



Mt. Carmel

VILLAGE EDITION • JANUARY 2022

CONNECTIONS

LUMBERJACK WINTER

It's going to be a while before we are out of the woods as far as winter weather is concerned. If you have an axe to grind with Jack Frost, join us as we 'channel our inner flannel' and celebrate winter like lumberjacks! While it may be tempting to hibernate until the chill of winter is past, we hope you'll branch out and join us for all the fun and fellowship that happens on a daily basis at Mt. Carmel Community at The Village. Lumberjack enthusiasts will enjoy solving the word phrases featured at our Monday morning Wheel of Fortune games this month. Each week we'll have a new theme-related edition that you are sure to love. Join us for lots of laughter on the 5th when we will be trying out some woodchuck and other hilarious tongue twisters! Come enjoy a little friendly competition at our Lumberjack Cover All and Lumberjack Scavenger Hunt activities. Cozy up with us as we spend some time reminiscing and singing a variety of your favorite folk songs at our Logging Camp and Campfire Sing-alongs. Come craft a Woodsy Picture Frame on the 13th and create your own Lantern Door Decoration on January 28. Put on your favorite flannel shirt and "chop" on by as we celebrate winter at our January Lumberjack Party, Campfire S'mores Social, and Fireside Coffee and Donut Fellowship. These are just a few of the heartwarming winter events that are coming your way at Mt. Carmel Community at The Village this month. We hope you'll consider joining us for each and every one!



January Birthdays

Mt. Carmel Residents:

January 3 • Dorothy Stroupe
January 4 • Jean Brudniak
January 5 • Carol Klier
January 18 • Bob Broome
January 25 • Halene Strautmen
January 31 • Mary Schomburg

Garden Home Residents:

January 9 • Fred Stewart
January 9 • Bill Silverman
January 9 • Frank Benda

Mt. Carmel Staff:

January 2 • Helen Caldwell
January 6 • Gail Harrison
January 12 • Joanna Brengle

Got Cabin Fever?

Cabin fever can have a serious impact on your mood and well-being. Wintertime is notorious for bringing on feelings of isolation and restlessness. At Mt. Carmel Community at The Village, we offer a variety of ways to help you combat cabin fever, boost your mood, and improve your overall outlook.

Get Out of Your Apartment. Even when you can't go outdoors, take advantage of our common spaces to get away from the confinement of your room. Eating in our Dining Room and attending our scheduled activities are excellent opportunities for you to change your surroundings and socialize with others.

Exercise. We have exercise classes on Tuesday and Thursday afternoons to help keep you physically active. Additionally, our indoor hallways offer the perfect setting for walking safely and comfortably.

Stimulate Your Brain. While TV offers a nice distraction, it is relatively mindless. Our activity calendar is planned to keep you engaged and to challenge your mind.

Heartwarming Winter Entertainment

On January 11, **Christine DeMeo** will be presenting a live concert in the Main Dining Room. Christine is blessed with a beautiful voice that has the power to take an ordinary song and turn it into something amazing and uplifting. Invite your neighbor to come with you for a delightful hour of musical entertainment!

Ken Goodman and **The Entertainment Foundation** will be our guests on January 26. They will be bringing us a special live entertainment event. Ken is one of the founding members and Principal Entertainer for The Entertainment Foundation whose mission is "to enrich the lives of veterans, senior adults, and underserved by providing quality, live entertainment and excellence in music." Come enjoy a great musical performance with your Mt. Carmel family, beginning at 2:00.

Wildest Places, an outstanding documentary about the mysteries of Earth's underwater world, will be shown on Monday afternoons beginning January 10. Join us in the theater for all four parts of this fascinating series.