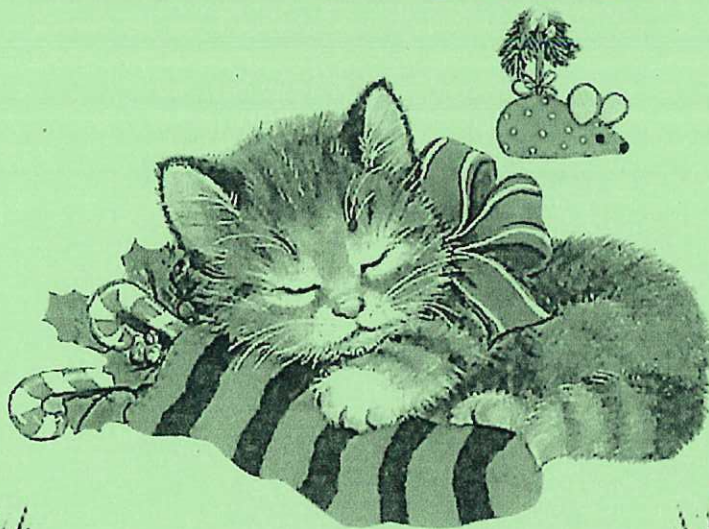




**West Rest Haven  
December 2022  
Newsletter**



**It's time for a Christmas Party!**



**Station 1 Party**

**Tuesday December 13<sup>th</sup> @ 6:30 pm**

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**Memory Care Party**

**Wednesday December 14<sup>th</sup> @ 5:30 pm**

**Station 2 Party**

**Wednesday December 14<sup>th</sup> @ 6:30 pm**

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**Please join us for a Resident & Family  
Christmas Party!**

**LIMIT 2 GUESTS PER RESIDENT**

**West Rest Haven**

**503 Meadow West, TX**

*Food & Drink Provided*



West Rest Haven would like to thank the families that brought a cake to the November birthday party. John Dvorak family, Rosie Eastwood family, Allen family, Carl Nothnagel family, Lucille Sulak family, Edna Black family and Lillie Laubert family.

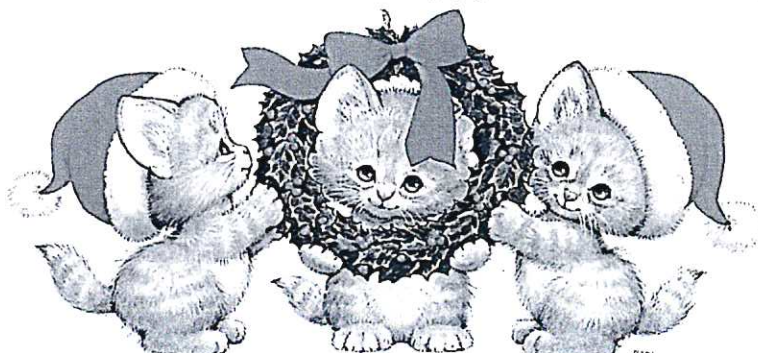
### **Residents leaving for Christmas**

**If you plan on taking your loved one out for Christmas, West Rest Haven asks that family notifies the charge nurse a few days in advance so we can be prepared and have the resident ready to be picked up Christmas Eve or Christmas Day. Thank You.**

Thank You to the Honor Guard and West VFW Post 4819 for helping honor our Veterans here at West Rest Haven. Your donations and time are greatly appreciated. Thanks!

**Thank you Devine Designs, Patsy's Bake Shop and Catholic Daughters of America for your generous donations to the Activity Department.**

It is important to label all residents clothing, blankets, etc... Unmarked clothing can go missing and not find its way back to the owner. Please bring any new items to the reception desk and ask for them to be labeled. We would be happy to do this for you!  
Thanks!



