



6, Residents' Council Meeting
9, Catholic Mass
12, Target Shopping
13, Movement w/ Denise
14, Live Music w/ Kim
16, Live Music w/ Tom D.
20, Birthday Party
24, Live Music w/ Chris
29, Live Music w/ Jim
30, Lost and Found Laundry

New Year's Resolutions

The top focuses for New Year's resolutions are health, finances and relationships, according to the Pew Research Center. Nearly half of adults under 30 make resolutions, while a third of adults aged 30 to 49 do so. Only 21% of adults over 50 make a resolution.



Louise Vanni

Louise was born and raised in Detroit, Michigan. She came to Rochester after marrying her husband, Gerald. She later got a job in administration at the U of R and stayed with the company for over 30 years. Louise has three sons and one grandson. One of Louise's favorite things to do is travel. She has been on an

archaeological dig in England, she has also traveled to France, and Spain. Louise also loves doing all kinds of needlework. If you see her around, be sure to ask her about her amazing adventures while traveling!



Make a Difference on MLK Jr. Day

Martin Luther King Jr. Day, the third Monday in January, is a federal holiday and also a national day of service.



Happy Birthday!

Happy birthday to all our residents celebrating birthdays this month! The world is a better place because you're here. We think you're great for our community, too! Have a wonderful day.

Rose P. 4th
Nancy S. 10th
Laura M. 12th
John M. 22nd
Shirley H. 24th
Jud I. 24th
Sheryl B. 27th

Famous Faces Born in January

Jan. 3, 1996: Florence Pugh
Jan. 7, 1971: Jeremy Renner
Jan. 9, 1989: Nina Dobrev
Jan. 13, 1961: Julia Louis-Dreyfus
Jan. 17, 1964: Michelle Obama
Jan. 20, 1966: Rainn Wilson
Jan. 28, 1993: Will Poulter
Jan. 30, 1974: Christian Bale



Cynthia Machamer Administrator

As we welcome a new year, I want to take a moment to express my heartfelt gratitude to each of you. Living and working alongside you is a privilege. Your stories, your resilience, and your kindness continue to inspire our entire team every day.

Thank you for making this community such a warm and meaningful place. Your participation in activities, your support for one another, and the trust you place in us shape the spirit of this special place. We are honored to serve you and to share in the moments—big and small—that make our days brighter.

As we step into the new year together, we look forward to creating more memories, supporting your goals, and ensuring that you feel valued, safe, and cared for. Wishing you health, happiness, and continued joy in the year ahead.

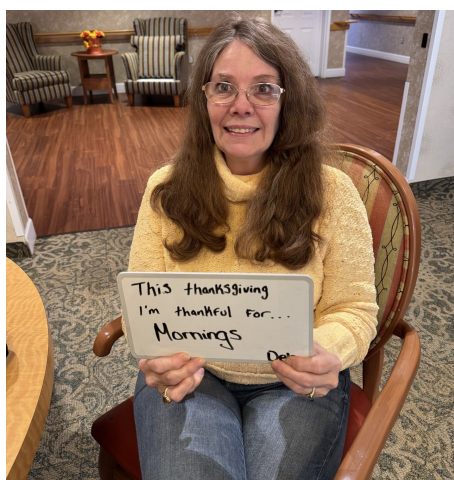
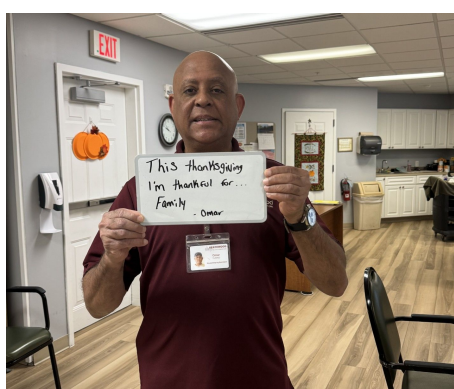
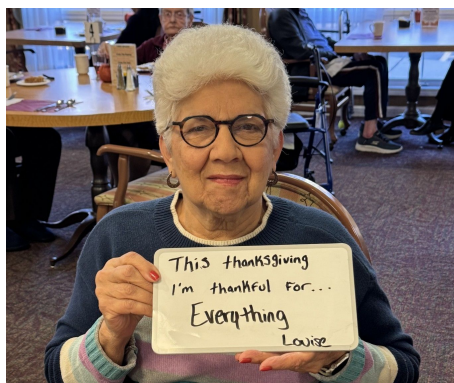


