



# Raytown HAPPYNNINGS

DECEMBER

## December 2016

### 5 Winter Hazards & How Seniors Can Avoid Them

We are all affected by the bitter cold weather that winter brings each year. But for seniors in particular, this time presents many winter challenges and hazards. Fortunately, with knowledge and planning, seniors can avoid them.

1. Cold and Ice
2. Social Isolation
3. Flu Season
4. Seasonal Affective Disorder- Winter Time Blues
5. Decreased Daylight and Sundowning

### Happynings

Even when our loved ones don't live at home with us, we can bring the joys of the season to our senior family members with holiday visits, outings and celebrations.

Please join us on:

~Saturday December 17th at 2:00PM for our Christmas Party complete with refreshments and pictures with Santa.

~Saturday December 31st at 2:00PM for our New Year's Eve Party including a Sparkling Cider Toast and Entertainment.



### ~Important Dates~

#### \*\*\*Outings\*\*\*

Say a BIG "Happy Birthday" to these residents in December:

Billie A. 12/4  
 Deanette J. 12/12  
 Ruthie B. 12/13

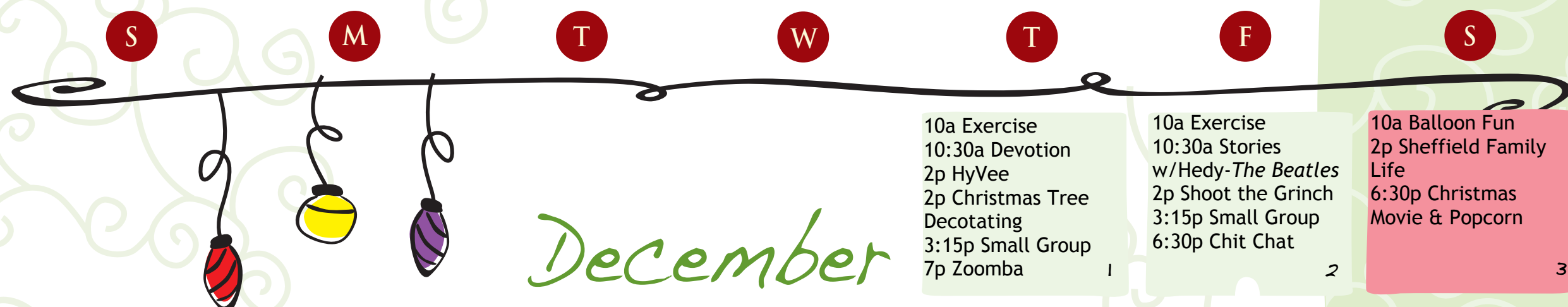
Tuesday 12/6 @ 6pm  
 Christmas in the Park at Longview

Tue 12/13 @ 6pm  
 Simple Strings Dulcimer Christmas Concert

Tue 12/20 @ 2pm  
 Vaile Mansion in Independence for Victorian Crystal Fantasy Tour

Tue 12/27 @ 1:30pm  
 B & B Movie Theatre in Lee's Summit





# December

10a Televised Church Service  
3p Afternoon Worship w/Chaplain Mitchell  
6:30p Jigsaw Puzzle 4

10a Exercise  
10:30a Holiday Trivia  
10:30a Dr. Appts  
2pm Bingo  
3:15 Small Group  
7p Bean Bag Toss 5

10a Exercise  
10:30a Bible Study  
2p Nails  
3:15p Small Group  
6:00p Christmas In The Park at Longview Outing 6

10a Exercise  
10:30a Bingo  
10:30a Dr. Appts  
2p Pearl Harbor Rememberance  
3:15p Small Group  
6:30p Crossword 7

10a Exercise  
10:30a Devotion  
2p WalMart  
2p Poinsetta Craft  
3:15p Small Group  
7p Zoomba 8

Winter Festival  
10a Exercise  
10:30a Resident Council  
2p Christmas Tree Ornament Craft  
3:15p Small Group 9

10a Balloon Fun  
2p Sheffield Family Life  
6:30p Christmas Movie & Popcorn 3

10a Destiny Life Center Performance  
2p Nicholas Gadbois Performance  
6:30p Christmas Movie & Popcorn 10

10a Televised Church Service  
3p Afternoon Worship w/Chaplain Mitchell  
6:30p Jigsaw Puzzle 11

10a Exercise  
10:30a Pet Partners  
10:30a Dr. Appts  
2p Bingo  
3:15p Small Group  
7p Bean Bag Toss 12

10a Exercise  
10:30a Bible Study  
2p Nails  
3:15p Small Group  
6p Simple Strings Dulcimer Christmas Concert Outing 13

10a Exercise  
10:30a Bingo  
10:30a Dr. Appts  
2p Christmas Tree Craft  
3:15p Small Group  
6:30p Hangman 14

10a Exercise  
10:30a Devotion  
2p HyVee  
2p Find the Hidden Christmas Characters  
3:15p Small Group  
7p Zoomba 15

10a Exercise  
10:30a Cocoa and Christmas Cookies  
2p Penny Ante  
3:15p Small Group  
6:30p Chit Chat 16

10a Balloon Fun  
2p CHRISTMAS PARTY  
6:30p Christmas Movie & Popcorn 17

10a Televised Church Service  
3p Afternoon Worship w/Chaplain Mitchell  
6:30p Jigsaw Puzzle 18

10a Exercise  
10:30a Rummikube  
2p Bingo  
3:15p Small Group  
6:30p City of Fountains Chorus Performance 19

10a Exercise  
10:30a Bible Study  
2p Vaile Mansion Outing  
3:15p Small Group  
7p Nails 20

10a Exercise  
10:30a Bingo  
10:30a Dr. Appts  
2p Christmas Movie Trivia  
3:15p Small Group  
6:30p Boggle 21

10a Exercise  
10:30a Devotion  
2p WalMart  
2p Cocoa and Christmas Cookies  
7p Zoomba 22

10a Exercise  
10:30a Tic Tac Toe  
2p Christmas Craft  
3:15 Small Group  
6:30p Chit Chat 23

10a Balloon Fun  
2p Christmas Fellowship w/Reverend Steven  
6:30p Christmas Movie & Popcorn 24

Christmas  
10a Televised Church Service  
3p Cocoa and Christmas Cookies  
6:30p Jigsaw Puzzle 25

10a Exercise  
10:30a Bocce Ball  
10:30a Dr. Appts  
2p Bingo  
3:13p Small Group  
7p Bean Bag Toss 26

10a Exercise  
10:30a Bible Study  
1:30p B & B Movie Theatre Outing  
3:15p Small Group  
7p Nails 27

10a Exercise  
10:30a Bingo  
10:30a Dr. Appts  
2p Balloon Volleyball  
3:15p Small Group  
6:30p Word Search 28

10a Exercise  
10:30a Devotion  
2p HyVee  
2p Snowflake Craft  
3:15p Small Group  
7p Zoomba 29

10a Exercise  
10:30a Bean Bag Toss  
2p Snowball Fight  
3:15p Small Group  
6:30p Chit Chat 30

New Year's Eve  
10a Balloon Fun  
2p NEW YEAR'S EVE PARTY  
6:30p Movie & Popcorn 31

