



BAINBRIDGE
ADULT DAY CARE CENTERS

THE BAINBRIDGE CENTER NEWS



*New beginnings, fresh starts,
reaffirmations of love and promises
for a brighter future here at the
center! Let's make this year here
at Bainbridge Adult Day Care a
fantastic one!*

*Sincerely,
Lillian Teska - Program Director*

Inside This issue:

- * December News
- * Holiday Photos
- * Holiday Choir Photos
- * January Calendar



BAINBRIDGE
ADULT DAY CARE CENTERS

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We Care... Because We Care

December Updates

Transportation:

Lillian informed the registrants that effective January 16 we will have a new transportation company. The name of the new company is **Great Express Car & Limo Service**.

Exciting Upgrades to our Center:

We are in middle of installing new flooring! Please pardon our appearance and bear with us as we enhance our facility.

We also received a new microphone!

Attention Spanish Speaking Registrants:

We have received great feedback from the Spanish Club and E.S.L. Class. Stephanie has also been speaking more Spanish with us now.

Farewell to ANA:

On behalf of all the registrants & Staff here at the BBADHC, we would like to express our thanks & gratitude to Ana. Thank you for all the years of service. We will miss you! GOOD LUCK!

Lehman College Internship:

Thank you to Jayvonn, whose last day with us was on 12/23/16. Thank you for your time with us! Welcome to Trish, who just joined at the end of the month.

You Can Submit Your Work to the Monthly Newsletters!

Please submit your articles and artwork to Lillian for a chance to be published in our next edition of the monthly newsletter!

Concerns?

Registrants reminded to see Lillian with any concerns - she also speaks in Spanish.

January Birthdays:

Eileen K. 1/3
Basilia D. 1/21
Jason B. 1/28

MONTHLY HIGHLIGHTS:

- Choir meets every Thursday!
- Salon services every other Wednesday!
- Trips!
- Concerts!
- Raffles!
- Monthly Newsletters!









BAINBRIDGE
ADULT DAY HEALTH CARE CENTER

BAINBRIDGE ADULT DAY HEALTH CARE CENTER

Choir Performance



BAINBRIDGE
ADULT DAY HEALTH CARE CENTER

REGISTRANT CHOIR MEMBERS:

Mr. Cleveland Brown, Ms. Josephine Williams
Mr. Vickers Powell, Mrs. Helen Nelson

BADHC STAFF SPECIAL GUEST:

Betty Robertson
Mrs. Debbie Moran (Pianist/Organist)

PRODUCED BY: Mr. Cleveland Brown & Mrs. Lillian Teska

WELCOMING WORDS: Lillian Teska, Program Director

We Wish You a Merry Christmas.....	Choir
Glory to God.....	Mr. Cleveland Brown
O Hanukkah.....	Choir
Hava Nagila (Spanish & English Version).....	Mrs. Juana Peralta
Silent Night (English & Spanish Version).....	Choir
This is the Day that the Lord Has Made.....	Mrs. Helen Nelson
Jingle Bells.....	Choir
Down By the River Side.....	Trio Performance
12 Days of Christmas.....	Choir
Silver Bells.....	Choir
God Can Do Anything.....	Mrs. Helen Nelson
Poem: A Visit from St. Nicholas.....	Lillian Teska
Amarga Navidad.....	Mrs. Nilsa Reyes
Jesus is Love.....	Ms. Josephine Williams
Feliz Navidad.....	Choir
Dreidel, Dreidel, Dreidel.....	Choir
Heaven's Jubilee/Thank you Lord.....	Mr. Vickers Powell
Joy to the World.....	Choir
El Burrito de Belen.....	Spanish Speaking Members of Choir
Jingle Bell Rock.....	Choir

CLOSING REMARKS: Lillian Teska, Program Director

CONTRIBUTORS:

Tyler Sloan, assisted with copying of song books/editing
Cleveland Brown, Debbie Moran, Lillian Teska
Stephanie Aponte-Ellison, Family Members, Our registrants & Staff



JANUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>8:00 Morning Greet & News</p> <p>8:30 Continental Breakfast</p> <p>9:45 Trivia</p> <p>11:00: New Year's Social Luncheon</p> <p>1:00 Board Games</p>	<p>2</p> <p>8:00 Morning Greet & News</p> <p>8:30 Social Hr / Exercise</p> <p>9:45 Health Ed. (eng)</p> <p>10:00 Relay Races / ESL</p> <p>11:00 New Year's Trivia</p> <p>1:00 Salsa Music</p>	<p>3</p> <p>8:00 Meet & Greet</p> <p>8:30 News / Exercise</p> <p>10:00 Nutrition Ed./ Salon Svs.</p> <p>10:00 ?Beautician?/Spa Day</p> <p>11:00 Entertainment w/ Juan</p> <p>1:00 Juan Gabriel Music</p>	<p>4</p> <p>8:00 News & Views</p> <p>8:30 Coffee/Fitness Fun</p> <p>9:45 Box Bingo</p> <p>10:00 CASINO/Catholic Serv.</p> <p>11:00 Bowling</p> <p>1:00 Dave Matthews Music</p>	<p>5</p> <p>8:00 Morning Greet & News</p> <p>8:30 Socialization/ Exercise</p> <p>9:30 Yoga w/ Dorian</p> <p>9:45 Word Games</p> <p>10:00 Chorus Group</p> <p>11:00 Karaoke Hour</p> <p>1:00 Country Music</p>	<p>6</p> <p>8:00 Morning Greet & News</p> <p>8:30 AM Social/ Stretching</p> <p>9:45 CHAIR AEROBICS</p> <p>10:00 HEALTH ED. (Ru.)</p> <p>11:00 3 Kings Party! w/ Erik</p> <p>1:00 3 kings Music</p>	<p>7</p> <p>January Birthdays</p> <p>Eileen K. 1/3</p> <p>Basilio D. 1/21</p> <p>Jason B. 1/28</p>
<p>8</p> <p>8:00 Morning Greet & News</p> <p>8:30 Continental Breakfast</p> <p>9:00 AM Workout w/ Stephanie</p> <p>9:45 Table Games</p> <p>Trip: The Metropolitan Museum</p> <p>11:00: Elvis Movie</p> <p>1:00 Lite Music</p>	<p>9</p> <p>8:00 Greetings & News</p> <p>8:30 Table Talk / Exercise</p> <p>9:45 Health Ed. (sp)</p> <p>10:00 7 11 Game</p> <p>11:00 ESL/ Elvis Trivia</p> <p>1:00 50's Music</p>	<p>10</p> <p>8:00 Meet & Greet</p> <p>8:30 Socialization/ Exercise</p> <p>9:30 Ladies Club</p> <p>10:00 Nutrition Ed./Art Group</p> <p>11:00 Entertainment w/ Juan</p> <p>1:00 60's Music</p>	<p>11</p> <p>8:00 News & Views</p> <p>8:30 Table talk/ Fitness Fun</p> <p>Trip: Aldi Market</p> <p>9:45 BINGO/ Men's club</p> <p>11:00 Needle Work w/ Betty</p> <p>1:00 70's Music</p>	<p>12</p> <p>8:00 News & Views</p> <p>8:30 Socialization/ Exercise</p> <p>9:30 Yoga w/ Dorian</p> <p>10:00 Manicure Hour /Choir Group</p> <p>11:00 Entertainment w/ Warren</p> <p>1:00 80's Music</p>	<p>13</p> <p>8:00 Morning Greet/ News</p> <p>8:30 AM Social/ Fitness Fun</p> <p>9:45 Christian Services</p> <p>10:00 Chair Aerobics/ Hot Coco</p> <p>11:00 Rabbi Visit</p> <p>11:00 Friday the 13th Trivia</p> <p>1:00 Elvis Music</p>	<p>14</p> <p>HAPPY NEW YEAR</p>