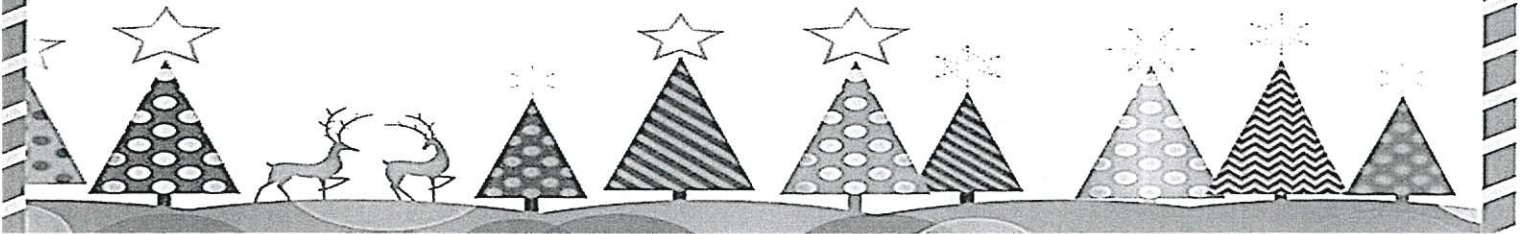
**Be Creative and have fun!**

**Families, Let's spread a little Christmas cheer throughout  
West Rest Haven by decorating your loved ones door.**

**Yes you may use wrapping paper, command hooks, scotch tape  
and poster putty.**

**No you may not use over the door hangers, nails, glue or any  
materials or procedures that will damage the door. The residents  
door must open and close properly. Be sure to ask your loved ones  
roommate if it is ok to decorate the door.**

**Join the fun of Christmas decorating and let the spirit of the  
holidays shine!**



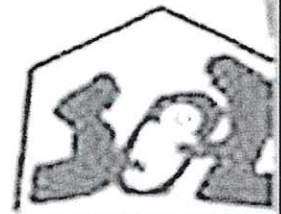
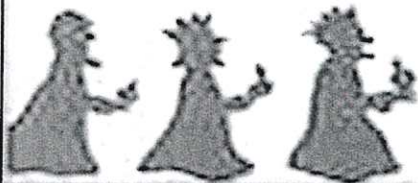
*Please join us....*

