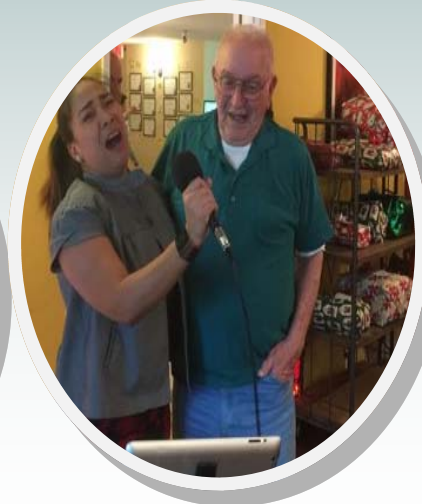


2018 Christmas Fun



Channel Guide

2	DVD CHANNEL	20	INVESTIGATION DISCOVERY	38	LEARNING CHANNEL
3	ABC	21	AMERICAN MOVIE CLASSICS	39	TV LAND
4	CBS	22	TURNER CLASSIC MOVIES	40	TNT
5	NBC	23	NATIONAL GEOGRAPHIC	41	USA
6	FOX	24	CMT	42	ETERNAL WORD TV
7	PBS	25	FX	43	TRINITY BROADCAST
8	CW	26	HALLMARK	44	A&E
9	ESPN	27	CNN	45	BRAVO
10	ESPN 2	28	FOX NEWS	46	DISNEY CHANNEL
11	ESPN U	29	MSNBC	47	DISCOVERY
12	ESPN NEWS	30	C-SPAN	48	WEATHER NATION
13	BIG TEN NETWORK	31	HEADLINE NEWS	<p>Brought to you by:</p> 	
14	FOX SPORTS 1	32	E! ENTERTAINMENT		
15	INSPIRATION	33	LIFETIME		
16	COMEDY CENTRAL	34	HGTV		
17	ANIMAL PLANET	35	FOOD NETWORK		
18	HISTORY	36	SYFY		
19	ABC FAMILY	37	TBS		

Vista Montana Press

VISTA MONTANA SENIOR LIVING 155 NORTH GIRARD-HEMET, CA. 92544
RCFE # 336426330 - Phone: 951 658-2274 - FAX: 951 929-0428

January 2019

ASSISTED LIVING

YOUR STAFF

General Manager
Floyd Hughes

A.L. Administrator
Marilou Carlson

Administrative Assistant

Jolene Torres
Raquel Montes

Receptionist
Karina

Kitchen Director

Corey Douglas
Kitchen Staff

K.D. Assis. : Veronica
Cooks: Angelica , Fernando,
Michelle, Yalinez

Server:

Anjelica, Alexis, Cerrena, Cristal,
Justine, Joslynn, Lori ,
Lacey, Mary, Tanesha, Trista ,

Housekeepers

H.H.K. - Joann Gomez
Rosalinda , Alexandria

Driver

Val Montes

Maintenance

Rick Aguirre

Resident Care Coordinator

Mercedez Martinez

Med. Tech

Annie, Arora Chantay,
Nikki, Shella A.

Caregivers

Riza, April, Bunny, Erika, Frances,
Shela R., Tara, Roanna,
Maryjane, Rosa, Maria, Lenora,
Jessica , Nina

Security Guard

Nina, Romeo

Activity Director

Foxi Hughes

This Year

BELIEVE THAT ANYTHING IS POSSIBLE

START EACH DAY WITH GOALS

EAT MORE REAL FOOD

BUY GOOD BOOKS AND MAKE TIME TO READ THEM

DRINK WATER

EXERCISE DAILY EVEN WHEN IT SOUNDS LIKE A TERRIBLE IDEA

SHOP FOR QUALITY NOT QUANTITY

PURGE THE UNNECESSARY AND DECREASE CLUTTER

HUG THE ONES I LOVE

FIND THE BEST IN OTHERS

SHOW OTHERS THE BEST IN ME



2019
Loading

ASSISTED LIVING



TRANSPORTATION
SCHEDULE

MON. & WED.
SHOPPING DAY

LOCATION



TVR: TV ROOM
(1st floor)


AR: Activity Room
(2nd floor)

DR: Dining Room
(1st floor)

CH: Chapel
(2nd floor)

AL: Assisted Living
(building-C)

