



Dear Families,

We hope this new year will bring you joy, prosperity, and countless memorable moments. As we embark on 2025, please remember to use caution if you are not feeling well and delay your visit until you are better. Thank you for helping us prevent illness and promote a healthy new year.

**Special Events:** I would like to take this time and wish everyone a very Happy and Healthy New Year 2025!! We have planned many great, exciting events for you to enjoy. Please follow our Activity calendar daily as we hope you can find activities that will interest you. Starting with Jan. 1st we will serve Hot Chocolate and sharing our New Years Resolutions. Tuesday, Jan. 7 at 10:30am please come and enjoy Jan playing the piano. Later that day at 2:00pm we will be painting snowflakes. on Wednesday, Jan. 8th at 10:30am we are going to take a trip to Connor's for a delicious lunch. Later that day at 2:00pm we will welcome Buddy Kidd who will perform "The Elvis Tribute Birthday Spectacular. Please note the entertainment will be in the Healthcare Lobby. on Thursday, Jan. 9th at 1:30pm join us for "Diamond Painting Art" with Sarah who is our awesome volunteer. We recently discovered this amazing art, and it looks like it has gain big popularity among our residents. We will have more sessions one on Tuesday, Jan. 14th at 5:30pm and also on Wednesday, Jan. 28th at 5:30pm. Please note that evening programs are from 5:30pm to 6:30pm. We are very excited and can't hardly wait to Celebrate Lois's 100th Birthday. Lois will be 100 years young on Wednesday, Jan. 15th. The party will be at 2:30pm in the dining room. We will serve refreshments, fruit salad, cake and we will be entertained by one of our favorite's performers, Timothy. Everyone is invited!!! On Monday, Jan. 20 at 10:30am please come and join us in making home make Beautiful Birthday Cards with our awesome

volunteer, Renita. On Tuesday, Jan. 21st at 10:30am we have a Sports Trivia just for men. Also on Tuesday, Jan. 21st at 2:00pm in the Soda Fountain room is our Monthly Resident Council Meeting. On Wednesday, Jan. 22nd at 10:30am we are going shopping at Publix. On Thursday, Jan. 23rd at 2:30pm is our Monthly Birthday Party. on Wednesday, Jan. 29th at 10:30am we are going out to lunch at Lakeside Tavern. Please do not miss "The Tyrant King Presentation on Thursday, Jan. 30st at 2:00pm

**Announcements for Families:** All of us at Life Enrichment would like to wish you a very happy, healthy New Year!!! We love seeing you in our activities and want you to know that you are welcomed at any time.

**Special Thanks:** Huge thank you to all of our NHC Farragut Volunteers. We have more than 36 volunteers right now and we are still growing. Thank you volunteers for your time, commitment and for enhancing our residents and patients' life's. You are very much appreciated and loved!!



#### Day by Day Podcast

A new year brings fresh opportunities to set intentions and focus on wellness. To help you start the year strong, we're thrilled to introduce our new episode featuring Eric Colette, CEO of A Mind for All Seasons. In this episode, we dive into practical tips for improving brain health—a great way to prioritize yourself while continuing to provide exceptional care to those around you.

Check it out here: <https://nhccare.com/brain-health/>



### Partner Shout-Outs

We would like to recognize our Maintenance and Life Enrichment partners. These individuals work hard at our center, and we appreciate their dedication to the environment and our patients! Please help us thank them this month when you visit.