*St. Mary's Catholic Church will have a Christmas Mass*

*at West Rest Haven*

*Friday December 9<sup>th</sup> @ 6:30 pm*

*In the Chapel*



# West Rest Haven December 2022

## Station 1 & 2

ACTIVITIES CAN CHANGE WITHOUT NOTICE THROUGHOUT THE MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>MEOWY CHRISTMAS</p>			<p>1</p> <p>8:30 Paper delivery/ TV Time/Patio Time</p> <p>10:00 Polka Boys</p> <p><b>2:00 Birthday Party</b></p>	<p>2</p> <p>8:30 Paper delivery/ TV Time</p> <p><b>10:00 Mass</b> 11 am EWTN Mass Channel 370</p> <p>2:00 7 UP Cards</p> <p>*4:00 Big Joe Polka Show Channel 345</p>	<p>3</p> <p>8:30 Television Time and paper delivery.</p> <p>10:00 Bible Study</p> <p>2:00 Bingo</p>
<p>4</p> <p><b>8:30 Paper Delivery</b> 8:30 Rosary EWTN 10:00 7UP Cards Channel 25 10:30am Christ the King Baptist Church Channel 370 11:00 am Mass on EWTN Activity Room 2:00 Refreshment/Coffee Express Cart</p>	<p>5</p> <p>8:30 Paper delivery/ TV Time</p> <p>10:00 Painting Christmas Gnomes Craft Time</p> <p><b>2:00 Fit &amp; Fab Noodle Ball</b></p> <p><u>FaceTime/Skype</u></p>	<p>6</p> <p>8:30 Paper delivery/ TV Time</p> <p>*Tuesday Devotional 10:00 Svacina &amp; Coffee</p> <p><b>2:00 Bingo</b></p> <p><u>Face Time/Skype</u></p> <p><b>6:30 pm Lucky Numbers</b></p>	<p>7</p> <p>8:30 Paper delivery/ TV Time/Patio Time</p> <p><b>9:00 Glamour Nails</b></p> <p><b>2:00 Bingo</b></p> <p>*5:30 pm Molly B's Polka Party Channel 345</p> <p><u>FaceTime/Skype</u></p>	<p>8</p> <p>8:30 Paper delivery/ TV Time/Patio Time</p> <p>10:00 Polka Boys</p> <p>2:00 Ugly Christmas Sweaters</p>  <p><u>FaceTime/ Skype</u></p>	<p>9</p> <p>8:30 Paper delivery/ TV Time</p> <p><b>10:00 Mass</b> 11 am EWTN Mass Channel 370</p> <p>2:00 Lucky Roller</p> <p>*4:00 Big Joe Polka Show Channel 345</p>	<p>10</p> <p>8:30 Television Time and paper delivery.</p> <p>10:00 Roll A Rainbow</p> <hr/> <p>2:00 Movie Matinee &amp; Snacks</p>
<p>11</p> <p>8:30 Paper Delivery 8:30 Rosary EWTN 10:00 Roll A Rainbow Channel 25 10:30am Christ the King Baptist Church Channel 370 11:00 am Mass on EWTN Activity Room 2:00 Refreshment/Coffee Express Cart</p>	<p>12</p> <p>8:30 Paper delivery/ TV Time</p> <p>10:00 PIG Dice Game</p> <p><b>2:00 Fit &amp; Fab Racket Ball</b></p> <p><u>Face Time/Skype</u></p>	<p>13</p> <p>8:30 Paper delivery/ TV Time</p> <p>*Tuesday Devotional 10:00 Svacina &amp; Coffee</p> <p><b>2:00 BINGO</b></p> <p><u>Face Time/Skype</u></p>	<p>14</p> <p>8:30 Paper delivery/ TV Time/Patio Time</p> <p><b>9:00 Glamour Nails</b></p> <p><b>2:00 BINGO</b></p> <p>*5:30 Molly B's Polka Party Channel 345 <u>FaceTime/Skype</u></p>	<p>15</p> <p>8:30 Paper delivery/ TV Time/Patio Time</p> <p>10:00 Polka Boys 🎵</p> <p><b>2:00 Grinchmas Party</b></p> <p><u>FaceTime/Skype</u></p>	<p>16</p> <p>8:30 Paper delivery/ TV Time</p> <p><b>10:00 Mass</b> 11 am EWTN Mass Channel 370</p> <p>2:00 True or False??</p> <p>*4:00 Big Joe Polka Show Channel 345</p>	<p>17</p> <p>8:30 Television Time and paper delivery.