



## personal care

### BE INSPIRED

- CONNECT    ● GROW
- CONTRIBUTE    ● MOVE
- FEEL    ● REFLECT

### LOCATIONS

- AUDITORIUM — A
- BILLIARD ROOM — BR
- BRANDYWINE LOWER LEVEL — BLL
- BRANDYWINE PARKING LOT — BPL
- BROOKSIDE — B
- BROOKSIDE LOBBY AREA — BL
- BROOKSIDE PATIO — Patio
- CAFE — C
- CONFERENCE ROOM — CN
- CRAFT ROOM — CR
- DINING ROOM — DR
- FARM HOUSE — FH
- FITNESS CENTER — FC
- FRONT PARKING LOT — FPL
- LAWN — L
- LIBRARY — LB
- LOBBY — ML
- MAIN DINING ROOM — MDR

### ADDITIONAL SERVICES

- FITNESS CENTER INSTRUCTION/TRAINER  
*Tuesday, 1-3 p.m.*
- BARGAIN BOX  
*Tuesday & Thursday, 12-2 p.m. Longwood Lower Level*

### BIRTHDAYS THIS MONTH

- JOAN HACKNEY — 1st
- BOB QUINN — 12th
- JOAN WITWER — 14th



		
<p><b>9:00</b> ● A.M. Room Visits <b>3</b></p> <p><b>10:30</b> ● Catholic Service   A</p> <p><b>12:45</b> ● Sunday Stroll   BL</p> <p><b>1:30</b> ● <b>Crafters' Corner: Potato Necklaces</b>   B</p> <p><b>2:00</b> ● Nondenominational Service   A</p> <p><b>3:00</b> ● <b>Movie Matinee: "Joyful Noise"</b>   A</p> <p><b>5:30</b> ● Bingo   ML</p>	<p><b>9:00</b> ● A.M. Room Visits <b>4</b></p> <p><b>11:00</b> ● Going Strong Exercise   A</p> <p><b>11:30</b> ● Rosary   FH</p> <p><b>2:00</b> ● <b>Ed Brugel &amp; His Handbells</b>   A</p> <p><b>6:30</b> ● Cards and Table Games   C</p> <p><b>7:00</b> ● Movie &amp; Popcorn: "Chicago"   A</p>	<p><b>9:00</b> ● A.M. Room Visits <b>5</b></p> <p><b>9:45</b> ● Current Events   B</p> <p><b>10:30</b> ● Pretty &amp; Polished   B</p> <p><b>1:00</b> ● <b>Leisure Materials: Room to Room</b>   B</p> <p><b>1:00</b> ● BINGO!   B</p> <p><b>2:30</b> ● Fresh Fitness   B</p> <p><b>2:30</b> ● <b>Pass the Present</b>   B</p> <p><b>4:00</b> ● <b>Naughty or Nice?</b>   B</p> <p><b>6:30</b> ● Cards and Table Games   C</p>
<p><b>9:00</b> ● A.M. Room Visits <b>10</b></p> <p><b>10:30</b> ● Catholic Service   A</p> <p><b>12:45</b> ● Sunday Stroll   BL</p> <p><b>1:30</b> ● <b>Crafters' Corner: Potato Necklaces</b>   B</p> <p><b>2:00</b> ● Nondenominational Service   A</p> <p><b>3:00</b> ● <b>Movie Matinee: "Polar Express"</b>   A</p> <p><b>5:30</b> ● Bingo   ML</p>	<p><b>9:00</b> ● A.M. Room Visits <b>11</b></p> <p><b>11:00</b> ● Going Strong Exercise   A</p> <p><b>11:30</b> ● Rosary   FH</p> <p><b>1:00</b> ● <b>Brain Health University</b>   B</p> <p><b>1:00</b> ● Mad Science   B</p> <p><b>2:30</b> ● Catholic Mass   A</p> <p><b>6:30</b> ● Cards and Table Games   C</p> <p><b>7:00</b> ● <b>Movie &amp; Popcorn: "La La Land"</b>   A</p>	<p><b>HANUKKAH STARTS AT SUNSET 12</b></p> <p><b>9:00</b> ● A.M. Room Visits</p> <p><b>9:45</b> ● Current Events   B</p> <p><b>10:30</b> ● Pretty &amp; Polished   B</p> <p><b>1:00</b> ● <b>Leisure Materials: Room to Room</b>   B</p> <p><b>1:00</b> ● BINGO!   B</p> <p><b>2:30</b> ● <b>Where in the World Is Santa?</b>   B</p> <p><b>2:30</b> ● Melody Makers   B</p> <p><b>4:00</b> ● <b>Making a List &amp; Checking It Twice</b>   B</p> <p><b>6:00</b> ● <b>Carols by the Fireplace</b>   B</p> <p><b>6:30</b> ● Cards and Table Games   C</p>