Brenda Tarson

Hi everyone! My name is Brenda and I am a receptionist here at Heathwood. I was born and raised in Syracuse, N.Y. I lived there all my life; I moved here a year ago to be closer to my daughter. I have three cats named Tommy, Stella and Lacy. I retired from Banking, where I processed the payments of matured bonds for people. I have two adult children, a daughter and a son. I also have two teenage grandchildren, girl and a boy. After I retired, I became bored and found a job at a senior assisted living facility. I worked there for 7 years until I decided to move to Rochester. Then I found this opportunity to become a part of Heathwood. My hobbies are reading, watching old movies, or anything about unexplained things in the world. Then my biggest enjoyment is a trip to the casino! Thank you all for welcoming me into your home!



Thanksgiving Dinner



Thanksgiving

Mashed potatoes, mac and cheese and rolls—just kidding. These are Thanksgiving's most disliked traditional dishes, according to a 2023 survey by "The Vacationer."


Cranberry sauce. More than 31% of respondents can't stand the stuff, but according to another survey by Ocean Spray, most Americans believe the controversial cranberries are still essential to any self-respecting traditional Thanksgiving meal. Even the sauce-haters probably have an opinion on another age-old dispute: homemade or canned?

Sweet potatoes or yams. Almost 30% of surveyed eaters skip the sweet potatoes, whether roasted or blanketed with marshmallows.

Green bean casserole. Green means "no" for 28% of respondents when it comes to this traditional casserole dish. Here's another detail to debate: Are canned, frozen or fresh green beans best?

Turkey. More than 27% of Americans would rather pass on the notoriously fickle main dish, whether roasted, deep-fried or smoked.

