




January 2018

Sun Mon Tue Wed Thu Fri Sat

<p>Praise Service Every Sunday 3 pm, MPRI</p> 	<p><i>1</i> OFFICE CLOSED</p>	<p><i>2</i> 10:30 bus to Nutrition 1:00 Bible study</p>	<p><i>3</i> 10:30 bus to nutrition 1 pm ceram- ics</p>	<p><i>4</i> 10:30 bus to nutrition</p>	<p><i>5</i> 12:45 Shop- ping bus, Weed 1 pm art</p>	<p><i>6</i> Scrabble 1:00 pm MPRI</p> 
	<p><i>8</i> 1 pm cards- games MPR II Fitness class 12:45</p>	<p><i>9</i> Clark pest 10:30 bus to</p>	<p><i>10</i> 10:30 bus to nutrition 1 pm ceram-</p>	<p><i>11</i> 10:30 bus to nutrition</p>	<p><i>12</i> 12:45 Shop- ping bus, lo- cal</p>	<p><i>13</i> Potluck 3 pm</p>
	<p><i>15</i> 1 pm cards- games MPR II</p>	<p><i>16</i> 10:30 bus to nutrition 1:00 Bible</p>	<p><i>17</i> 10:30 bus to nutrition 1 pm ceram-</p>	<p><i>18</i> 10:30 bus to nutrition</p>	<p><i>19</i> 12:45 Shopping bus, local 1 pm art</p>	<p><i>20</i></p>
	<p><i>22</i> 1 pm cards- games MPR II</p>	<p><i>23</i> 10:30 bus to nutrition 1:00 Bible</p>	<p><i>24</i> 10:30 bus to nutrition 1 pm ceram-</p>	<p><i>25</i> Book club 10:30 am MPR II</p>	<p><i>26</i> 12:45 Shop- ping bus, lo- cal</p>	<p><i>27</i></p>
	<p><i>29</i> 1 pm cards- games MPR II</p>	<p><i>30</i> 10:30 bus to nutrition 1:00 Bible study</p>	<p><i>31</i> 10:30 bus to nutrition 1 pm ceram- ics 6 pm chess</p>	 <p>©GoodLightscraps.com</p>		

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ESKATON.

Transforming the Aging Experience

ESKATON WASHINGTON MANOR
1020 KINGSTON ROAD
MT. SHASTA, CA 96067



JANUARY 2018

Holiday Office Hours

The administrative offices will be closed on Monday, January 1st, for the New Year Holiday.

NEW YEAR SHOPPING BUS SCHEDULE!

On Friday, January 5th, at **12:45**, join the group going shopping at Grocery Outlet in Weed. For the rest of the month, the bus will also leave on Fridays, at 12:45 pm and take you shopping locally (Ray's, Berryville, Rite-Aid).

Silver Sneakers Fitness Class

A certified trainer, Ms. Dee Smith, will be here on **Monday, January 8th, at 12:45** (MPRI) to present a 45 minute class that is designed to increase muscle strength, range of movement and activities. The cost is free for anyone who has Silver Sneakers built into their Medicare program, and \$3.00 for those who do not.

USDA Commodities Schedule for 2018

Pick-up on Wednesday, January 24th, at St. Barnabas Church at 2-4 pm (**new time!**). If you have no way to pick them up, **please call Joan Ward** at 926-4587 **before noon on Friday, January 19th**, to register and schedule delivery here at Eskaton. Pick them up here in MPRI @ 4-4:30 p.m. on January 24th.

Resident Council

The Resident Council meeting will be held on the 2nd Monday of each and every month. Congratulations to the new Council members: Doris Keener – President; Eileen Silver-Kelly – Vice President; Frances Oliver – Secretary; and Ken Ryan – Treasurer. Every resident is encouraged to attend these meetings. They are held in MPRI.

Great Northern Energy Applications for 2018

Claudia, from Great Northern Services, will be visiting us on **Thursday, December 28th, at 1:30 pm** in MPRI. She will be bringing in a handful of the new 2018 application forms, and will answer any questions you may have. I have posted, on my board in the main hallway, a list of documents you will need to have copies of in order to apply.

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Staff Directory

Management and Facilities

Peggy Wood- Interim Executive Director
Bernadette Arwood- Assistant Executive Director
Carrie Ogden- Office Manager
Jim Shott- Maintenance Supervisor
John Rader- Maintenance / Grounds

Service Coordinator

Holly Lenz - Service Coordinator
Phone: 530-926-2013

Campus Monitors and Lock Up

4A- Tom Collins- Head Campus Monitor
9L- Frank Salzler- Campus Monitor Bld. 8 & 9
Back-up Campus Montior

BIRTHDAY PARTY IS ON 3rd FRIDAY each month , 3 PM, MPR I

Happy January Birthdays

3B	Carol T.	1/1
5C	Kingston K.	1/4
9B	Robert L.	1/7
4B	Ramona F.	1/8
5J	Richard M.	1/18
8D	Anne H.	1/23
6F	Frances o.	1/25



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Weekly

Sunday	3:00 pm Praise Service – MPR Manor I
Monday	1:00 pm Cards/Games – MPR II
Tuesday	10:30 am bus to Nutrition Center 1:00 Bible study – Craft Room
Wednesday	10:30 am bus to Nutrition Center 1:00 pm Ceramics – Craft room 6:00 pm Chess Club – Craft Room
Thursday	10:30 am bus to Nutrition Center
Friday	12:45 pm shopping bus 1:00 pm Art Group – Craft Room 3:00 pm Coffee Hour – MPR I
Saturday	1:00 p.m. Scrabble Games MPRI

Monthly

Resident Council	2 nd Monday of each month @ 3:00 pm
Garden Group	2 nd Monday @ 1:30 am, MPR I (Gardening Season)
Clark Pest Control	2 nd Tuesday, weather permitting
Golden Umbrella	In-service (4 th Wednesday of the month)
Book Club	Last Thursday of the month, 10:30 am, MPR II
Potluck	2 nd Saturday @ 3 p.m. MPRI
Birthday Party	3 rd Friday @ 3 p.m. During Coffee Hour MPRI
Newsletter Submission Deadline	3 rd Tuesday of each month

****Eskaton is a Non-Profit Corporation****