</p> <p>10:00 Bible Study</p> <p>2:00 Bingo</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> <b>8:30 Paper Delivery</b> 8:30 Rosary EWTN <b>10:00 7UP Cards</b> Channel 25 10:30am Christ the King Baptist Church <b>Channel 370</b> <b>11:00 am Mass on EWTN Activity Room</b> 2:00 Refreshment/Coffee Cart	<b>19</b> 8:30 Paper delivery/TV Time  <b>10:00 Christmas Craft Time</b>  <b>2:00 Fit &amp; Fab Exercise Kick Ball</b> <u>FaceTime/Skype</u>	<b>20</b> 8:30 Paper delivery/TV Time  <b>*Tuesday Devotional</b> 10:00 Svacina & Coffee  <b>2:00 BINGO</b> <u>Face Time/Skype</u>	<b>21</b> 8:30 Paper delivery/TV Time/Patio Time  9:00 Glamour Nails  <b>2:00 Bingo</b>  <b>*5:30 Molly B's Polka Party Channel 345</b> <u>FaceTime/Skype</u>	<b>22</b> 8:30 Paper delivery/TV Time  10:00 Polka Boys  <b>2:00 Gingerbread ice cream Social</b> 	<b>23</b> 8:30 Paper delivery/TV Time <b>10:00 Mass</b> 11 am EWTN Mass Channel 370  2:00 Lucky Roller  <b>*4:00 Big Joe Polka Show Channel 345</b>	<b>24</b> 8:30 Television Time and paper delivery.  10:00 Memory Lane/Classic Sayings  2:00 Movie Matinee & Snacks  <b><u>Christmas Eve</u></b>
<b>25</b> <b>8:30 Paper delivery</b> 8:30 Rosary EWTN <b>10:00 Christmas Coco &amp; Cookies</b> Channel 25 10:30am Christ the King Baptist Church <b>Channel 370</b> <b>11:00 am Mass on EWTN Activity Room</b> 2:00 Refreshment/Coffee Express Cart (Juices & Flavored Coffee) <b>Christmas Day</b>	<b>26</b> 8:30 Paper delivery/TV Time  <b>10:00 PIG Dice Game</b>  <b>2:00 Fit &amp; Fab Bean Bag Toss</b> <u>FaceTime/Skype</u>	<b>27</b> 8:30 Paper delivery/TV Time  <b>*Tuesday Devotional</b> 10:00 Svacina & Coffee  <b>2:00 BINGO</b>  <b>3:15 Resident Council</b> <u>Face Time/Skype</u>	<b>28</b> 8:30 Paper delivery/TV Time/Patio Time  <b>9:00 Glamour Nails</b>  <b>2:00 Bingo</b>  <b>*5:30 Molly B's Polka Party Channel 345</b>  <u>FaceTime/Skype</u>	<b>29</b> 8:30 Paper delivery/TV Time/Patio Time  <b>10:00 Polka Boys</b> 🎵  <b>2:00 Popcorn Social</b>	<b>30</b> 8:30 Paper delivery/TV Time <b>10:00 Mass</b> 11 am EWTN Mass Channel 370  2:00 Hangman <b>*4:00 Big Joe Polka Show Channel 345</b>	<b>31</b> 8:30 Television Time and paper delivery.  10:00 Bible Study  <b>2:00 New Year Party</b>  <u>New Year's Eve</u>
 	<b>*Big Joe Polka Show (Friday) &amp; Molly B's Polka Party (Wednesday) are on <u>Channel 345</u></b>	<div style="border: 2px solid black; padding: 5px;"> <b>Sunday Church Schedule</b>             8am            Channel 6 Waco First Baptist Church             10:30 AM            Channel 25 Christ the King Baptist Church         </div>	<div style="border: 2px solid black; padding: 5px;">           8:30 am            EWTN Channel 370 Rosary             11:00 am EWTN Channel 370 Sunday-Saturday Daily Mass             9:30am St. Louis Catholic Church Channel 46         </div>	Game Show Network Channel 233  TV Land Channel 304  	<b>Following State, HHS, CMS and Facility COVID guidelines.</b>  ----- Facetime/Skype available during the week. Please ask Activity Department/Social Services. We will be glad to help.	







