



Strong House Adult Day Center

January 2019 Newsletter

DEAR FRIENDS

"If you can smile like a flower in the deep darkness of winter, spring is always there."

– *Debasish Mridha*

It's time to say goodbye to 2018 and welcome in 2019! I have been blessed to be a part of the Strong House, as I have now completed my first year as Director. It's been wonderful for me to get to know everyone and experience the love and caring that happens here each day. Oh, add in the fun and this is a pretty awesome place to be! Here's some of the 2018 year in review highlights:

January brought us monthly Pet Therapy visits from Mary with Bee and Howard with Miley and Chief. They are the sweetest dogs ever! Ann Person brought us her monthly educational Art History appreciation programs. We also enjoyed several musical performers and danced our way through this month, as we do every month!

February arrived with Valentine's Day and lots of love and goodies for our clients. Maureen works wonders with her artistic abilities, bringing out everyone's hidden talents.

March had us celebrating the Luck of the Irish with Shirley and making Irish soda bread. We enjoyed a St. Patrick's Day celebration.

April brought the return of warmer weather and the lure of the deck. We enjoyed a little "retail shopping therapy" with our ladies. We continued to stay strong with our daily exercise programs.

May was an important month to pay tribute to our Veterans with a yearly trip to Bradley Point to the War Memorial. We visited our friends at the Madison House and enjoyed a Mother's Day Tea. We even got in a golf game at Saybrook Point.

June found us visiting Elizabeth Park, in Hartford, to view the extensive rose gardens. We enjoyed a picnic lunch surrounded by the beautiful roses. Our friends from Tutter's Ice Cream paid us a monthly visit, so we could enjoy the nostalgia of remembering when the ice cream truck used to drive through the neighborhood selling ice cream cones.

July brought us the pleasure of the Madison Youth group's visit engaging us in the Annual Senior Olympics. Our favorite activity was the water balloon toss! We enjoyed a picnic at Chatfield Hollow and ventured to Lillian's Landing for ice cream, too!

August was the month of our annual Sock Hop party with some of the women donning their poodle skirts. We also toured the Barker Vintage Toy Museum which brought back lots of fond memories of childhood.

September was a very busy month with a trip to the beach to feed the seagulls. The men played horseshoes with our retired driver, Reg, who built the pit in our backyard. We went on the yearly Riverboat Cruise on the Connecticut River, which is a very popular outing. Strong House hosted our 2nd Annual Sunday FUND-DAY.

October was a month, with the return of cooler weather, for pumpkins, mums and creating our scarecrow for the annual contest in Madison. We enjoyed Fall foliage trips with cider and donuts.

November wouldn't be the same without our yearly visit to see the colored turkeys at the Gozzi Turkey Farm! We enjoyed a delicious Thanksgiving dinner with all the trimmings and the good company of friends!

December brings great excitement to the Strong House. Good cheer is in the air and treats are everywhere! Music programs are plentiful and we

enjoyed our annual trip to the Knights of Columbus Museum to view the display “ Creches of the World.”

All in all a very busy year indeed!

We wish you a safe, healthy and happy New Year from your Strong House Team,

Maureen, Wendy, Danielle, Judy, Helen, Deb, Mike, Liz, Diane and Kate

INCLEMENT WEATHER

Weather related closings will be posted on WTNH Channel 8 by 6:30am. You may also call the Strong House for messages regarding our status (203) 245-0524. Please remember to shovel/de-ice walkways and driveways to enable safe transport.

HAPPY BIRTHDAY

Claire Demery 1/15

Chuck Madigan 1/20

Mary Lewis 1/27

We encourage you to send in a cake for the celebration!

RECREATION CORNER

Welcome 2019! We hope you all had a wonderful holiday. Strong House gratefully acknowledges and appreciates all the gifts received from our clients, families and caregivers so thoughtfully provided for us this season. We are so blessed to have you here! January brings us a variety of music, social and cognitive programs. Our Art History program continues under the direction of Ann Person on Wednesday, January 9th. Weather permitting, we will do a little retail shopping therapy at the Estuary Thrift shop in Old Saybrook on January 16th and an ice cream trip is scheduled for January 29th. Linda, our massage therapist, will be back on the 25th. If you haven't tried one yet, please do so! You'll be glad you did, cost is \$12.00. Please see our recreation calendar for many more fun and interesting activities.

REMINDER

The Strong House will be OPEN on New Year's Eve, Monday 12/31 and CLOSED Tuesday 1/1.



**Have you “liked” us on Facebook yet?
See more photos, updates on our activities and relevant healthcare news.**

This program is supported by the Senior Resources-Agency on Aging with Title III funds made available under the Older Americans Act.



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StrongHouseCT.org