<p><b>9:00</b> ● A.M. Room Visits <b>17</b></p> <p><b>10:30</b> ● Catholic Service   A</p> <p><b>12:45</b> ● Sunday Stroll   BL</p> <p><b>1:30</b> ● <b>Crafters' Corner: Potato Necklaces</b>   B</p> <p><b>2:00</b> ● Nondenominational Service   A</p> <p><b>3:00</b> ● <b>Movie Matinee: "A Christmas Story"</b>   A</p> <p><b>5:30</b> ● Bingo   ML</p>	<p><b>9:00</b> ● A.M. Room Visits <b>18</b></p> <p><b>11:00</b> ● Going Strong Exercise   A</p> <p><b>11:30</b> ● Rosary   FH</p> <p><b>1:00</b> ● <b>Brain Health University</b>   B</p> <p><b>1:00</b> ● Advent Aromatherapy   B</p> <p><b>6:30</b> ● Cards and Table Games   C</p> <p><b>7:00</b> ● <b>Movie Night: "Amadeus"</b>   A</p>	<p><b>9:00</b> ● A.M. Room Visits <b>19</b></p> <p><b>9:45</b> ● Current Events   B</p> <p><b>10:30</b> ● Pretty &amp; Polished   B</p> <p><b>1:00</b> ● <b>Leisure Materials: Room to Room</b>   B</p> <p><b>1:00</b> ● BINGO!   B</p> <p><b>2:00</b> ● <b>East HS Band, Orchestra &amp; Choir</b>   ML</p> <p><b>2:30</b> ● Fresh Fitness   B</p> <p><b>4:00</b> ● <b>Stuff the Stocking</b>   B</p> <p><b>6:30</b> ● Cards and Table Games   C</p>
<p><b>CHRISTMAS EVE 24</b></p> <p><b>9:00</b> ● A.M. Room Visits</p> <p><b>10:30</b> ● Catholic Service   A</p> <p><b>12:45</b> ● Sunday Stroll   BL</p> <p><b>1:30</b> ● <b>Crafters' Corner: Potato Necklaces</b>   B</p> <p><b>2:00</b> ● Nondenominational Service   A</p> <p><b>3:00</b> ● <b>Movie Matinee: "Christmas with the Kranks"</b>   A</p> <p><b>5:30</b> ● Bingo   ML</p>	<p><b>CHRISTMAS 25</b></p> <p><b>9:00</b> ● A.M. Room Visits</p> <p><b>9:45</b> ● <b>Holiday Social</b>   ML</p> <p><b>10:30</b> ● Reminiscing &amp; Reflections   B</p> <p><b>11:00</b> ● Going Strong Exercise   A</p> <p><b>11:30</b> ● Rosary   FH</p> <p><b>6:30</b> ● Cards and Table Games   C</p> <p><b>7:00</b> ● <b>Movie &amp; Popcorn: "It's a Wonderful Life"</b>   A</p>	<p><b>9:00</b> ● A.M. Room Visits <b>26</b></p> <p><b>9:45</b> ● Current Events   B</p> <p><b>10:30</b> ● Pretty &amp; Polished   B</p> <p><b>1:00</b> ● <b>Leisure Materials: Room to Room</b>   B</p> <p><b>1:00</b> ● BINGO!   B</p> <p><b>2:30</b> ● Melody Makers   B</p> <p><b>2:30</b> ● <b>Snowman Slam</b>   B</p> <p><b>4:00</b> ● <b>Dashing Through the Snow</b>   B</p> <p><b>6:30</b> ● Cards and Table Games   C</p>