Stuffing or dressing. Even the name of this food can be grounds for an argument! No matter what you call the breaded fare, more than 26% of survey respondents said no thanks to the signature side dish.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div></div>	<div></div>	<div>All activities are subject to change. Please see Daily Activity sheet for changes. If you have any questions, please feel free to contact Edina Hamzic (585)425-9663.</div>	<div><div>1</div><div>10:00 A2 Fitness Exercise w/ Tom</div><div>10:45 A1 Jewelry Making</div><div>2:00 A2 Stability Class</div><div>3:00 A1 Quarter Bingo</div><div>4:15 C Chimes Playing</div></div>	<div><div>2</div><div>10:00 A2 Friday Fitness</div><div>10:45 A1 Craft Corner</div><div>2:00 C Knitting Group</div><div>3:00 A1 Social Hour w/ Friends</div><div>4:15 C Dominoes w/ Friends</div></div>	<div><div>3</div><div>10:00 A2 Fitness Exercise</div><div>10:45 C Coffee Chat w/ Friends</div><div>1:30 C Euchre Game w/ Friends</div><div>2:00 T Movie Matinee</div><div>3:00 C Uno Game w/ Friends</div><div>4:15 C Coloring Sheets</div></div>
<div><div>4</div><div>10:30 T Catholic Communion</div><div>10:30 LR Presbyterian Church Services on YouTube (LR)</div><div>11:00 A1 Wither Craft w/ Lacey</div><div>2:00 T Throwback TV Series</div><div>2:30 A1 Dime Bingo w/ Lacey</div><div>7:00 T Night at the Movies</div></div>	<div><div>5</div><div>10:00 A2 Monday Movement w/ Tom</div><div>10:45 A1 Pokeno Game</div><div>2:00 A1 Creative Writing</div><div>3:30 T Story Time w / Dian</div><div>7:00 T Night at the Movies</div></div>	<div><div>6</div><div>10:00 A2 Fitness Exercise w/ Tom</div><div>10:45 A1 White Board Games- Hangman</div><div>2:00 A1 Resident Council Meeting</div><div>3:30 A1 Sparkling Nails</div><div>7:00 T Night at the Movies</div></div>	<div><div>7</div><div>10:00 A2 Exercise</div><div>10:45 A1 Painting w/ Tom</div><div>2:00 LR Virtual Tours and Ice Cream</div><div>3:00 T Catholic Communion</div><div>3:30 T Rosary Prayer w/ Friends</div><div>4:15 C Games in Café</div></div>	<div><div>8</div><div>10:00 A2 Fitness Exercise w/ Tom</div><div>10:45 A1 Jumbo Crossword Puzzle</div><div>2:00 A2 Stability Class</div><div>3:00 A1 Quarter Bingo</div><div>4:15 C Chimes Playing</div></div>	<div><div>9</div><div>10:00 A2 Friday Fitness</div><div>10:45 A1 Art and Craft</div><div>2:00 A1 Catholic Mass</div><div>3:00 C Social Hour w/ Friends</div><div>4:15 C Games in Café</div></div>	<div><div>10</div><div>10:00 A2 Fitness Exercise</div><div>10:45 C Coffee Chat</div><div>1:30 C Euchre Game w/ Friends</div><div>2:00 T Movie Matinee</div><div>2:30 A1 Jewelry Making</div><div>4:15 A1 Wii Game- Bowling</div></div>
<div><div>11</div><div>10:30 T Catholic Communion</div><div>10:30 LR Presbyterian Church Services on YouTube (LR)</div><div>11:00 A1 Card Making</div><div>2:00 T Throwback TV Series</div><div>2:30 A1 Dime Bingo w/ Lacey</div><div>7:00 T Night at the Movies</div></div>	<div><div>12</div><div>10:00 A2 Monday Movement w/ Tom</div><div>10:45 A1 Pokeno Game</div><div>2:00 E Target Shopping</div><div>3:30 T Story Time w / Dian</div><div>7:00 T Night at the Movies</div></div>	<div><div>13</div><div>10:15 A2 Movement with Denise</div><div>10:45 A1 White Board -Jeopardy</div><div>2:00 C Balloon Volleyball</div><div>3:30 A1 Manicures</div><div>7:00 T Night at the Movies</div></div>	<div><div>14</div><div>10:00 A2 Exercise</div><div>10:45 A1 Winter Painting w/ Tom</div><div>2:30 LR Live Music w/ Kim</div><div>3:00 T Catholic Communion</div><div>3:30 T Rosary Prayer w/ Friends</div><div>4:15 C Uno Game w/ Friends</div></div>	<div><div>15</div><div>10:00 A2 Fitness Exercise w/ Tom</div><div>10:45 A1 Baking Club w/ Marcia</div><div>2:00 A2 Better Balance</div><div>3:00 A1 Quarter Bingo</div><div>4:15 C Chimes Playing</div></div>	<div><div>16</div><div>10:00 A2 Friday Fitness</div><div>10:45 A1 Winter Craft</div><div>2:30 DR Live Music w/ Tom D.</div><div>3:00 DR Gathering with Friends</div><div>4:15 A1 Wii Game- Bowling</div></div>	<div><div>17</div><div>10:00 A2 Fitness Exercise</div><div>11:00 C Coffee Chat w/ Friends</div><div>1:30 C Euchre Game w/ Friends</div><div>2:00 T Movie Matinee</div><div>2:30 A1 Writing Therapy</div><div>4:15 C Yahtzee Game w/ Friends</div></div>