# WEST REST HAVEN

## December 2022

Memory Care    Activities can change without notice throughout the month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p style="text-align: center;"><b>1</b></p> <p>8:30 Paper Delivery/ TV Time</p> <p>9:00 Story Time/ Ann of Green Gables</p> <p>10:00 Polka Boys</p> <p>10:00 Grilled Cheese</p> <p style="text-align: center;"><b>2:00 Birthday Party</b></p> <p>Family Visits/ Face Time/Skype</p>	<p style="text-align: center;"><b>2</b></p> <p>8:30 Paper Delivery 10:00 Mass <b>Spiritual TV</b> <b>11:00 EWTN</b> <b>Channel 370</b> <b>TBN Channel 372</b></p> <p>1:30 Music Time: Glenn Miller</p> <p>3:30 Word Find/ Activity Sheets</p> <p><b>4:00 Big Joe Polka Show/ Channel 345</b> Family Visits/ Face Time/Skype</p>	<p style="text-align: center;"><b>3</b></p> <p>8:30 Paper Delivery/ TV Time</p> <p>10:00 Bible Study (Act. Room)</p> <p style="text-align: center;"><b>3:30 7UP Cards</b></p> <p>Family Visits</p> <div style="text-align: center;">  </div>
<p style="text-align: center;"><b>4</b></p> <p><b>9:00 Paper Delivery/TV Time</b></p> <p>10:30am Christ the King Baptist Church Gather in the TV Area <b>Channel 370</b></p> <p>11 am Mass on <b>EWTN</b></p> <p><b>3:15 Dominoes</b></p> <p>Family Visits <b>Daylight Saving Time Ends</b></p>	<p style="text-align: center;"><b>5</b></p> <p>8:30 Paper Delivery/ TV Time</p> <p>9:00 Polka DVD</p> <p>10:00 Craft Time (Act. Room)</p> <p><u>Game Show Network</u> <u>Channel 233</u> <u>9am Match Game</u> <u>12pm Deal or No Deal</u></p> <p>2:00 Fit &amp; Fab Volleyball (Act. Room)</p> <p>3:30 Refreshment Cart Family Visits/ Face Time/Skype</p>	<p style="text-align: center;"><b>6</b></p> <p>8:30 Paper Delivery/TV Time</p> <p>9:30 Tuesday Devotional</p> <p><b>10:00 Suacina &amp; Coffee</b></p> <p>10:40 Jigsaw Puzzle</p> <p><b>2:00 Bingo (Act. Room)</b></p> <p>4:00 Refreshment Cart Family Visits/ Face Time/Skype</p>	<p style="text-align: center;"><b>7</b></p> <p>8:30 Paper Delivery/ TV Time</p> <p><b>9:00 Lucky 7 Bingo</b></p> <p>10:00 Glamour Nails</p> <p>11:15 Creative Coloring: Santa Claus</p> <p>2:00 Bingo (Act. Room)</p> <p><b>3:30 Refreshment Cart</b></p> <p>Family Visits/ Face Time/ Skype</p>	<p style="text-align: center;"><b>8</b></p> <p>8:30 Paper Delivery/ TV Time</p> <p>9:00 Story Time/ Ann of Green Gables</p> <p>10:00 Polka Boys</p> <p>10:00 Grilled Cheese</p> <p style="text-align: center;"><b>2:00 Ugly Sweater Social</b></p> <p>Family Visits/ Face Time/Skype</p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b>9</b></p> <p>8:30 Paper Delivery 10:00 Mass (Activity Room) <b>Spiritual TV</b> <b>11:00 EWTN</b> <b>Channel 370</b> <b>TBN Channel 372</b></p> <p>1:30 Music Time: Conway Twitty</p> <p><b>3:30 Word Finds/ Activity Sheets</b></p> <p><b>4:00 Big Joe Polka Show/ Channel 345</b></p> <p>Family Visits/ Face Time/Skype</p>	<p style="text-align: center;"><b>10</b></p> <p>8:30 Paper Delivery/ TV Time</p> <p>10:00 Roll A Rainbow (Activity Room)</p> <p style="text-align: center;"><b>3:30 Movie Matinee</b></p> <p>Family Visits</p>

