



Happenings

January 2019

Breakfast Buzz – Daily, Monday through Friday, 10:00am – Table Four

Join your friends and neighbors in Table Four for a light snack, coffee, juice, and conversation. This is held Monday through Friday at 10:00am.

Fit For Life – Daily, Monday through Friday, 10:05am – Alpine Room

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores. Join us Monday through Friday at 10:05am for daily exercise in the Alpine Room. This is a great way to improve your overall health.

Midland Bank – Wednesdays, January 2nd, 9th, 16th, 23rd, 30th – 9:30 – Brendenwood Room

Midland Bank provides on-site services to their clients living at Siena. They are available on Wednesdays, from 9:30am – to 11:00am in the Brendenwood Room.

Blood Pressure Checks – Wednesdays, January 2nd, 9th, 16th, 23rd, 30th – 12:00pm – Creative Arts Room

If you would like your blood pressure checked, stop in at the Creative Arts Room at noon on Wednesdays. In Home will check your blood pressure for you.

Lucky Strike – Wednesday, January 2nd, 1:30pm – Alpine Room

This is our last week of this round of bowling. Our next round will begin on January 30th. Be sure and join us for the Bowling Party next Wednesday, January 9th at 1:30pm in the Alpine Room.

Bible Study with Marie Abel – Wednesday, January 2nd – 1:00pm – Creative Arts Room

On the first Wednesday of each month, at 1:00pm, Marie Abel leads Bible Study in the Creative Arts Room. God's blessings will be shared with scripture readings and questions for discussion. Printed handouts are provided to all attendees.

Wheel of Fortune – Thursdays, January 3rd, 10th, 24th, 31st – 2:00pm – Alpine Room

Join in on the fun playing Wheel of Fortune! If you have not joined us, come exercise your brain with us!

Siena Derby – Friday, January 4th – 1:00pm – Alpine Room

Back by popular demand, the horses will be racing today! Join us in the Alpine Room for the Siena Derby. Rolling of dice advances the horse on the track. Who's horse will cross the finish line first? Come and enjoy this interactive game!

Needle Nook – Fridays, January 4th, 11th, 18th, 25th – 1:00pm – Creative Arts Room

Do you enjoy knitting, crocheting, sewing, or other craft project? If so, bring it with you to Needle Nook on Fridays at 1:00pm in the Creative Arts Room. Work on your project while visiting with your neighbors. All are welcome!

Breakfast Buffet – Saturdays, January 5th, 12th, 19th, 26th - 8:00am – 10:00am – Table Four

Every Saturday, from 8:00am until 10:00am, a Breakfast Buffet is served in Table Four. Cost for the Breakfast Buffet is \$5.00. Tickets can be purchased at the Reception Desk. Please sign up in the book at the Reception Desk.

Pool League – Mondays, January 7th, 14th, 21st, 28th - 1:00pm – Game Room

Do you like to play or have a desire to play Pool? If so, Siena has an in-house pool league that plays on Monday afternoons. If you are interested in Pool, please come by on Monday afternoon to see what it is all about. If you are interested in participating or substituting, please contact Joanne at the Reception Desk. After this session ends, we will take a short break before the start of the next session.

Siena Choir – Mondays, January 7th, 14th, 21st, 28th – 6:45pm – Alpine Room

Do you enjoy music and singing? Siena Choir meets on Mondays at 6:45pm in the Alpine Room. Please contact Dave Lantz for information.

Bible Study with Msgr. McDonnell – Fridays, January 4th, 11th, 18th, 25th – 3:00pm – Alpine Room

Learn more about the Gospel of Mark in this Bible Study Group. This Bible Study is facilitated by Msgr. McDonnell. Please bring your Bible.

Soup's On – Sundays, January 6th, 13th, 21st, 28th, 4:00pm – 4:30pm – Table Four

Beginning this month, Soups On will be every Sunday! Soup's On is a lighter dinner option served 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 everyone.

Taco Bar Luncheon – Tuesday – January 8th – 11:30am – 12:30pm – Dining Room

Let's Taco 'bout it! Join all your amigos in the Dining Room for a Taco Bar Luncheon. Please sign up at the Reception Desk. There is no cost for community members, cost for guests is \$3.00.

Giant Jenga – Tuesday, January 8th – 1:00pm – Creative Arts Room

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

Bingo – Tuesdays, January 8th, 15th, 22nd, 29th – 6:45pm – Alpine Room

A favorite activity for our community is Bingo! Did you know that a good old-fashioned game of Bingo packs major mental and physical health benefits? Bingo increase mental flexibility and alertness, exercises hand-eye coordination, accelerates healing, increases laughter and socialization. We look forward to seeing you on Tuesdays at 6:45pm in the Alpine Room.

Lucky Strike Party – Wednesday, January 9th – 1:30pm – Alpine Room

All bowlers, cheerleaders, and spectators are invited to the Bowling Party. Join us for pizza and awards ceremony at 1:30pm in the Alpine Room.

Club Siena Men's Club – Friday, January 11th – 9:00am

Sorry ladies, this outing is just for the men. The guys are going to Cracker Barrel for breakfast and conversation. This fills up fast, so be sure and sign up ASAP.

Soup Tasting by Performance Food Group – Friday, January 11th – 11:30am – 12:30pm – Dining Room

Come join us for a Soup Tasting in the Dining Room! Performance Food Group will be offering soup sampling. Christine will be looking for your feedback on these items so be sure and fill out a comment card that will be provided. There is no charge, guests and staff is invited to participate at no charge. Please sign up at the Reception Desk.

