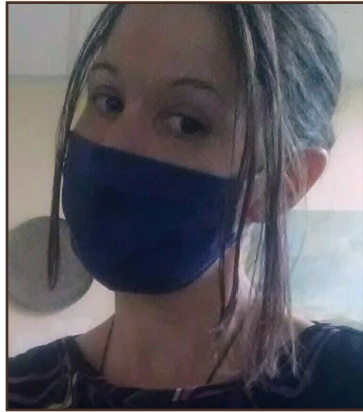


## Shining Star



**Kristy Page**  
Overnight Concierge  
9 Months

Very busy taking care of everything we need while we are sleeping.

## JANUARY BIRTHDAYS

1/5 Val G.  
1/8 Diane K.  
1/28 Marja G.  
1/31 George C.



What's Going On In

# January

2022



### Team Members

Executive Director.....Robert Blaskey  
Business Office Manager.....Colleen Smith  
Community Development Director.....  
.....Tevis McNally  
Executive Chef .....John Hennigan  
Life Enrichment Director....Melinda Ballenger  
Maintenance Director.....Ryan Young  
Concierge Team.....  
Joey Carlucci, Kristy Page, Wilbert Benitez, Kate Gallagher, Gina Johnson, Michelle Moeller  
Dining Room Coordinator.....Lea Ramos  
Head Housekeeper.....Patricia Sabino  
Van Driver.....TBD

### Important Phone Numbers

Office.....415-897-0054  
Transportation.....415-720-9424  
Imelda's Beauty Shop.....415-320-0318

### Meal Times

Breakfast.....7:30 a.m. - 9:00 a.m.  
Lunch.....11:30 a.m. - 1:00 p.m.  
Dinner.....4:30 p.m. - 6:00 p.m.

### Movie Showings

Everyday 2:30 & 6:30 in Theater

Mondays.....Documentary  
Tuesdays.....Western  
Wednesdays.....Musical  
Thursdays.....Book Club  
Fridays.....Guided Meditation  
Saturdays.....Comedy  
Sundays.....Drama

### Reoccurring Activities

Bingo | Tuesdays & Fridays | 6:30-CR  
Travel Film | Saturday | 10:00-TH  
Blood Pressure Checks | Last Tuesday | 11:00 -CR

### Transportation Schedule

Monday-Thursday  
9:00 AM-3:00 PM

Please limit your transportation requests for essential trips only. Book at least 24 hours in advance to confirm your appointment and avoid delays.



### Special Events

1/1 New Year's Day  
1/6 Town Hall | 2:00  
1/7 Mark Powers Performs | 3:00  
1/11 Birthday Bash with Bob Johns | 12:45  
1/12 Cooking Demonstration w/ Chef John | 1:30  
1/14 Culinary Meeting | 1:30  
1/14 Retired Healthcare Meet Up | 3:30  
1/18 New Resident Meet and Greet | 3:30  
1/25 Blood Pressure Clinic | 11:00  
1/26 Wine Club | 4:00  
1/28 Kazoo Sing-along Social | 3:00



# JANUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**DEER PARK**  
RETIREMENT COMMUNITY  
646 Canyon Road  
Novato, CA 94947  
(415) 897-0054

Life Enrichment Director:  
Melinda.Ballenger@Sunshineret.com

Like us on Facebook:  
Facebook.com/Deer-Park.net

Room Key  
FS-Fitness Studio (2nd Floor)  
BP-Back Patio (off 3rd Floor)  
DR-Dining Room (3rd Floor)  
TH-Movie Theater (2nd Floor)  
CR-Craft Room (3rd Floor)  
PB-Pub (3rd Floor)  
LIB-Library (2nd Floor)

*New Year's Day* **1**

10:00 Travel Film, TH  
2:00 Shuffleboard Matches, SL  
2:30 Matinee Movie, TH

**2**

1:05 Texans vs 49ers, PUB  
1:30 Ping Pong Matches, SL  
2:00 Mindful Coloring, PUB  
3:00 Bingo, CR  
6:30 Evening Movie, TH  
Weekly Brain Teasers, LIB



**3**

11:00 Chair Tai Chi Video, FS2  
1:15 Sunshine News, PUB  
3:00 Bean Bag Toss, DR  
4:00 Trivia, PUB  
5:15 Monday Night Football, PUB

**4**

10:00 Seniorcise, FS2  
1:00 Dog Meet & Greet-Pet Therapy, BP  
2:30 Penny Black Jack, PUB  
3:30 Jeopardy, PUB  
6:30 Bingo, CR



**5**

10:00 Zig Zag Painting-Art Therapy, CR  
10:45 Library Maintenance, LIB  
1:30 Community Garden, CR  
2:00 Chair Tai Chi, FS2  
2:00 Rummikub, PUB  
3:30 Wheel of Fortune, PUB

**6**

10:00 Yoga w/Johanna, FS  
11:00 Welcome Committee, LIB  
1:30 Line Dancing, FS  
2:00 Town Hall, DR