<p><b>9:00</b> ● A.M. Room Visits <b>13</b></p> <p><b>10:00</b> ● Laugh Out Loud   B</p> <p><b>11:00</b> ● Tai Chi Fusion   A</p> <p><b>2:00</b> ● Buzzword   B</p> <p><b>2:30</b> ● Poets Corner   B</p> <p><b>4:00</b> ● .Com Senior   B</p> <p><b>7:00</b> ● <b>Wednesday Entertainment</b>   A</p> <p><b>7:00</b> ● <b>Resident Holiday Party</b>   ML</p>	<p><b>9:00</b> ● A.M. Room Visits <b>14</b></p> <p><b>9:15</b> ● History Happenings   B</p> <p><b>10:00</b> ● Move &amp; Thrive   A</p> <p><b>11:15</b> ● Judge &amp; Jury   B</p> <p><b>1:00</b> ● <b>Leisure Materials: Room to Room</b>   B</p> <p><b>1:00</b> ● Melody Makers   B</p> <p><b>1:30</b> ● <b>Brain Health University</b>   B</p> <p><b>3:30</b> ● Centerpiece Craft   B</p> <p><b>6:30</b> ● Armchair Traveler: All American Train   A</p>	<p><b>9:00</b> ● A.M. Room Visits <b>21</b></p> <p><b>9:15</b> ● History Happenings   B</p> <p><b>10:00</b> ● Move &amp; Thrive   A</p> <p><b>11:15</b> ● Brain Beggles   B</p> <p><b>1:00</b> ● <b>Leisure Materials: Room to Room</b>   B</p> <p><b>1:00</b> ● Readers Workshop: "A Christmas Memory"   B</p> <p><b>1:30</b> ● <b>Brain Health University</b>   B</p> <p><b>3:30</b> ● Centerpiece Craft   B</p> <p><b>6:30</b> ● Armchair Traveler   A</p>
<p><b>9:00</b> ● A.M. Room Visits <b>6</b></p> <p><b>10:00</b> ● Think Tank   B</p> <p><b>11:00</b> ● Tai Chi Fusion   A</p> <p><b>1:00</b> ● <b>Festive Fingerprint Cards</b>   B</p> <p><b>2:45</b> ● <b>Holiday Singalong with Tom</b>   B</p> <p><b>7:00</b> ● <b>Wednesday Entertainment</b>   A</p>	<p><b>9:00</b> ● A.M. Room Visits <b>7</b></p> <p><b>9:15</b> ● History Happenings   B</p> <p><b>10:00</b> ● Move &amp; Thrive   A</p> <p><b>11:15</b> ● Brain Beggles   B</p> <p><b>1:00</b> ● <b>Leisure Materials: Room to Room</b>   B</p> <p><b>1:00</b> ● Reindeer Races   B</p> <p><b>1:30</b> ● <b>Brain Health University</b>   B</p> <p><b>3:30</b> ● <b>Artist Studio: 12 Days of Xmas</b>   B</p> <p><b>6:30</b> ● Armchair Traveler: Trail of Tears   A</p>	<p><b>9:00</b> ● A.M. Room Visits <b>8</b></p> <p><b>10:00</b> ● Forever Fit. comSeniors   B</p> <p><b>11:00</b> ● Christmas Cork Crafts   B</p> <p><b>1:00</b> ● Drama Club   A</p> <p><b>2:30</b> ● Happy Hour   ML</p> <p><b>6:45</b> ● Bingo   A</p>
<p><b>9:00</b> ● A.M. Room Visits <b>2</b></p> <p><b>11:00</b> ● Stretch and Relax   B</p> <p><b>1:00</b> ● Bingo at Brookside</p> <p><b>2:15</b> ● Holiday Hangman   B</p> <p><b>3:30</b> ● Linked Senior: Yoga   B</p> <p><b>11:15</b> ● Discover Your Mark: Holiday Charades   B</p>	<p><b>9:00</b> ● A.M. Room Visits <b>9</b></p> <p><b>10:00</b> ● Mad Libs!   B</p> <p><b>11:00</b> ● Stretch and Relax   B</p> <p><b>11:15</b> ● Name That Carol   B</p> <p><b>1:00</b> ● Bingo at Brookside</p> <p><b>2:00</b> ● <b>Charter HS Holiday Concert</b>   A</p> <p><b>3:30</b> ● Linked Senior: Yoga   B</p>	<p><b>9:00</b> ● A.M. Room Visits <b>15</b></p> <p><b>10:00</b> ● Forever Fit. comSeniors   B</p> <p><b>10:00</b> ● <b>Concordville HS Chamber Choir</b>   ML</p> <p><b>1:00</b> ● Drama Club   A</p> <p><b>2:30</b> ● Happy Hour   ML</p> <p><b>6:45</b> ● Bingo   A</p>
