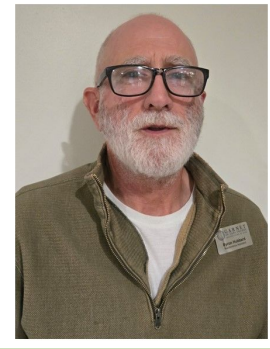


THE Garnet of Casa Grande Lifestyle

ASSISTED LIVING COMMUNITY
510 E 8th Street · Casa Grande, AZ 85122 · (520) 876-4200

DECEMBER 2024

Garnet Super Star



Byron Hubbard

Congratulations to Byron for being our Garnet Super Star for the month of December! Byron has been a Maintenance Assistant for the past 5 years collectively. There was a year off during that time, but he was so excited to be back. He really enjoys the time that he spends at the Garnet with the residents and with the people in his department. Byron feels very fortunate to be part of such a Great Team. He and

his Director, Martin, work very well together. The Maintenance and Housekeeping team are great compliments to each other and Byron is very glad to be part of it! Byron also loves hearing the tales of the residents' experiences throughout their lives, especially stories of the men and women who experienced World War II. They have so much experience from so many different eras. There is literally every generation here from 50 years to 100 years old.

Byron is a great guy who takes his job very seriously and just wants to help everyone. He strives to make things as easy as possible for the residents and staff. "This is a beautiful building, and I just want things to be nice," says Byron. "What I especially love is how quiet and serene it is here. Everywhere I've worked previously has always been so loud, so this is so nice to me."

In Byron's free time he enjoys bicycling, carpentry, and would like to begin growing herbs. His passion, however, is animation creation. He has been writing multiple storylines to be incorporated into his animations.

Thank you for all that you do Byron! We appreciate you!



Silver Star Resident



Rodney Reese

Rodney, one of our newer residents, hails from Alaska. He has become an active member of our Garnet Activities groups, as well as among our many residents. Having come from Alaska, where it is cold most of the time, Rodney loves the sun. He spends most of his day sitting out on his balcony soaking up

the sunshine. What Rodney likes best about living at the Garnet is the level of service the residents receive here. He also feels that the building itself is so magnificent and impressive. "Every time I have a guest come to visit me, they comment on what an impressive building this is," says Rodney.

In his early days, prior to retirement, Rodney was the General Manager of a Lumber company in Big Lake, Alaska, where he lived for 22 years, although Rodney has done a great deal of traveling in his life, as he grew up as a "Military Brat" due to his father being in the service. He has lived in all kinds of places to include England, Texas, California, Florida, Massachusetts, Arizona, and Alaska.

Rodney always has a quick joke and smile on his face. He loves to tease and kid with his friends. He enjoys having fun.

Congratulations Rodney for being our Silver Star Resident for the month of December!



DECEMBER 2024

It's Our Pleasure to Serve You

A Note from the Executive Director

With whirlwinds of sights and sounds, the holiday season is often a busy time. But there's much joy to be found in the quieter moments as well.




Treats. Certain foods taste better around the holidays, so savor the moment as a mini celebration.

Decorations. Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts. Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music. Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and the joys it stirs.

"The more positivity, love and light you reflect, the more light is mirrored your way."
—Suzy Kassem