<p>15</p> <p>8:00 Morning Greet & News</p> <p>8:30 Continental Breakfast</p> <p>9:45 Table Games</p> <p>Trip: Dollar Tree</p> <p>11:00 Film</p> <p>1:00 Word Search Hour</p>	<p>16</p> <p>8:00 Morning Greet & News</p> <p>8:30 Social Hr / Exercise</p> <p>9:00 MLK Jr. Movie</p> <p>10:00 Health Ed.(eng)/?Salon Svs?</p> <p>11:00 Spanish club/ MLK Trivia</p> <p>1:00 Gospel Music</p>	<p>17</p> <p>8:00 Meet & Greet</p> <p>8:30 News/ Exercise</p> <p>9:30 Ladies Club</p> <p>10:00 Nutrition Ed./Art Group</p> <p>11:00 Entertainment w/ Juan</p> <p>1:00 Winsin and Yandel Music</p>	<p>18</p> <p>8:00 News & Views</p> <p>8:30 Table talk/ Fitness Fun</p> <p>Trip: Walmart</p> <p>10:00 BINGO</p> <p>11:00 7 11 Game</p> <p>1:00 PitBull Music</p>	<p>19</p> <p>8:00 Morning Greet & News</p> <p>8:30 Socialization/ Exercise</p> <p>9:30 Yoga w/ Dorian</p> <p>10:00 Chinese Auction/Choir</p> <p>11:00 Entertainment</p> <p>1:00 Janis Joplin Music</p>	<p>20</p> <p>8:00 Morning Greet & News</p> <p>8:30 AM Social/ Stretching</p> <p>9:45 CHAIR AEROBICS</p> <p>10:00 HEALTH ED (Ru.)</p> <p>11:00 Crazy Hat Parade & Karaoke</p> <p>1:00 Bachata Music</p>	<p>21</p> <p>The time is always right to do what is right.</p> <p>-Martin Luther King Jr.</p>
<p>22</p> <p>8:00 Morning Greet & News</p> <p>8:30 AM Chat/ Aerobics</p> <p>9:45 Am Aerobics w/ Stephanie</p> <p>Trip: Amazing Savings</p> <p>11:00 Movie & Refreshments</p> <p>1:00 Today's Music</p>	<p>23</p> <p>8:00 Morning Greet & News</p> <p>8:30 Social Hr / Exercise</p> <p>9:45 Health Ed. (eng)</p> <p>10:00 Relay Races / ESL</p> <p>11:00 Brain Teasers</p> <p>1:00 Sam Cooke Music</p>	<p>24</p> <p>8:00 Meet & Greet</p> <p>8:30 News/ Exercise</p> <p>9:30 Ladies Club</p> <p>10:00 Nutrition Ed. / Art Group</p> <p>11:00 Entertainment w/ Juan</p> <p>1:00 Aaron Neville Music</p>	<p>25</p> <p>8:00 Morning Greet & News</p> <p>8:30 Table talk / Fitness Fun</p> <p>Trip: Michael's</p> <p>9:45 BINGO</p> <p>11:00 Needle Work w/ Betty</p> <p>1:00 Bolero Music</p>	<p>26</p> <p>8:00 Greet & News</p> <p>8:30 Socialization/ Exercise</p> <p>9:30 Yoga w/ Dorian</p> <p>10:00 Choir Group/ Manicure Hour</p> <p>11:00 Monthly Birthday Celebration!</p> <p>1:00 Anita Baker Music</p>	<p>27</p> <p>8:00 Morning Greet & News</p> <p>8:30 AM Social/Stretching</p> <p>9:45 Christian Service</p> <p>10:00 Chair Aerobics</p> <p>11:00 Rabbi Visit/ Mind Games</p> <p>1:00 Jazz Music</p>	<p>28</p> <p>2017</p> <p>Happy New Year</p>
<p>29</p> <p>8:00 Morning Greet & News</p> <p>8:30 Socialization/ AM Workout</p> <p>9:45 Word Games</p> <p>Trip: Broadway Mall</p> <p>11:00 Active Games</p> <p>1:00 Board Games</p>	<p>30</p> <p>8:00 Greetings/ News</p> <p>8:30 Table Talk / Exercise</p> <p>9:45 Health Ed. (sp)</p> <p>10:00 7 11 Game</p> <p>11:00 ESL/ Brain Teasers</p> <p>1:00 Latin Music</p>	<p>31</p> <p>8:00 Meet & Greet</p> <p>8:30 Socialization/ Exercise</p> <p>9:45 Ladies' Club</p> <p>10:00 Nutrition Ed./Art Grp</p> <p>11:00 Registrant Council Meeting</p> <p>1:00 Rod Stewart Music</p>				