

The Ivy at Ellington

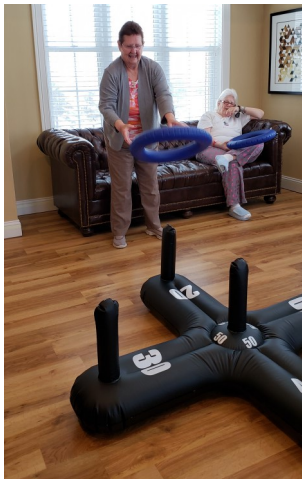
MARCH/ 2019

Staying Fit & Making New Friends at The Ivy

Staying Fit & Heart Healthy

In February, Heart Health Month, we learned how to be heart healthy through an informative health lecture from Encompass. We wore red on February 1st to celebrate National Wear Red Day to raise awareness about women and heart disease.

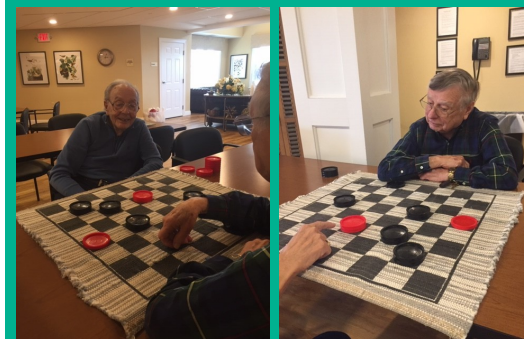
And we know that being heart healthy is important year-round. Here at the Ivy, we do a variety of activities everyday to stay active and keep our hearts healthy. Some of our favorite exercise activities include: strength training, bowling, ring toss challenge, soccer circle, golfing, arthritis exercises, the parachute game and our daily walking club.



Making New Friends

Making new friends is one of the many wonderful benefits of living at the Ivy at Ellington.

New pals Jim and Felix challenged each other to a best-of-three checkers game. They were tied after the first two games. Both will jokingly tell you they won the final game!



DOOR DOOR

The Ivy at Ellington



Flower Arranging

On the eve of Valentines Day, we all got together for flower arranging. Our Dining Director, Ken, supplied the beautiful fresh flowers. It was so much fun creating our own lovely flower arrangements of daisies, carnations and roses.

Eight of the vases adorned the tables at our special sweethearts dinner that night!



Valentines Keepsakes & Cards

To get into the Valentines mood we made Valentines fingerprint keepsake magnets to give to our loved ones. It was a little weird dipping our thumbs in paint but it was well worth the messy fingers. Our keepsakes look just wonderful- a true personalized treasure. We also made beautiful handmade Valentines cards to give to our sweethearts and family members. While making these special cards we shared wonderful memories and silly stories about falling in love!



Jewelry Making

We kicked February off with a creative flare. We tried our hand at jewelry making. It was fabulous fun selecting the beautiful beads! The bracelets turned out wonderfully and everyone was proud to wear their handmade jewelry for the rest of the day. MaryAnn made two - one for her and one for her granddaughter. The activity sparked some great conversation about pandora bracelets, fashion and special pieces of jewelry handed down in families from generation to generation.



The Ivy at Ellington

Celebrating Valentine's Day Ivy Style!

Our community has eight married couples that have moved in since we opened in July. On the night before Valentine's Day, we wanted to celebrate their love with a special dinner and movie date night.

Dinner was a three course meal made by our new chef, Scott. Chef Mara made a delicious dessert that everyone loved.

After dinner, some of the couples walked to the 2nd floor theater to watch the romantic comedy movie, "The Proposal". It really was a special night filled with love.

On Valentine's Day, we gathered for a Valentine's Day themed social in the pub. The scrumptious cookies were made by our chefs and decorated by residents.

We were so happy to spend the holiday together.



DOOR DOOR

March Highlights

Welcome Home New Residents!

Dolores H.
Eleanore V.
Maryanne W.



Happy Birthday March Babies!

Felix T. 3/5
Donna L. 3/6
Jim L. 3/20



Entertainment

3/01-Mickey Wyllys @ 2pm
3/08-Dan Daniels @ 2pm
3/15-Rita's African Show @ 2pm
3/22-A.J. Jansen @ 2pm
3/29-John Grundstrom @ 2pm

Wellness

3/19 Encompass Presentation @ 10:30am
3/12-Blood Pressure Clinic @ 11am
3/27-Exercise with Nicole @ 11am

Spiritual

3/14-Mass/Communion Service @ 10:30am
3/07 & 3/21—Rosary @ 10:30am

Special Events & Outings

3/5-Shopping Trip to Big Y & Dollar Tree @ 10:30am
3/7-Lunch at The Chuck Wagon @ 11:30am
3/12-Trip to Target @ 10:00am
3/14-Lunch at @ 11:30am
3/19-Shopping Trip to Big Y & Dollar Tree @ 10:00am
3/19-Men's Club Social @ 2:00pm
3/21-Casino Night 6pm-8pm
3/26-Shopping Trip to Christmas Tree Shop @ 10:00am
3/26-Welcome Home Tea @ 2pm
3/28-Lunch at @ 11:30am
3/28-March Birthday Party @ 2pm