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|---|
| <p>1</p> <p>10:00 Mexican Train 12:30 Movie Time 2:30 Church at The Garnet 5:30 Puzzles 6:30 Billiards</p> | <p>2</p> <p>8:30 Morning Workout 10:00 Quarter Bingo 1:00 Christmas Tree Decorating 2:00 Craft Day 5:30 Movie Time 6:30 Independent Rummy</p> | <p>3</p> <p>8:30 Morning Workout 10:00 Pretty Nails 1:00 SkipBo Cards 1:30 Games 2:30 Happy Hour 5:30 Billiards & Checkers 6:30 Independent Rummy</p> | <p>4</p> <p>8:30 Walmart & Shopping 10:00 Free Bingo 1:00 Christmas Tree Decorating 2:30 Hangman 5:30 Movie Time 6:30 Independent SkipBo</p> | <p>5</p> <p>10:00 Chef's Chat 1:00 Christmas Tree Decorating 2:30 Uno Cards 5:30 Movie Time 6:30 Independent Phase 10</p> | <p>6</p> <p>8:30 Morning Workout 10:00 Uno Cards 1:00 Christmas Tree Decorating 2:30 Rummy Cards 5:30 Movie Time 6:30 Independent Rummy</p> | <p>7</p> <p>10:00 Mexican Train 1:00 Rummy Cards 2:00 Wii Games 3:00 Game of the Day 5:30 Games & Puzzles 6:30 Independent 5 Crowns Cards</p> |
| <p>8</p> <p>10:00 SkipBo Cards 12:30 Movie Time 2:30 Church at The Garnet 5:30 Checkers 6:30 Independent Rummy</p> | <p>9</p> <p>8:30 Morning Workout 10:00 Quarter Bingo 1:00 Chair Yoga 2:00 Craft Day 5:30 Movie Time 6:30 Independent Mexican Train</p> | <p>10</p> <p>8:30 Morning Workout 10:00 Family Feud 1:00 Checkers 1:00 Independent SkipBo 2:30 Happy Hour-Entertainment 5:30 Games & Puzzles 6:30 Independent Dominoes</p> | <p>11</p> <p>8:30 Walmart & Shopping 10:00 Free Bingo 1:00 Family Feud 2:00 Presentation: Province Choir 3:00 Longmire Series & Checkers 5:30 Movie Time 6:30 Independent Phase 10</p> | <p>12</p> <p>10:00 Hangman 1:00 SkipBo Cards 2:30 Dominoes 4:00 Marketing Event-Dinner & Music 5:30 Movie Time 6:30 Independent Rummy</p> | <p>13</p> <p>8:30 Morning Workout 10:00 Uno Cards 1:00 SkipBo Cards 2:00 Presentation: Brain Games 5:30 Movie Time 6:30 Independent Mexican Train</p> | <p>14</p> <p>10:00 Uno Cards 1:00 Family Feud 2:00 Mexican Train 3:00 Game of the Day 5:30 Puzzles 6:30 Independent Phase 10</p> |
| <p>15</p> <p>10:00 Rummy Cards 12:30 Movie Time 2:30 Church at The Garnet 5:30 Puzzles 6:30 Billiards & Checkers</p> | <p>16</p> <p>8:30 Morning Workout 10:00 Quarter Bingo 1:00 SkipBo Cards 2:00 Dominoes 3:00 Checkers 5:30 Movie Time 6:30 Independent 5 Crowns Cards</p> | <p>17</p> <p>8:30 Morning Workout 10:00 Concentration 11:30 Marketing Event- Lunch & Learn 1:00 Longmire Series & Checkers 2:30 Happy Hour- Resident Birthday 5:30 Billiards 6:30 Independent Games</p> | <p>18</p> <p>8:30 Marketing Event- Coffee & Chat 8:30 Walmart & Shopping 10:00 Free Bingo 1:00 Concentration 2:00 Family Feud 3:00 Heartland Series 5:30 Movie Time 6:30 Independent Mexican Train</p> | <p>19</p> <p>10:00 Chef Chat 1:00 Resident Counsel Meeting 2:30 Skip Bo Cards 5:30 Movie Time 6:30 Independent Dominoes</p> | <p>20</p> <p>8:30 Morning Workout 10:00 Dominoes 1:00 SkipBo Cards 2:00 Craft Day 5:30 Movie Time 6:30 Independent Rummy</p> | <p>21</p> <p>10:00 SkipBo Cards 1:00 Dominoes 2:00 Wii Games 3:00 Game of the Day 5:30 Checkers 6:30 Independent Games</p> |
| <p>22</p> <p>10:00 Dominoes 12:30 Movie Time 2:30 Church at The Garnet 5:30 Games & Puzzles 6:30 Independent 5 Crowns Cards</p> | <p>23</p> <p>8:30 Morning Workout 10:00 Quarter Bingo 1:00 Uno Cards 2:00 Concentration 5:30 Movie Time 6:30 Independent Dominoes</p> | <p>24</p> <p>8:30 Morning Workout 10:00 Dominoes 1:00 Games & Puzzles 2:00 Happy Hour- Christmas Party 5:30 Puzzles 6:30 Independent SkipBo</p> | <p>25</p> <p>Christmas</p> <p>10:00 Free Bingo 12:30 Movie Time 2:30 Checkers 5:30 Games & Puzzles 6:30 Independent Rummy</p> | <p>26</p> <p>10:00 Hangman 1:00 Rummy Cards 2:00 Family Feud 3:00 Heartland Series 5:30 Movie Time 6:30 Independent Mexican Train</p> | <p>27</p> <p>8:30 Morning Workout 10:00 Uno Cards 1:00 Dominoes 2:00 Presentation: Brain Games 3:00 Longmire Series 6:00 Special Holiday Bad Bingo</p> | <p>28</p> <p>10:00 Mexican Train 1:00 SkipBo Cards 2:00 Wii Games 3:00 Game of the Day 5:30 Billiards 6:30 Independent Dominoes</p> |
| <p>29</p> <p>10:00 SkipBo Cards 12:30 Movie Time 2:30 Church at The Garnet 5:30 Puzzles 6:30 Independent Games</p> | <p>30</p> <p>8:30 Morning Workout 10:00 Quarter Bingo 1:00 Mexican Train 2:00 Craft Day 3:00 Chair Yoga 5:30 Movie Time 6:30 Independent Rummy</p> | <p>31</p> <p>8:30 Morning Workout 10:00 Mexican Train 1:00 Checkers & Longmire Series 2:00 Happy Hour-Entertainment 2:00 Marketing Invitation-Happy Hour 5:30 Game Day 6:30 Independent Phase 10</p> | <p>COLOR KEY</p> <ul style="list-style-type: none"> CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT <p>All Events are Subject to Change</p> |  |  |  |