<p><b>9:00</b> ● A.M. Room Visits <b>20</b></p> <p><b>10:00</b> ● Think Tank   B</p> <p><b>11:00</b> ● Tai Chi Fusion   A</p> <p><b>2:00</b> ● Christmas Concentration   B</p> <p><b>7:00</b> ● <b>Wednesday Entertainment</b>   A</p> <p><b>7:00</b> ● <b>Bible Baptist Character Choir</b>   A</p>	<p><b>9:00</b> ● A.M. Room Visits <b>22</b></p> <p><b>10:00</b> ● Forever Fit. comSeniors   B</p> <p><b>11:00</b> ● Grab the Candy!   B</p> <p><b>1:00</b> ● Drama Club   A</p> <p><b>2:30</b> ● Happy Hour   ML</p> <p><b>2:30</b> ● <b>Rockin' Around the Christmas Tree Party</b>   A</p> <p><b>6:45</b> ● Bingo   A</p>	<p><b>9:00</b> ● A.M. Room Visits <b>23</b></p> <p><b>10:00</b> ● Mad Libs!   B</p> <p><b>11:00</b> ● Stretch and Relax   B</p> <p><b>11:15</b> ● 12 Days of Christmas   B</p> <p><b>1:00</b> ● Bingo at Brookside</p> <p><b>2:15</b> ● Baking Bunch: Holiday Cookies   B</p> <p><b>3:30</b> ● Linked Senior: Yoga   B</p>
<p><b>9:00</b> ● A.M. Room Visits <b>27</b></p> <p><b>10:00</b> ● Laugh Out Loud!   B</p> <p><b>10:00</b> ● Laugh Out Loud   B</p> <p><b>11:00</b> ● Tai Chi Fusion   A</p> <p><b>2:00</b> ● 20 Questions   B</p> <p><b>2:30</b> ● Poets Corner   B</p> <p><b>3:30</b> ● <b>Birthday Cocktail Party</b>   B</p> <p><b>4:00</b> ● .Com Senior   B</p> <p><b>7:00</b> ● <b>Wednesday Entertainment</b>   A</p> <p><b>7:00</b> ● DVD: Mannheim Steamroller   A</p>	<p><b>9:00</b> ● A.M. Room Visits <b>28</b></p> <p><b>9:15</b> ● History Happenings   B</p> <p><b>10:00</b> ● Move &amp; Thrive   A</p> <p><b>11:15</b> ● Judge &amp; Jury   B</p> <p><b>1:00</b> ● <b>Leisure Materials: Room to Room</b>   B</p> <p><b>1:00</b> ● <b>Let It Snow Craft!</b>   B</p> <p><b>1:30</b> ● <b>Brain Health University</b>   B</p> <p><b>6:30</b> ● Armchair Traveler   A</p>	<p><b>9:00</b> ● A.M. Room Visits <b>29</b></p> <p><b>10:00</b> ● Forever Fit. comSeniors   B</p> <p><b>11:00</b> ● Making Music with My Friends   B</p> <p><b>1:00</b> ● Drama Club   A</p> <p><b>2:30</b> ● Happy Hour   ML</p> <p><b>6:45</b> ● Bingo   A</p>
<p><b>NEW YEAR'S EVE 31</b></p> <p><b>9:00</b> ● A.M. Room Visits</p> <p><b>10:30</b> ● Catholic Service   A</p> <p><b>12:45</b> ● Sunday Stroll   BL</p> <p><b>1:30</b> ● <b>Crafters' Corner: Potato Necklaces</b>   B</p> <p><b>1:30</b> ● <b>New Year's Eve Party</b>   B</p> <p><b>2:00</b> ● Nondenominational Service   A</p> <p><b>5:30</b> ● Bingo   ML</p>	<p><b>9:00</b> ● Room Visits <b>30</b></p> <p><b>11:00</b> ● Stretch and Relax   B</p> <p><b>11:15</b> ● Scattergories   B</p> <p><b>1:00</b> ● Bingo at Brookside</p> <p><b>2:15</b> ● Making Resolutions   B</p> <p><b>3:30</b> ● Linked Senior: Yoga   B</p>	

