

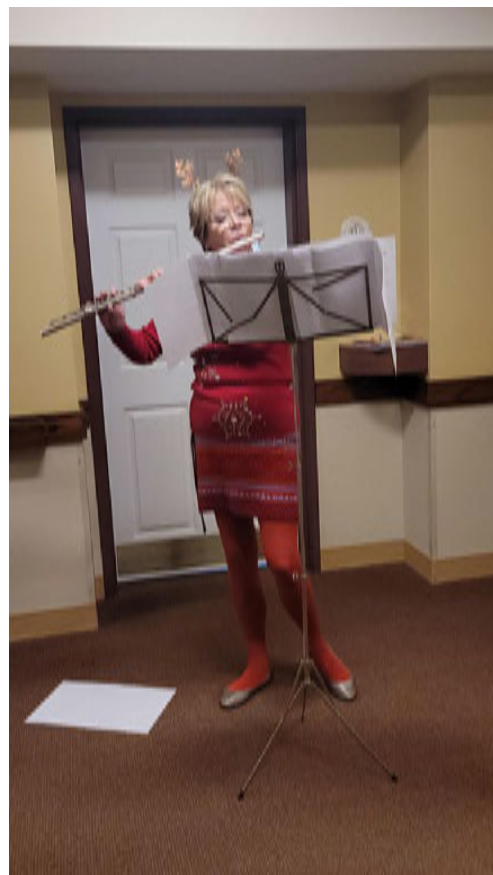
Be Inspired

THE WOODMARK AT UPTOWN | a Senior Lifestyle community | ALBUQUERQUE, NM 87110 | 505-881-0120

RECAP: HOW WE STAYED CONNECTED THIS MONTH

christmas caroling

We stayed connected in the month of December with some Christmas caroling. The activities staff, Art and Sebastian, Khendra from marketing and our Executive Director, Kristin, were able to go around the facility and show their talents while playing and singing Christmas carols to all the areas of the residents throughout the facility. Not only did the residents enjoy this joyous time but so did the staff. Great job, staff.



THIS MONTH'S *silver star*

This month, like all the months prior, the residents of the Woodmark and their families are all "Silver Stars." Even through the pandemic, they were still able to pull together the yearly Christmas fund for the carestaff so they would be able to have a little bit of extra Christmas money. We thank every resident and family for supporting us this each year. Every staff member greatly appreciates this each time during the holidays. Thank you, residents; you are all our "Silver Stars!"

Silver STAR

TRAIN YOUR BRAIN search for U.S. Cities

R	E	N	O	S	I	H	P	M	E	M	J
C	H	I	C	A	G	O	D	D	I	C	G
D	M	F	T	S	I	U	O	L	T	S	H
E	L	T	T	A	E	S	W	D	O	G	O
K	R	A	W	E	N	A	D	M	G	D	U
O	B	S	D	T	U	N	A	S	E	E	S
D	U	D	A	K	U	H	I	L	I	T	T
N	F	F	E	L	A	L	O	C	D	R	O
A	F	E	D	D	L	T	S	S	N	O	N
L	A	S	V	E	G	A	S	A	A	I	D
R	L	N	O	T	Y	A	D	S	S	T	C
O	O	S	E	L	E	G	N	A	S	O	L

- | | | | | |
|------------|-----------|-------------|-----------|-----------|
| Buffalo | Dayton | Los Angeles | Omaha | Seattle |
| Chicago | Detroit | Memphis | Orlando | St. Louis |
| Cincinnati | Houston | Milwaukee | Reno | Toledo |
| Dallas | Las Vegas | Newark | San Diego | Tulsa |

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- COFFEE SHOP — CS
- DINING ROOM — DR
- FIESTA ROOM — FR
- FITNESS CENTER — FC
- FRONT LOBBY — FL
- MONARCH — MON
- PATIO — P
- PRIVATE DINING ROOM — PR
- SPA — SPA
- WOODMARK THEATER — WT

BIRTHDAYS THIS MONTH

- DOROTHY R. — 3rd
- EDITH M. — 4th
- QUIDA L — 4th
- DEBORAH A — 8th
- MAXINE C. — 9th
- BERNADINE H. — 10th
- ANTHONY B. — 16th
- HENRY M. — 20th
- MARIE M. — 21st
- DONALD V. — 27th

TRANSPORTATION SCHEDULE

- MONDAY & WEDNESDAY
9:30 a.m.-2 p.m.
Essential Doctor Appointments
- TUESDAY & THURSDAY
9 a.m.-1 p.m.
Essential Doctor Appointments