Peppermint, Please

In candy, coffee and cosmetics, peppermint is the scent of the season.

- Peppermint is a perennial herb that grows to a height of about 3 feet. It has green leaves and light purple flowers.
- The plant grows throughout North America, Asia and Europe. The U.S. produces about 70% of the global peppermint crop.
- The herb has been used in cooking and herbal medicine for thousands of years. The Romans believed peppermint could boost intelligence and cure the hiccups.
- Research shows the scent of peppermint helps stimulate brain waves, improve concentration and reduce fatigue.
- Peppermint oil can soothe dry skin and is a common ingredient in lotions and lip balms.
- The fresh herb can be used in a variety of recipes for salads, desserts and beverages.
- Drinking peppermint tea is a popular remedy for relieving headaches and cold/flu symptoms.
- About 1.2 billion candy canes are made every year in the U.S., with 90% of them sold during November and December.
- The peppermint mocha at Starbucks is the coffee chain's No. 1 holiday drink, and is available year-round due to customer demand.
- Dec. 3 is National Peppermint Latte Day. You can mimic the flavor at home by adding milk or cream to black coffee and stirring it with a candy cane.

Get Creative With Clever Gift Wrap

If you're looking for an eco-friendly alternative to wrapping paper—or maybe you've simply used up your stash—try these creative solutions:

A tisket, a tasket ... Gift baskets are a classic way to dress up all sorts of goodies. If wicker or fabric doesn't fit your recipient's style, think outside the basket and go for a storage bin, laundry basket, shower caddy or plastic crate.

Brown paper packages. Have you received a package that used crumpled paper as padding? Smooth that paper out and use it to wrap gifts. Similar options include lunch sacks, paper grocery and takeout bags, empty cardboard tubes, and cereal boxes that you've turned inside out.

Plush and practical. Roll up smaller items in a towel. This works great for themed gifts, such as utensils in a kitchen hand towel; soaps and lotions in a bathroom towel; or sunglasses and a water tumbler in a beach towel.

Imaginative upcycling. Before tossing or recycling glass jars, tin cans and plastic food containers, consider using them to hold small gifts, candy or other treats. Thoroughly clean and dry the items, and spruce them up with paint, ribbon or colorful tape.

A tote-ally great idea. Do you have a collection of fabric tote bags that haven't been touched? What about makeup pouches? Pass them on to someone else by placing their presents inside.

News you can use. Add a nostalgic touch by wrapping gifts in newspaper, grocery ad mailers and magazines.



Happy Birthday!

12/1 Judy Rotz-Lopez

12/16 Dawna Reed

12/26 Marjorie Jenkins



Welcome New Residents

132A Elie Androde

206B Lorenzo Figueroa
Villalobos

208 Marcie Edwards

218 Joy Humphries

236 Deb O'Rourke

231 Kathy Jacobson



Tues, Dec 24 * 2:00 – 3:30

Snacks, Fun, Music, Friendship