"Each day offers a reason to celebrate. Find it and experience true bliss."  
—Amy Leigh Mercree

## EVENT RECAP

# campfire and s'mores

On a clear fall night in October, we held our annual campfire. This has become a favorite fall event through the years. We toast marshmallows, make s'mores, enjoy hot apple cider and the company of good friends. Everyone has a great time bundled up and singing great campfire songs! "She'll be Coming 'Round the Mountain" and "Oh, Susannah" never sounded so good!



Sally had a great time at the campfire!



Jo enjoying the fall weather

## IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

SEASON'S GREETINGS, RESIDENTS AND FAMILIES,

The holidays are coming. ...

And they will be here before we know it! So much to think about, so much to do! Can you believe the holidays are around the corner ... and you know how quickly the new year arrives after that!

We all get so busy at the holidays that sometimes the details fall off the ever-growing to-do list. If your holiday plans include leaving the Community with your loved one, please remember to contact the Nursing Department in advance.

Whenever possible, please let the our Resident Services Director or the Nursing Department know at least 72 hours before your planned outing. To make it easier for you, call now and let us know your plans. That will take at least one thing off your ever-growing to-do list! (Sorry, I can't bake cookies for you ... I have my own to do! That will have to stay on your list!) We will certainly do our best to accommodate all last minute requests, please be patient with us; it will take some time to gather all the information, the medications or the state mandated paperwork. Letting us know ahead will make it easier to you to enjoy your holiday celebrations!

The information needed:  
Resident Name/Apartment Number  
Date(s) of planned outings  
Time you will be out (for example, noon to 5 p.m.)

None of this is carved in stone when you give us the information! You may stay out a bit longer, or decide you are exhausted and head home early! You may change the days or times. The simple act of planning ahead, so we can help you prepare, will make your holidays just a little-itty-bitty-tiny-bit less stressful.

Best regards,  
*Andrea M. DiOttavio, RN, PHCA, EXECUTIVE DIRECTOR*

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,  
APPRECIATION,  
RESPECT, TEAMWORK

SHAREEMA is a fairly new team member, but she exemplifies all of our core values of Hospitality, Excellence, Appreciation, Respect, and Teamwork.

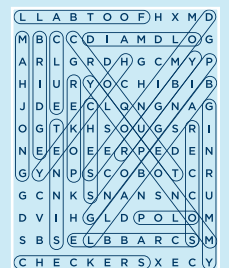
Shareema is a hard worker, leader, compassionate, and caring, honest and trustworthy, has a heart of gold and will help anyone in need. She has the energy and ethics Bellingham looks for in their team members! Shareema, you have what we are looking for in a Bellingham family member!



## MANAGEMENT TEAM

Andrea DiOttavio, *Executive Director*  
Paige Jacobs, *Director of Resident Programs*  
Tracy Rzcudlo, *Director of Resident Services*  
Kelly Engelman, *Business Office Manager*  
Liz Hall-Boyle, *Director of Sales & Marketing*  
Mike Mulhollan, *Dining Services Director*  
Jude Morrison, *Dining Room Manager*  
Devon Paul, *Director of Plant Operations*  
Tracey Jordan, *Director of Housekeeping*  
Barbara Kenna, *Memory Care Director*  
Kimberly Goodall, *Nursing Home Administrator*  
Demetrius Wall, *Human Resource Director*  
Lori Barajas, *Sales Counselor*  
Christy Ogborn, *Move in Coordinator*

TRAIN  
YOUR  
BRAIN  
*solution*



SENIOR LIFESTYLE  
FAMILY-OWNED COMMUNITIES