IL: Independent
Living (Building-B)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year 9:00 Courtyard Walk 10:00 Gardening (2nd floor) 11:00 Turner Classics (AR) 12:00 Candlelight Lunch 3:00 Snack Time	2 9:00 Walmart 10:00 Chair Exercise (AR) 11:00 Turner Classics (AR) 2:00 Herms Hymns (AR) 3:00 Snack Time (2nd floor)	3 10:00 Look for a Snowman-Walk 11:00 Bible Study w/Herm (AR) 1:30 Bingo (AR) 3:00 Snack Time (2nd floor)	4 10:00 Adult Coloring (AR) 11:00 Turner Classics (AR) 1:30 Ice Cream Social (AR) 3:00 Snack Time (2nd floor)	5 9:30 Donut Social 10:00 Puzzle Time (AR) 11:00 Turner Classics (AR) 2:00 Bingo (Build-B 2nd floor) 3:00 Snack Time (1st floor)
6 9:00 Morning Walk 11:00 Turner Classics (AR) 3:00 Church Service (AR) 3:00 Snack Time (1st Floor) 6:00 Word Find (AR)	7 Wear Purple Day 9:00 Stater Bros. 10:00 Adult Coloring (AR) 11:00 Turner Classics (AR) 2:00 Popcorn Social (AR) 3:00 Snack Time (2nd floor)	8 9:00 Courtyard Walk 10:00 Popcorn (2nd floor) 11:00 Turner Classics (AR) 1:30 Resident Council Meeting 3:00 Snack Time	9 9:00 Walmart 10:00 Chair Exercise (AR) 11:00 Turner Classics (AR) 2:00 Herms Hymns (AR) 3:00 Snack Time (2nd floor)	10 10:00 Look for a Snowman-Walk 11:00 Bible Study w/Herm (No Bingo Today) 2:00 Karaoke RIZA (AR) 3:00 Snack Time (2nd floor)	11 10:00 Adult Coloring (AR) 11:00 Turner Classics (AR) 2:00 Braille Institute Presentation 3:00 Snack Time (2nd floor)	12 9:30 Donut Social 10:00 Puzzle Time (AR) 11:00 Turner Classics (AR) 2:00 Bingo (Build-B 2nd floor)
13 9:00 Morning Walk 11:00 Turner Classics (AR) 3:00 Church Service (AR) 3:00 Snack Time (1st Floor) 6:00 Word Find (AR)	14 9:00 Stater Bros. 10:00 Adult Coloring (AR) 11:00 Turner Classics (AR) 2:00 Popcorn Social (AR) 3:00 Snack Time (2nd floor)	15 9:00 Courtyard Walk 10:00 Popcorn (2nd floor) 11:00 Turner Classics (AR) 2:00 Singer Joe Rodriguez (AR) 3:00 Snack Time	16 Wear Green Day 9:00 Walmart 10:00 Chair Exercise (AR) 11:00 Turner Classics (AR) 2:00 Herms Hymns (AR) 3:00 Snack Time (2nd floor)	17 10:00 Look for a Snowman-Walk 11:00 Bible Study w/Herm 1:30 Bingo (AR) 3:00 Snack Time (2nd floor)	18 10:00 Adult Coloring (AR) 11:00 Turner Classics (AR) 2:00 Puzzle Time (AR) 3:00 Snack Time (2nd floor)	19 9:30 Donut Social 10:00 Puzzle Time (AR) 11:00 Turner Classics (AR) 2:00 Bingo (Build-B 2nd floor) 3:00 Snack Time (1st floor)
20 9:00 Morning Walk 11:00 Turner Classics (AR) 3:00 Church Service (AR) 3:00 Snack Time (1st Floor) 6:00 Word Find (AR)	21 Martin Luther King Day 9:00 Stater Bros. 10:00 Adult Coloring (AR) 11:00 Turner Classics (AR) 2:00 Popcorn Social (AR) 3:00 Snack Time (2nd floor)	22 9:00 Courtyard Walk 10:00 Popcorn (2nd floor) 11:00 Turner Classics (AR) 2:00 Car Race (AR) 3:00 Snack Time	23 9:00 Walmart 10:00 Chair Exercise (AR) 11:00 Turner Classics (AR) 2:00 Herms Hymns (AR) 3:00 Snack Time (2nd floor)	24 Wear Gray Day 10:00 Look for a Snowman-Walk 11:00 Bible Study w/Herm (1:30 Bingo (AR) 3:00 Snack Time (2nd floor)	25 10:00 Adult Coloring (AR) 11:00 Turner Classics (AR) 2:00 Puzzle Time (AR) 3:00 Snack Time (2nd floor)	26 9:30 Donut Social 10:00 Puzzle Time (AR) 11:00 Turner Classics (AR) 2:00 Bingo (Build-B 2nd floor) 3:00 Snack Time (1st floor)
27 Happy Birthday Joann Howard 9:00 Morning Walk 11:00 Turner Classics (AR) 3:00 Church Service (AR) 3:00 Snack Time (1st Floor) 6:00 Word Find (AR)	28 9:00 Stater Bros. 10:00 Adult Coloring (AR) 11:00 Turner Classics (AR) 2:00 Popcorn Social (AR) 3:00 Snack Time (2nd floor)	29 Happy Birthday Joan Nagy 9:00 Courtyard Walk 10:00 Popcorn (2nd floor) 11:00 Turner Classics (AR) 2:00 Word Find (AR) 3:00 Snack Time	30 9:00 Walmart 10:00 Chair Exercise (AR) 11:00 Turner Classics (AR) 2:00 Herms Hymns (AR) 3:00 Snack Time (2nd floor)	31 10:00 Look for a Snowman-Walk 11:00 Bible Study w/Herm 1:30 Bingo (AR) 3:00 Snack Time (2nd floor)	<p>Residents Don't forget when you attend an activity you will get a Vista Buck. Save your Vista Bucks for the upcoming Spring Auction or Bazaar. Let's Have a Good Year !!!!</p> 	



Meal Time Schedule

Breakfast: 7:30
Lunch: 12:00
Dinner: 5:00

*Don't forget
to smile.*

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