<div><div>18</div><div>10:30 T Catholic Communion</div><div>10:30 LR Presbyterian Church Services on YouTube (LR)</div><div>11:00 A1 Baking w/ Lacey</div><div>2:00 T Throwback TV Series</div><div>2:30 A1 Dime Bingo w/ Lacey</div><div>7:00 T Night at the Movies</div></div>	<div><div>19</div><div>10:00 A2 Monday Movement w/ Tom</div><div>10:45 A1 Pokeno Game</div><div>2:00 LR Pictionary Game</div><div>3:30 T Story Time w / Dian</div><div>7:00 T Night at the Movies</div></div>	<div><div>20</div><div>10:00 A2 Fitness Exercise</div><div>10:45 A1 White Board - Word Scramble</div><div>2:00 C Birthday Party</div><div>3:30 A1 Posh and Pampers</div><div>7:00 T Night at the Movies</div></div>	<div><div>21</div><div>10:00 A2 Exercise</div><div>10:45 A1 Painting w/ Tom</div><div>2:00 LR Ice Cream Social and Virtual Tours</div><div>3:00 T Catholic Communion</div><div>3:30 T Rosary Prayer w/ Friends</div><div>4:15 C Scrabble Game w/ Friends</div></div>	<div><div>22</div><div>10:00 A2 Fitness Exercise w/ Tom</div><div>10:45 A1 Fuse Beads w/ Lacey</div><div>2:00 A2 Stability Class</div><div>3:00 A1 Quarter Bingo</div><div>4:15 C Chimes Playing</div></div>	<div><div>23</div><div>10:00 A2 Friday Fitness</div><div>10:45 A1 Craft Corner</div><div>2:00 A1 Knitting Group</div><div>3:00 C Social Hour w/ Friends</div><div>4:15 C Uno Game w/ Friends</div></div>	<div><div>24</div><div>10:00 A2 Fitness Exercise</div><div>11:00 C Coffee Chat w/ Friends</div><div>1:30 C Euchre Game w/ Friends</div><div>2:00 LR live Music w/ Chris</div><div>2:00 T Movie Matinee</div><div>4:15 C Games with Friends in Café</div></div>
<div><div>25</div><div>10:30 T Catholic Communion</div><div>10:30 LR Presbyterian Church Services on YouTube (LR)</div><div>11:00 A1 Craft Corner</div><div>2:00 T Throwback TV Series</div><div>2:30 A1 Dime Bingo w/ Lacey</div><div>7:00 T Night at the Movies</div></div>	<div><div>26</div><div>10:00 A2 Monday Movement w/ Tom</div><div>10:45 A1 Pokeno Game</div><div>2:00 T TV Series</div><div>3:30 T Story Time w / Dian</div><div>7:00 T Night at the Movies</div></div>	<div><div>27</div><div>10:00 A2 Fitness Exercise</div><div>10:45 A1 Baking Club w/ Lacey- Snowman Rice Krispies Treats</div><div>2:00 A1 Winter Wonderland Craft</div><div>3:30 A1 Manicures</div><div>7:00 T Night at the Movies</div></div>	<div><div>28</div><div>10:00 A2 Exercise</div><div>10:45 A1 Painting w/ Tom</div><div>2:00 C Virtual Tours and Hot Cocoa</div><div>3:00 T Catholic Communion</div><div>3:30 T Rosary Prayer w/ Friends</div><div>4:15 C Games in Café</div></div>	<div><div>29</div><div>10:00 A2 Fitness Exercise w/ Tom</div><div>10:45 A1 Sunshine Club</div><div>2:30 DR Live Music w/ Jim</div><div>3:00 A1 Quarter Bingo</div><div>4:15 C Chimes Playing</div></div>	<div><div>30</div><div>10:00 A2 Friday Fitness</div><div>10:45 A1 Art and Craft</div><div>2:00 C Crocheting Group</div><div>2:00 A1 Lost and Found Laundry</div><div>3:00 LR Glad You're Here Gathering - Happy Hour</div><div>4:15 C Games in Café</div></div>	<div><div>31</div><div>10:00 A2 Fitness Exercise</div><div>11:00 C Coffee Chat w/ Friends</div><div>1:30 C Euchre Game w/ Friends</div><div>2:00 T Movie Matinee</div><div>2:30 A1 Snack Bingo</div><div>4:15 C Card game w/ Friends</div></div>

Be the Best Guest

Whether hosted by family, friends or your workplace, you will probably be invited to at least one holiday party this season. Make the occasion memorable for all the right reasons by using common sense and good manners. Here are a few reminders:

Always RSVP. Letting a host know whether you plan to attend or not is extremely important. Unless an emergency arises, don't decide to skip the party at the last minute if you said you would go.

Dress appropriately. If you're unsure of what to wear, go more formal than casual. Etiquette experts say it's better to be overdressed than underdressed.

Leave your phone in your pocket and focus on communicating with the people in front of you. Break free of your comfort zone and chat with a stranger instead of only hanging out with your regular pals.

Avoid discussing controversial topics. Instead, have a mental list of icebreakers and conversation starters to encourage fun and friendly talk.



Heathwood Christmas Party 2025





Welcome New Residents
We would like to welcome these new residents to our Heathwood Family.



Patricia M.



Ruth S.



Mary Ann W.



Happy Holidays from Management Staff!