“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”
—Daniel Kahneman

<ul style="list-style-type: none"> ● CHAIR EXERCISE ● DEVOTIONAL FLYERS ● BINGO ● MORNING STROLL (PARKING LOT) <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● CHAIR EXERCISE ● MONDAY POPCORN 12:00 ● Bullseye Throw <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> ● CHAIR YOGA ● CHAIR EXERCISE ● CORNHOLE ● MOBILE ICE CREAM SOCIAL PART 1 (3RD) <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● BULLSEYE THROW ● CHAIR EXERCISE ● MOBILE ICE CREAM SOCIAL PART 2 (1ST, 2ND & 4TH) <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> ● CHAIR EXERCISE ● BEAN BAG TIC TAC TOE ● TEST YOUR TRIVIA ● BINGO <p style="text-align: right;">7</p>	<p>NEW YEAR'S DAY</p> <ul style="list-style-type: none"> ● CHAIR EXERCISE ● BINGO ● POPCORN FRIDAY <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● CHAIR EXERCISE ● TEST YOUR TRIVIA <p style="text-align: right;">2</p>
<ul style="list-style-type: none"> ● CHAIR EXERCISE ● DEVOTIONAL FLYERS ● BINGO ● MORNING STROLL (PARKING LOT) <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● CHAIR EXERCISE ● MONDAY POPCORN 11:30 ● Cornhole <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> ● CHAIR YOGA ● CHAIR EXERCISE ● MOBILE ICE CREAM SOCIAL PART 1 (3RD) <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● BULLSEYE THROW ● CHAIR EXERCISE ● MOBILE ICE CREAM SOCIAL PART 2 (1ST, 2ND & 4TH) <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> ● CHAIR EXERCISE ● HAPPY HOUR ● BEAN BAG TIC TAC TOE ● TEST YOUR TRIVIA ● BINGO <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> ● CHAIR EXERCISE ● BINGO ● MOBILE “HAPPY HOUR” <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● CHAIR EXERCISE ● TEST YOUR TRIVIA ● SATURDAY POPCORN <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> ● CHAIR EXERCISE ● DEVOTIONAL FLYERS ● BINGO ● MORNING STROLL (PARKING LOT) <p style="text-align: right;">17</p>	<p>MARTIN LUTHER KING JR. DAY</p> <ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● CHAIR EXERCISE ● MONDAY POPCORN <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> ● CHAIR YOGA ● CHAIR EXERCISE ● MOBILE ICE CREAM SOCIAL PART 1 (3RD) <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● BULLSEYE THROW ● CHAIR EXERCISE ● MOBILE ICE CREAM SOCIAL PART 2 (1ST, 2ND & 4TH) <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> ● CHAIR EXERCISE ● HAPPY HOUR ● BEAN BAG TIC TAC TOE ● TEST YOUR TRIVIA ● BINGO <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> ● CHAIR EXERCISE ● BINGO ● MOBILE “HAPPY HOUR” <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● CHAIR EXERCISE ● TEST YOUR TRIVIA ● SATURDAY POPCORN <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> ● CHAIR EXERCISE ● DEVOTIONAL FLYERS ● BINGO ● MORNING STROLL (PARKING LOT) <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● CHAIR EXERCISE ● MONDAY POPCORN <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> ● CHAIR YOGA ● CHAIR EXERCISE ● MOBILE ICE CREAM SOCIAL PART 1 (3RD) <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● BULLSEYE THROW ● CHAIR EXERCISE ● MOBILE ICE CREAM SOCIAL PART 2 (1ST, 2ND & 4TH) <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> ● CHAIR EXERCISE ● HAPPY HOUR ● BEAN BAG TIC TAC TOE ● TEST YOUR TRIVIA ● BINGO <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> ● CHAIR EXERCISE ● MOBILE “HAPPY HOUR” <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> ● UPPER BODY EXERCISE WITH LIGHT WEIGHTS ● CHAIR EXERCISE ● TEST YOUR TRIVIA ● SATURDAY POPCORN <p style="text-align: right;">30</p>

- CHAIR EXERCISE
 - DEVOTIONAL FLYERS
 - BINGO
 - MORNING STROLL (PARKING LOT)
- 31**



WE'RE LOOKING FORWARD TO *a new year*

As the new year approaches, we will be looking forward to having a better year. 2021 looks promising, so with the vaccine soon approaching, we will be looking forward to some time in the very near future after the vaccines have been administered that we can move forward to opening up the Woodmark once again.

I'm sure that will be the best day of the year 2021, and 2020 will be another memory in the books to look back on in the years to come ahead. The staff here at the Woodmark is looking forward to the day all the residents are able to join their families and be able to move forward with the things they all love to do. High hopes for 2021!



IT'S OUR PLEASURE TO SERVE YOU ... *word from your leadership team*

We would like to announce we now have a Executive Director, for those who may not know. We welcome Kristin Middleton. She has already been really involved in the community within just a short time, and we really appreciate all the efforts she has been doing within the community. We look forward to many days and many years to come! We would also like to congratulate Khendra from dining services on being promoted to Marketing Dept, as Julie is the Move-in Coordinator and Margret Wells has been promoted to Resident Coordinator of Assisted Living.

We as the Woodmark staff would like to let everyone know we are 100 percent Covid-19 free. Great day! We are also letting you all know the Covid-19 vaccine will be coming in the new year. We are looking at a date of Jan. 21. I'm sure everyone is looking forward to hearing this. We are hopeful that some day we will be looking forward to moving to better days ahead. Come on 2021!

-The Woodmark Team



THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,
APPRECIATION,
RESPECT, TEAMWORK

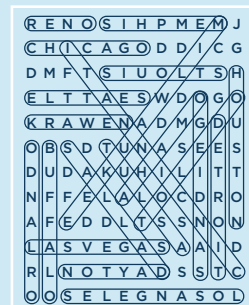
To all the Woodmark staff, you all have done a great job through this pandemic. You all have shown dedication and great job performance through the tough months. The residents, I'm sure, are all thankful. We did hit a rough spot but stuck through and kept going, and we again came out on top.



MANAGEMENT TEAM

- Kristin Middleton, *Executive Director*
- Christine Valdez, *Director of Resident Programs*
- Luis Quinonez, *Business Office Manager*
- Julie Ellison, *Director of Sales & Marketing*
- Edward Holland, *Dining Services Director*
- Jude Whiting Hill, *Director of Nursing Wellness*
- Steve Gammon, *Director of Plant Operations*
- Jake Segura, *Memory Care Director*
- Khendra Krantz, *Move in Coordinator*

TRAIN
YOUR
BRAIN
solution



SENIOR
LIFESTYLE

your life, your style



PET
FRIENDLY