**7**

1:30 Strider's Walking Group  
2:30 Guided Meditation, TH  
3:00 Mark Powers Performs, PUB  
6:30 Bingo, CR

**8**

10:00 Travel Film, TH  
2:00 Shuffleboard Matches, SL  
2:30 Matinee Movie, TH

**9**

1:25 49ers vs. Rams, PUB  
1:30 Ping Pong Matches, SL  
2:00 Mindful Coloring, PUB  
3:00 Bingo, CR  
6:30 Evening Movie, TH  
Weekly Brain Teasers, LIB





**10**

11:00 Chair Tai Chi Video, FS2  
11:15 Book Mobile, Lobby  
1:15 Sunshine News, PUB  
3:00 Bean Bag Toss, DR  
4:00 Trivia, PUB



**11**

10:00 Seniorcise, FS2  
12:45 January Birthday Bash with Bob Johns, DR   
1:00 Dog Meet & Greet-Pet Therapy, BP  
2:30 Penny Black Jack, PUB  
3:30 Jeopardy, PUB  
6:30 Bingo, CR 

**12**

10:00 Mindful Coloring-Art Therapy-CR  
1:30 Cooking Demonstration with Chef John, CR  
2:00 Chair Tai Chi, FS2  
2:00 Rummikub, PUB  
3:30 Wheel of Fortune, PUB

**13**

10:00 Yoga w/Johanna, FS  
11:00 Welcome Committee, LIB  
1:30 Line Dancing, FS  
2:30 Penny Black Jack, PUB  
3:00 Book Club, TH

**14**

1:30 Strider's Walking Group  
1:30 Culinary Meeting, TH  
2:30 Guided Meditation, TH  
3:30 Retired Healthcare Meet Up, TH  
6:30 Bingo, CR

**15**

10:00 Travel Film, TH  
2:00 Shuffleboard Matches, SL  
2:30 Matinee Movie, TH

**16**

**Tu Bishvat**

1:30 Ping Pong Matches, SL  
2:00 Mindful Coloring, PUB  
3:00 Bingo, CR  
6:30 Evening Movie, TH  
Weekly Brain Teasers, LIB

**17**

**MLK Day**

10:00 Bocce, FS  
1:15 Sunshine News, PUB  
2:00 Resistance Bands, FS  
3:00 Bean Bag Toss, DR  
4:00 Trivia, PUB



**18**

10:30 Aerobics, FS  
1:00 Dog Meet & Greet-Pet Therapy, BP  
2:30 Penny Black Jack, PUB  
3:30 New Resident Meet & Greet, PUB  
6:30 Bingo, CR

**19**

10:00 Card Making Kit-Art Therapy, CR  
2:00 Rummikub, PUB  
3:30 Wheel of Fortune, PUB

**20**

10:00 Yoga w/Johanna, FS  
11:00 Welcome Committee, LIB  
1:30 Garden Planning Meeting  
1:30 Line Dancing, FS  
2:30 Penny Black Jack, PUB  
2:30 Author Interview: "Interviewing the World's Greatest Writers" TH

**21**

1:30 Strider's Walking Group Meet Up  
2:30 Guided Meditation, TH  
6:30 Bingo, CR

**22**

10:00 Travel Film, TH  
2:00 Shuffleboard Matches, SL  
2:30 Matinee Movie, TH

**23/30**


1:30 Ping Pong Matches, SL  
2:00 Mindful Coloring, PUB  
3:00 Bingo, CR  
6:30 Evening Movie, TH  
Weekly Brain Teasers, LIB

**24/31**


10:00 Bocce, FS  
11:15 Book Mobile, Lobby  
1:15 Sunshine News, PUB  
2:00 Resistance Bands, FS  
3:00 Bean Bag Toss, DR  
4:00 Trivia, PUB



**25**

10:30 Aerobics, FS   
11:00 Blood Pressure Clinic, CR  
1:00 Dog Meet & Greet-Pet Therapy, BP  
2:30 Penny Black Jack, PUB  
3:30 Jeopardy, PUB  
6:30 Bingo, CR

**26**

10:00 How To Paint A Winter Landscape-Art Therapy, PUB  
1:30 Wheels and Weights, TH  
3:00 Book Club, TH   
4:00 Wine Club, PDR

**27**

10:00 Yoga w/Johanna, FS  
11:00 Welcome Committee, LIB  
1:30 Line Dancing, FS  
2:30 Penny Black Jack, PUB  
3:30 Floor Shuffleboard, FS

**28**

National Kazoo Day  
1:30 Strider's Walking Group  
2:30 Guided Meditation, TH  
3:00 *Kazoo Sing-a-long Social*, PUB  
6:30 Bingo, CR 

**29**

10:00 Travel Film, TH  
2:00 Shuffleboard Matches, SL  
2:30 Matinee Movie, TH