



December 2017



Tis the Season...

Merry Christmas Arbor North Family! As we close out another great year at Arbor North, we are thankful and honored to be given the opportunity to serve our wonderful residents. This year we have said goodbye to some dear residents, and welcomed many new families into the building. As always, we are thankful for each day spent hugging, breaking bread, laughing, and as always, eating some more! Please receive our thanks for your support, and as we warmly reflect on the last 12 months, we look forward to what 2018 has to bring.

Merry Christmas,

Bobby, Kevin, Leigh, Reid, Molly, Linda, Becky and the
Arbor North Staff



Up Coming Activities and Events

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December 5th: White
Elephant Gift Exchange

December 7th: Pearl
Harbor Day

December 8th: Hanging of
the Greens in Spring
Arbor

December 12th: Christmas
Gift Making

December 14th: Ugly
Christmas Sweater Party

December 15th: Christmas
Tea

December 18th: Christmas
Cookie Baking Day &
Trip to Night Lites

December 19th: Red
Hatter's Potluck, Santa's
Workshop, & Wrapped
Up Penny Auction

December 21st: Resident
Christmas Party

Hat and Mitten Tree



Many children throughout Jackson County go to school in the cold of winter without warm hats and gloves. In order for us to help serve and love on those in our community, we will be collecting hats, mittens, and scarves to donate to local schools in need. This collection will take place during the whole month of December and the goodies will be delivered to the schools in January. The Mitten tree is located in the Activity Room. See Becky or Linda with Questions.

TOY DONATION

We will be collecting new toys for local boys and girls in need. Please place toys in the box in the Arbor Room. We will be collecting toys through Thursday, December 21st. Thank you, in advance for joining us in this December Act of Kindness.





1st: Carolyn Liechti & John Harris

4th: Rocky Schuster & Ellen Zaski

5th: Helen Dempksi

17th: Harold Spink

21st: Julia Miller

26th: Dale Kinch

29th: Bernice Bedore

Be on the look-out for Alvin the Elf....

Our very own Elf on the Shelf.

Where he will show up, nobody knows

It could be very tricky or right under your nose.



Health & Wellness

<p>Yoga and Meditation:</p> <p>Join Becky every Monday and Friday at 10:00 am. This is a very low impact, relaxing workout. Good for body and soul!!</p>	<p>Exercise and Strength Building:</p> <p>Join Linda and Becky LaRue every Tuesday, Wednesday and Thursday at 10:00 am. This is sure to get your heart pumping and work on building muscular strength</p>
<p>Blood Pressure Clinic</p> <p>This Month the Blood Pressure Clinic will be held on the 1st and 3rd Wednesdays: December 6th & 20th From 8:30-9:30 In the Arbor Room</p>	<p>Fitness Room:</p> <p>Arbor North's Fitness Room is available for your personal use. Located next to the activity room, come check out the equipment.</p>

Regularly Scheduled Events

MEIJER RUN

Meijer run is every Tuesday. The bus leaves at 1:30pm to drop off and returns at 3:15pm to pick up.



BEAUTY/BARBER SHOP

Our Salon has been completely remodeled. It is open on Thursday & Friday from 8:30am to 5:00pm. Please call Valerie at 517 250-1507 to schedule an appointment.

CHOIR PRACTICE

Practice will be every Thursday at 3:30pm in the Music Room. Kevin is always looking for new members!



VISITATION COMMITTEE

The visitation visits will be on Mondays at 1:00pm. The Visitation Team will visit those who are in the hospital or rehab. If you are interested, please contact Becky.

SOUP NIGHT

Soup Night is Thursday, December 7th at 4:30. Music with Dennis and 50/50

MENS BREAKFAST

The Mens Holiday Breakfast will be on Thursday, December 14th at 8:00am in the activity room.

CROUCH MUSIC JAM

We will be going to enjoy the music on December 12th at 1:15

LADIES BREAKFAST - HALL #2

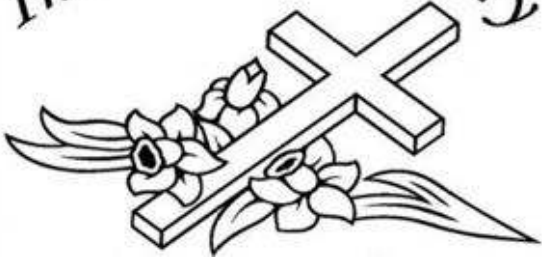
Ladies Breakfast will be on Thursday, December 21st at 8:00am in activity room

RED HATTERS

The Red Hatters Christmas Party will be meeting Tuesday, December 19th at 11:30.



In Loving Memory



Ed Toole

Natalie White

Dorothy Maul

WE L  VE
OUR VOLUNTEERS

A great big thanks to all of our volunteers! We are truly grateful for all that you do!

If you would be interested in volunteering to help, or run a special program, please let Linda or Becky know.

Arbor North Semi-Assisted Living Center

3000 Kingsbrooke Dr
Jackson, MI 49202

517-787-8000

KEVIN & LEIGH GANTON: OWNERS

BOBBY GANTON: ADMINISTRATOR

MOLLY SPITLER: OFFICE MANAGER

BECKY GILLMORE: COMMUNITY ENRICHMENT DIRECTOR

LIINDA VANWAGONER: ACTIVITY DIRECTOR

TOMMI WILDS: KITCHEN MANAGER

REID GANTON: MANAGING DIRECTOR