

Adult Education Classes

The following education classes are sponsored by the Orange County Adult Education Program and require a minimum of 25 students in attendance, in order to help us keep them.

Tuesdays: 1:00pm Exercise with Lilly
2:30pm Music with Linda

Wednesdays: 9:30 am Sr. Topics with Stephanie
1:00 pm Exercise with Lilly

January Outings and Highlights

January 2nd: Tea for Teachers
January 3rd: Scenic Drive
January 5th: Resident Council Meeting
January 5th: Fullerton Public Library
January 6th: Live Entertainment by Al Valdez
January 8th: Lunch at Farmer's Boy
January 10th: Outing to Downtown Disney
January 11th: Food Committee with Chef Jorge
January 13th: Live Entertainment by Joe Ritkes
January 14th: Shopping at Dollar Tree
January 15th: Lunch at Olive Gardens
January 15th: Roaring 20's Dance, Live Entertainment by Roy Southerland
January 16th: Step On It!
January 17th: Outing to South Coast Plaza
January 17th: Free Bingo by CareMore
January 18th: Meet and Greet Andy Thornburn
January 20th: Game On! Family Sport Party
January 21st: Outing to JC Penny
January 22nd: Lunch at Island Restaurant
January 23rd: Wine Club with Lee
January 24th: Outing to Downtown Knott's Berry Farm
January 25th: Resident Birthday Party
January 27th: Live Entertainment by Jose Chong
January 28th: Outing to Mass at St. Juliana Church
January 29th: Lunch at The Old Ship
January 30th: Outing to Buena Park Mall
Every Wednesday: Bank Outing
Every Wednesday: Live Entertainment by Parrv

New Year, Healthier You

Stay in touch Feel like old friends (or family) have fallen by the wayside? It's good for your health to reconnect with them.

Quit smoking Fear that you've failed too many times to try again? Talk to any ex-smoker, and you'll see that multiple attempts are often the path to success.

Cut your stress A little pressure now and again won't kill us; in fact, short bouts of stress give us an energy boost. But if stress is chronic, it can increase your risk of—or worsen—insomnia, depression, obesity, heart disease, and more.

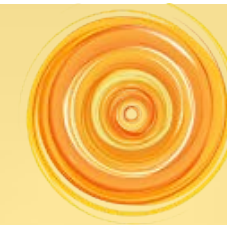
Volunteer We tend to think our own bliss relies on bettering ourselves, but our happiness also increases when we help others, says Peter Kanaris, PhD, coordinator of public education for the New York State Psychological Association.

Go back to school No matter how old you are, heading back to the classroom can help revamp your career, introduce you to new friends, and even boost your brainpower.

Travel The joys and rewards of vacations can last long after the suitcase is put away. "We can often get stuck in a rut, and we can't get out of our own way," Kanaris says. "Everything becomes familiar and too routine."



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SUNNYCREST

- SENIOR LIVING -

New Year, New Life

The New Year is here again, with the rising sun and rain, with all the past blooms in vain, only with new hopes to gain, live your life to the fullest, till another beautiful year is here again. Cheering a New Year and a new start, starts right here at Sunnycrest. We are a perfect location set on beautiful landscaped grounds with courtyard and amazing view of the equestrian trail. We are located in the Heart of St. Jude Heritage group, nestled between popular shopping locations and restaurants. Sunnycrest is close to several medical facilities, including Saint Jude Hospital.

We continue to invite you to take part in our every day life at Sunnycrest in many of our activities. We have something for everyone. Please take the time to follow along with our daily calendar to guide you through a healthy, stimulating FUN lifestyle.

January 2018



★ HAPPY ★
BIRTHDAY!

January 1: Helen Fuss
January 9: Sergio Pinto
January 19: Jane Jack
January 29: Kay Bronson



As time turns the pages and every day is a new sky, Sunnycrest is happy to say we will be living a New Year, New Life.

Sunday

Monday









Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Location Keys</p> <p>Activity Room AR Cafe Room CR Court Yard CY Front Room FR Restaurant R TV Room TVR</p>	<p>New Year's Day</p>	<p>Doctor drives begin at 9:00a</p>	<p>Shopping at Stater Bros</p>	<p>Doctor drives begin at 9:00a</p>	<p>Wii Bowling [TVR]</p>	<p>Wii Bowling [TVR]</p>
<p>9:00 Wii Bowling [TVR] 9:30 Daily Chronicles [FR] 9:30 Donut social [CR] 10:00 Sudoku with Angelica [FR] 10:45 St. Mary's Catholic Communion [TVR] 1:00 Shopping at Walmart 1:00 Stitch & Chat [AR] 1:30 Puzzle Mania [FR] 2:00 North Hills Church [FR] 2:00 Wii Bowling [TVR] 3:00 Big Pin Bowling [AR] 5:00 Card Games [FR] 6:00 Movie Night [TVR]</p>	<p>8:00 Rose Parade [TVR] 9:00 Daily Chronicles [FR] 10:00 Billiard [AR] 1:00 Rose Bowl Game [TVR] 2:00 Stitch & Chat [FR] 3:00 Bingo [AR] 5:00 Card Games [FR] 6:00 Movie Night [TVR]</p>	<p>9:00 Wii Bowling [TVR] 9:30 Daily Chronicles [FR] 10:00 Bocce Ball [FR] 1:00 Zumba Exercise [AR] 2:00 Tea For Teachers [CR] 3:00 Karaoke [TVR] 5:00 Card Games [FR] 6:00 Movie Night [TVR]</p>	<p>8:30 Shopping at Stater Bros 9:30 Daily Chronicles [FR] 10:00 Big Pin Bowling [FR] 1:00 Outing for Scenic Drive 1:00 Chair Exercise [FR] 2:00 Creative Arts [FR] 3:00 Bank Outing 3:00 Bingo [AR] 5:00 Card Games with Angelica [FR] 6:00 Live Entertainment by Perry [FR]</p>	<p>9:00 Wii Bowling [TVR] 9:30 Daily Chronicles [FR] 10:00 Bocce Ball [FR] 1:00 Black Jack with Warren [AR] 1:30 Puzzle Mania [AR] 2:00 Noodle Game [AR] 2:30 Putting Green [CY] 3:00 Bible Study with Irene [TVR] 3:00 Perk Activities (Brain Exercise) w/ Carmen [FR] 5:00 Card Games [FR] 6:00 Movie Night [TVR]</p>	<p>9:00 Wii Bowling [TVR] 9:30 Daily Chronicles [FR] 10:00 Balloon Volleyball [AR] 1:00 Penny Poker [FR] 2:00 Resident Council Meeting [AR] 3:00 Outing to Fullerton Public Library 3:00 Bingo with Lee [AR] 5:00 Card Games [FR] 6:00 Movie Night [TVR]</p>	<p>9:00 Wii Bowling [TVR] 9:30 Daily Chronicles [FR] 10:00 Shopping at CVS Pharmacy 10:00 Chair Chi Exercise w/ Christine [FR] 1:00 Bingo Bash with Lee [AR] 2:00 Live Entertainment by Al Valdez [FR] 3:00 Scrapbooking [FR] 5:00 Card Games [FR] 6:00 Movie Night [TVR]</p>
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