing-a-long followed by coffee and treats!

Family Feud - Thursday - December 6th & 20th - 2:00pm

You are invited to join your friends for the Siena version of Family Feud. All are welcome to participate! We will divide in to two teams. Come and enjoy the fun and laughter.

Shopping Trip to Janesville Mall - Friday, December 7th - 9:30am

We are off to shop until we drop! The bus will depart Siena at 9:30am, first destination will be to Cracker Barrel in Janesville. We will have a bite to eat, shop, then hop back on the bus. Next stop, the Janesville Mall. Shop at your leisure. We will hop back on the bus when you are ready to drop and cruise back to Siena. Sign up at the Reception Desk.

Greeting Cards with Gretchen – Friday, December 7th – 1:30pm

Are you someone who really takes your time to pick out just the right greeting card? If so, this is the class for you!. This class is led by Gretchen with step by step instructions. She walks is through the steps to create 4 unique greeting cards. Cost for the class is \$6.00. Please sign up and pay at the reception desk by Tuesday, November 6th at noon.

Bible Study with Msgr. McDonnell - Friday, December 7th - NOTE TIME TODAY - 2:00pm

Learn more about the Gospel of Mark in this Bible Study Group, facilitated by Msgr. McDonnell. Please bring your Bible. 2:00pm, today due special Mass at 3:30pm

Mass - Feast of the Immaculate Conception - Friday, December 7th - 3:30pm

Msgr. McDonnell will be holding Mass in the Alpine Room.

Rockford Operetta Party - Saturday, December 8th - 1:30pm

The goal of the Rockford Operetta Party is to provide residents of the Rockford area with recurring opportunities to attend or participate in English light operas of genuine artistic merit, and provide a unique entertainment experience that is unlike anything else in Rockford.

Christmas Carolers - Sunday, December 9th - 4:00pm

Gather with your friends in the Alpine Room to hear the Christmas Carolers from St. Rita's. They are very excited to come and perform for you! We are thankful to have them share their time and talents with us.

Soup's On – Sundays, December 9th and 23rd, 4:00pm – 4:30pm

Soup's On is a lighter dinner option served twice a month on Sundays. All you need to do is stop by Table Four between 4:00pm and 4:30pm on the dates noted above and pick up a cup to go! Please sign up at the Reception Desk ahead of time so we are sure to have servings for you.

Birthday Party – Tuesday, December 11th – 2:00pm

Come and celebrate your friends with birthdays in November! Join us in the Alpine Room for refreshments and entertainment by Paul Cavitt. Paul "Rolling Turtle" Cavitt has been playing mandolin for 25 years, has recorded five albums as a solo artist, and the newest CD features the entire band. Turtle has played live venues throughout the United States, he holds a Masters degree in History, and his musical performance is consistent with his academic discipline. Rolling Turtle is a "preservationist", not a songwriter, whose passion is preserving multiple folk traditions encompassing a variety of American musical genres, including Old-Time Appalachian and other traditional Americana, as well as Celtic and traditional Gospel Hymns.

Christmas Cookie Bake & Take - Monday, December 10th - 11:00am

Holiday baking is a tradition that we all love to do! We will be baking and decorating cookies! Please sign up at the Reception Desk. Cost is \$5.00 per person. You will be taking your goodies home to enjoy!

Petals & Pickins – Tuesday, December 11th – 3:30pm

Do you love having fresh flowers for your home? Come and design a take home project with Melody from Petals and Pickins. She will be guide you step by step to create a beautiful arrangement for you to take home. The cost is \$10. Sign up and pay at the Reception Desk by Friday, November 9th at 12:00pm. Cancellations will not be reimbursed.

Dinner Out with Friends - Tuesday, December 11th - 4:30pm - Red Lobster

We always enjoy dinner out with friends! Sign up at the Reception Desk for Red Lobster. We will depart at 4:30pm.

Pasta Bar Luncheon - Wednesday, December 12 - 11:30am - 12:30pm

Is there anything better than comfort food on a cold winter day? Join us in the main dining room for lunch. On the menu today, pasta with a choice of toppings. Enjoy lunch with your friends! Sign up at the Reception Desk.

Siena Open House - Monday, December 17th - 5:00pm

We are so excited to showcase Siena on Brendenwood to the Rockford Community. The lights are amazing, the halls are decked, and the spirit of the holidays is abundant at Siena. Live music will be provided by Peg Fallon and Betty Flanders. Appetizers will be provided for the Open House. If you would like to show off your beautiful home during the Open House, please see Stacy or Vicky.

Crafter's Corner with In Home – Wednesday, December 12th – 2:30pm

Join In Home Personal Services for this special event! They will be doing a holiday project. Bring a friend and have a great time with your creativity. Who knows, you may also win a door prize!