Greeting Cards with Gretchen – Friday, January 11th – 1:30pm – Table Four

Are you someone who really likes to pick out just the right greeting cards? If so, this is the class for you!. This class is led by Gretchen with step by step instructions. She walks us 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, January 8th at noon.

Crafter's Corner – Monday, January 14th – 1:30pm – Creative Arts Room

Creating art is an effective way to stimulate the brain and anyone can do it! Do you want to build a snowman? Crafter's Corner will be making a sock snowman with all the embellishments. Sign up at the Reception Desk. Cost is \$5.00.

Circle of Wellness Massage – Tuesdays, January 15th and 29th, 10:00am – 3:00pm – Brendenwood Room

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.

Floor Darts – Tuesday, January 15th – 1:00pm – Creative Arts Room

Similar to lawn darts, only played inside, you will aim for a ring on the floor. Darts are tossed underhand in attempt to get the dart into the ring on the floor. Come and join in the fun in the Creative Arts Room.

Birthday Party with Marilyn Haverly – Tuesday, January 15th – 2:00pm – Alpine Room

Come and celebrate our Friends with January birthdays! Join in a birthday treat and enjoy entertainment provided by Marilyn Haverly, pianist and vocalist. Music has always been her passion and she enjoys sharing her passion with others. Experiencing music together creates connection. It invites joy, peace and love in to the room. Marilyn's goal is to lift the listener from an ordinary day to one that is lighter and brighter.

Resident Council – Thursday, January 17th – 1:30pm – Alpine Room

All Community Members are invited to the quarterly Resident Council Meeting. Stay up to date on everything happening at Siena. Reports will be given by all committees.

Dinner Out – Buffalo Wild Wings – Thursday, January 17th – 4:30pm

Buffalo Wild Wings is an American casual dining restaurant and sports bar specializing in buffalo wings. If wings are not your style, there is a full menu of other options. Join your friends for dinner! Please sign up at the Reception Desk. Bus departs at 4:30pm.

Reflexology – Friday, January 18th, 12:40pm – Brendenwood Room

Lynda Parsons from Gateways to Reflexology has a strong background in the field of pharmaceuticals and in 2011 became certified as a 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 and has told us, "It never gets old helping people. I love watching people experience the benefits of Reflexology." A session with Lynda is \$12.00 for 20 minutes. Appointments and payment ahead of time is required. Please sign up and pay at the reception desk. Checks must be made out to Lynda Parsons.

Beachball Volleyball – Friday, January 18th, 1:00pm – Alpine Room

Ready for a game of volleyball? Join us in the Alpine Room today at 1:00pm. We will adapt this event for indoors by using a beachball instead of a volleyball. Join in the fun and get a bit of exercise.

Writer's Club – Tuesday, January 22nd – 1:30pm – Creative Arts Room

Perhaps it should be called "Writers' & Listeners' Club" because you don't need to feel intimidated if you consider yourself a writer. Come check us out. We really enjoy sharing and we welcome anyone who would like to join us. If you have any questions, please contact LaVona Farney or Jackie Sundby.

InHome Event – Tuesday, January 22nd – 2:30pm

Join In Home Personal Services for their special monthly event. Watch for upcoming information for this month's event!

Siena Serves Project – Wednesday, January 23rd, 2:00pm – Creative Arts Room

The cold winter months can be very rough on our skin. This month, we will be mixing up a hand and body cream to share with those less fortunate. Join us in the Creative Arts Room for this afternoon activity. We will package in small containers to distribute to those less fortunate.

Audiologist – Thursday, January 24th, 9:00am – Brendenwood Room

Doctors of Hearing come to Siena on the 4th Thursday of the month. They can help you move beyond all the loud talking and misunderstanding brought on by hearing loss. They also check hearing aids, ears, and have supplies available. Rediscover the joy and confidence of hearing better. Sign up at the Reception Desk.

A Novel Bunch – Friday, January 25th, 1:30pm – Table Four

Attention all book lovers, here is your chance to discuss various books that your neighbors are reading. Each time we meet all club members give a brief synopsis of what they have been reading. It is a fun way to learn about other great books to read as well as get the opinions and views about these stories from your friends and neighbors. Join the fun and learn new things with others who love to read!

Art Class with Bridget – Saturday, January 26th, 10:00am – Creative Arts Room

Bridget Heffner is a very familiar face at Siena. Bridget is part of our Dining Services team. She held a very impressive art show here last summer and we were in awe of her talent and drawings. Bridget is bringing her talent to Siena! She will be teaching a class on January 26th at 10:00am. All materials will be provided. Come and unleash your hidden talent!

Potato Bar Luncheon – Tuesday, January 29th, 11:30am – 12:30pm – Dining Room

Join us in the Dining Room for a Potato Bar Luncheon. You choose which toppings you would like on top of a piping hot baked potato. Please sign up at the Reception Desk. There is no charge for community members, guests cost is \$3.00.

Lucky Strike – New Round, beginning Wednesday, January 30th – 1:30pm – Alpine Room

Siena's Bowling League starts back up on Wednesday, January 30th at 1:30pm. New teams will be set up by drawing names. Please sign up at the Reception Desk and join us! We welcome cheerleaders and spectators to join in the fun!

Lunch Bunch – Thursday, January 31st, 11:30am – Beefaroo on Lexus Drive

Join your friends for lunch at Beefaroo on Lexus Drive. Bus will depart Siena at 11:30am. Please sign up at the Reception Desk.

Siena Social – Thursday, January 31st – 3:45pm to 5:00pm – Alpine Room

Note: the new time for Siena Social! We will gather in the Alpine Room for drinks and appetizers before dinner. Stroll in before dinner and enjoy refreshments with your friends.