<p><b>11 Sunday</b></p> <p>8:30 Paper Delivery/TV Time</p> <p>Channel 25 10:30am Christ the King Baptist Church</p> <p>Channel 370 11 am Mass on EWTN</p> <p>3:15 Tic Tac Toe</p> <p>Family Visits</p>	<p><b>12 Monday</b></p> <p>8:30 Paper Delivery/TV Time 9:00 Tick Tock Turn back the Clock George Jones</p> <p>10:00 LCR (Act. Room) Game Show Network Channel 233 9am Match Game 12pm Deal or No Deal</p> <p>2:00 Fit &amp; Fab (Act. Room) 3:30 Refreshment Cart Family Visits/ Face Time/Skype</p>	<p><b>13 Tuesday</b></p> <p>8:30 Paper Delivery/TV Time <b>9:30 Tuesday Devotional</b></p> <p><b>10:00 Svacina &amp; Coffee</b></p> <p>10:40 Roll a Rainbow</p> <p><b>2:00 BINGO (Activity Room)</b> 4:00 Refreshment Cart Family Visits/ Face Time/Skype</p>	<p><b>14 Wednesday</b></p> <p>8:30 Paper Delivery/TV Time <b>9:00 Bean Bag Toss</b></p> <p>10:00 Glamour Nails</p> <p>11:15 Dominoes</p> <p>2:00 Bingo (Act. Room)</p> <p><b>3:30 Refreshment Cart</b></p> <p>Family Visits/ Face Time/ Skype</p>	<p><b>15 Thursday</b></p> <p>8:30 Paper Delivery/TV Time 9:00 Story Time/ Ann of Green Gables 10:00 Polka Boys 10:00 Grilled Cheese</p> <p><b>2:00 Grinchmas Party</b></p> <p>Family Visits/ Face Time/Skype</p>	<p><b>16 Friday</b></p> <p>8:30 Paper Delivery 10:00 Mass <b>Spiritual TV</b> 11:00 EWTN Channel 370 TBN Channel 372</p> <p>1:30 Music Time: Classic Country 3:30 Refreshment Cart</p> <p><b>4:00 Big Joe Polka Show/ Channel 345</b> Family Visits/ Face Time/Skype</p>	<p>8:30 Paper Delivery/TV Time</p> <p>10:00 Bible Study (Act. Room)</p> <p><b>3:30 7UP Cards</b></p> <p>Family Visits</p> 
<p><b>18</b></p> <p><b>8:30 Paper Delivery/TV Time</b></p> <p>Channel 25 10:30am Christ the King Baptist Church</p> <p>Channel 370 11 am Mass on EWTN</p> <p>3:15 Jigsaw Puzzle Family Visits</p>	<p><b>19</b></p> <p>8:30 Paper Delivery/TV Time 9:00 Music Time Glen Miller Orchestra <b>10:00 Craft Time (Act. Room)</b> Game Show Network Channel 233 9am Match Game 12pm Deal or No Deal</p> <p>2:00 Fit &amp; Fab Exercise (Act. Room) 3:30 Refreshment Cart Family Visits/ Face Time/Skype</p>	<p><b>20</b></p> <p>8:30 Paper Delivery/TV Time 9:30 Tuesday Devotional <b>10:00 Svacina &amp; Coffee</b></p> <p>10:40 Jigsaw Puzzle</p> <p><b>2:00 BINGO (Activity Room)</b> 4:00 Refreshment Cart Family Visits/ Face Time/Skype</p>	<p><b>21</b></p> <p>8:30 Paper Delivery/TV Time 9:00 Noodle Ball 10:00 Glamour Nails</p> <p>11:15 Creative Coloring: Christmas Trees</p> <p><b>2:00 Bingo (Act. Room)</b> 3:30 Refreshment Cart Family Visits/ Face Time/ Skype</p> 	<p><b>22</b></p> <p>8:30 Paper Delivery/TV Time 10:00 Antler Toss</p> <p><b>3:00 Gingerbread Ice Cream Social</b></p> <p>Family Visits/ Face Time/Skype</p> 	<p><b>23</b></p> <p>8:30 Paper Delivery 10:00 Mass <b>Spiritual TV</b> 11:00 EWTN Channel 370 TBN Channel 372</p> <p>1:30 Music Time: Celine Dion 3:30 Word Find/Activity Sheets <b>4:00 Big Joe Polka Show/ Channel 345</b> Family Visits/ Face Time/Skype</p>	<p><b>24</b></p> <p>8:30 Paper Delivery/TV Time 10:00 Memory Lane (Act. Room)</p> <p><b>3:30 Movie Matinee</b></p> <p>Family Visits</p> <p><b>Christmas Eve</b></p>
<p><b>25</b></p> <p><b>9:00 Paper Delivery/TV Time</b> Channel 25 10:30am Christ the King Baptist Church Channel 370 11 am Mass on EWTN 3:15 Dominoes Family Visits</p> <p><b>Christmas Day</b></p>	<p><b>26</b></p> <p>8:30 Paper Delivery/TV Time 9:00 Music Time Molly B <b>10:00 LCR Game (Act. Room)</b> 2:00 Fit &amp; Fab Exercise (Activity Room) 3:30 Refreshment Cart Family Visits/Skype</p> 	<p><b>27</b></p> <p>8:30 Paper Delivery/TV Time 9:30 Tuesday Devotional <b>10:00 Svacina &amp; Coffee</b></p> <p>10:40 Roll A Rainbow</p> <p><b>2:00 BINGO (Activity Room)</b> 4:00 Refreshment Cart Family Visits/ Face Time/Skype</p>	<p><b>28</b></p> <p>8:30 Paper Delivery/TV Time <b>9:00 Parachute Exercise</b></p> <p>10:00 Glamour Nails</p> <p>11:15 Dominoes</p> <p><b>2:00 Bingo (Act. Room)</b> 3:30 Refreshment Cart Family Visits/ Face Time/ Skype</p>	<p><b>29</b></p> <p>8:30 Paper Delivery/TV Time 9:00 Story Time/ Ann of Green Gables 10:00 Polka Boys 10:00 Grilled Cheese 2:00 Popcorn Social</p> <p><b>Dec. 2022</b></p>	<p><b>30</b></p> <p>8:30 Paper Delivery 10:00 Mass <b>Spiritual TV</b> 11:00 EWTN Channel 370 TBN Channel 372</p> <p>1:30 Music Time: Classic Country 3:30 Refreshment Cart</p>	<p><b>31</b></p> <p>8:30 Paper Delivery/TV Time</p> <p>10:00 Bible Study (Act. Room)</p> <p><b>2:00 New Year Party!</b></p> <p>Family Visits</p> <p><b>New Year's Eve</b></p>