Christmas Town at Summerfield Zoo - Thursday, December 13th - 10:30am

The Siena bus will depart at 10:30am and make a stop at Culver's for lunch then off to the Summerfield Zoo! Visit Santa's Reindeer Barn, Mrs. Claus' Snack Shop, and The Flying Reindeer Gift Shop. Cost for the zoo is \$10, payable at the zoo, lunch is on your own. Sign up at the Reception Desk.

Siena Men's Club – Friday, December 14th – 9:00am

The guys are going to breakfast at Johnny Pancakes at Harley Davison for breakfast and conversation. The most popular breakfast items are Swedish pancakes, fluffy omelets and morning skillet. You will not go away hungry! Sign up at the Reception Desk.

Jingle Mingle - Friday, December 14th, All 3 Floors - 1:00pm - 2:30pm

There is no place like home for the holidays. If you would like to express holiday cheer by welcoming friends in to see your Christmas decorations please sign up at the Reception Desk. We will have treats by the north elevator on all 3 floors. We will place balloons at each apartment that is showcasing their home. Stroll the community and enjoy the festivities.

Bible Study - Fridays - December 14th, 21st, & 28th - 3:00pm

Learn more about the Gospel of Mark in this Bible Study Group, facilitated by Msgr. McDonnell. Please bring your Bible. The group will meet in the Alpine Room at 3:00pm.

Rockford Symphony Orchestra Holiday Pops -Sunday, December 16th - 2:00pm

A holiday favorite in Rockford, we are off to the Coronado Performing Arts Center. For those who have purchased tickets, be in the Front Lobby by 2:00pm.

Festival of Lights - Sunday, December 16th - 6:45pm & December 22nd - 7:00pm

Sign up at the Reception Desk for Christmas Sightseeing and Sinnissippi Park's Festival of Lights. Sign up quick, seating is limited! We will have a second trip for this on Sunday, December 22nd at 7:00pm

Christmas for Veteran's- Monday, December 17th - 10:00am

Vietnow will be here to express their gratitude and share gifts with Veterans, Veterans' spouses, and Veterans' widows. Please sign up at the Reception Desk so that they can be prepared.

Cornhole Bags Toss – Tuesday, December 18th – 1:00pm

We had such a great time playing this outside over the summer that we thought we should bring it inside for the winter months. Come join the fun!

Crafter's Table - Wednesday, December 19th - 1:30pm

Come to the Creative Arts Center for a "finger licking" good time! We will each be making a gingerbread house! Kits will be provided. Feel free to bring additional edible decorations to embellish your house. Cost is \$5.00, sign up and pay at the Reception Desk.

Lunch Bunch – Thursday, December 20th – 11:30am

This month, Lunch Bunch will be going to Hoffman House. Hoffman House features a soup and salad bar "a meal in itself", served with their famous fried bread with honey butter. They also have a full menu to choose from.

Holiday Sweater Day - Friday December 21st

Look in your closet, what do you see, ah, a festive sweater looking back at me. Grab that garment and wear for the day. Let us be jolly, happy, and say, "I'm decked in the halls" for the holiday.

Reflexology – Friday, December 21st – 12:40pm

Lynda Parsons from Gateways to Reflexology is a certified Reflexologist. Reflexology, also known as zone therapy, is an alternative medicine involving application of pressure to the feet and hands. She has a strong passion for what she does. A session with Lynda is \$12 for 20 minutes. She will be available from 12:40pm to 4:00pm. Sign up at the Reception Desk. Payment is due in advance. Cancellations will not be reimbursed.

In Home Health Talk – Diabetes Education – Friday, December 21st – 2:15pm

Kermaline, Therapy Coordinator from In Home will be presenting "Living With Visual Deficits" today in Table Four. Come to learn about visual deficits and living with challenges. You are sure to take away with valuable information.

Movie and Concessions - Monday, December 24th - 12:30pm

Welcome to the Siena Theatre! Showing today, The Christmas Chronicles. After accidentally crashing Santa's sleigh, a brother and sister pull an all-nighter to save Christmas with a savvy, straight-talking St. Nick. Fresh popped popcorn, candy and beverages will be available. Come and enjoy this delightful holiday movie!

Dr. Daniel Syverson, Podiatrist – Monday, December 31st – 1:00pm

Dr. Syverson is a Podiatry Specialist in Roscoe, Illinois. He and his staff come every 5 weeks to provide services in the Brendenwood Room. Sara from In Home has the signup sheet for him. Please contact Sara to schedule an appointment.

New Year's Eve Party - Monday, December 31st - 7:00pm until ????????

Out with the old and in with the new! Ring in the New Year with your friends at Siena. Join us in the Alpine Room! We will look back at the highlights of 2018 and share our dreams for 2019. Refreshments will be served.

