





**BE INSPIRED**

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

**LOCATIONS**

- BOGART'S LOUNGE — BL
- CLARK GABLE THEATER — CG
- DECO CAFE — DC
- DINING ROOM — DR
- GAME ROOM — GR
- JOSEPHINE'S LOUNGE — JP
- LOBBY — LBY
- MULTI-PURPOSE — MP
- OUTING — OT
- POOL — PL
- SCARLETT'S LOUNGE — SL

**TRANSPORTATION SCHEDULE**

- MONDAY & TUESDAY 8 A.M.-1 P.M.
- Medical Appointments*
- MONDAY 2 P.M.
- Fry's, Marshalls & Home Depot*
- TUESDAY 2 P.M.
- Safeway, Walgreens & Dollar Store*
- WEDNESDAY, THURSDAY & FRIDAY 8 A.M.-4 P.M.
- Medical Appointments*
- SUNDAY 8:30 A.M.
- New Covenant Lutheran Church*
- St. Bernard's Catholic Church*
- SUNDAY 8:45 A.M.
- Assumption Greek Orthodox*
- SUNDAY 10:30 A.M.
- Scottsdale Bible Church*
- SUNDAY 1:30 P.M.
- Walmart, Target & Trader Joe's*

- EVERY THURSDAY
- Nurse Practitioner Available For Appointments*
- Free Blood Pressure Checks with ComForCare from 9-9:30 a.m. Scarlett's Lounge*

ACTIVITIES ARE SUBJECT TO CHANGE  
72 HOUR NOTICE FOR ALL APPOINTMENTS, PENDING DRIVER AVAILABILITY

www.SeniorLifestyle.com  
Activities are subject to change



<p>8:30 ● Local Churches   OT 3</p> <p>9:30 ● Step Cardio with Rebecca   MP</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>1:00 ● Matinee Movie   CG</p> <p>1:30 ● Walmart, Target &amp; Trader Joe's   OT</p> <p>2:30 ● Name That Tune with Rebecca   JP</p> <p>3:45 ● Bible Study   CG</p> <p>4:00 ● Snowball Putting   DR</p> <p>7:00 ● Evening Movie   CG</p>	<p>9:30 ● Hearing Check with Connect Hearing   GR 4</p> <p>10:00 ● Strength &amp; Stretch with Rita   MP</p> <p>10:45 ● Choir Practice with Rebecca &amp; Daniel   JP</p> <p>12:30 ● Wii Bowling Practice   MP</p> <p>12:30 ● Canasta Club   GR</p> <p>1:00 ● Holiday Brain Bingo   BL</p> <p>2:00 ● Shop: Fry's, Marshalls &amp; Home Depot   OT</p> <p>2:00 ● Rummikub Club   JP</p> <p>3:00 ● Festive Team Improv   DC</p> <p>5:00 ● Sunset Social   JP</p>	<p>10:00 ● Stretch Bands &amp; Cardio with Jill   MP 5</p> <p>10:45 ● Art with Sheila   MP</p> <p>12:30 ● Mahjong Club   MP</p> <p>1:00 ● Brain Bingo   BL</p> <p>1:30 ● Hot Cocoa &amp; Cookie Bar   JP</p> <p>2:00 ● Safeway, Walgreens &amp; Dollar Store   OT</p> <p>3:00 ● Jingle Bell Throw   MP</p> <p>4:00 ● Dinner at the Vig   OT</p> <p>5:00 ● Sunset Social   JP</p>	<p>● PODIATRIST AVAILABLE FOR APPTS 6</p> <p>8:30 ● Hearing Aid Cleaning   GR</p> <p>9:30 ● Catholic Communion   SL</p> <p>10:00 ● Muscle Strengthening   MP</p> <p>10:30 ● Gentle Yoga with Amy   MP</p> <p>1:00 ● Brain Bingo   BL</p> <p>2:30 ● The Andara Singers Holiday Concert   DR</p> <p>4:00 ● Music Hour with Suzie   JP</p> <p>5:00 ● Sunset Social   JP</p>	<p>● NURSE PRACTITIONER AVAILABLE FOR APPTS 7</p> <p>10:00 ● Tai Chi Balance Exercise   MP</p> <p>10:45 ● Children's Choir Holiday Performance   DR</p> <p>1:00 ● Wii Bowling Practice   MP</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>2:00 ● "Polar Express" Movie Premiere &amp; Pajama Party   CG</p> <p>5:00 ● Sunset Social   JP</p> <p>7:00 ● Evening Movie   CG</p>	<p>10:00 ● Strength &amp; Stretch with Rita   MP 8</p> <p>10:30 ● Zumba Dance   MP</p> <p>10:30 ● What Would You Do? All About Holiday Etiquette   MP</p> <p>12:30 ● Holiday Shopping at Paradise Valley Mall   OT</p> <p>1:00 ● Pokeno   BL</p> <p>2:00 ● New Netflix Release   CG</p> <p>2:00 ● Rummikub Club   GR</p> <p>3:00 ● You Be the Judge   BL</p> <p>5:00 ● Sunset Social   JP</p> <p>5:30 ● Celebration of Christmas at Dream City Church   OT</p> <p>7:00 ● New Netflix Release   CG</p>	<p>9:00 ● Holiday Shopping Bazaar   JP 2</p> <p>9:00 ● Scenic Drive with Mike   OT</p> <p>9:30 ● Body Balance Exercise with Rebecca   MP</p> <p>12:30 ● Phoenix Symphony: Holiday Pop   OT</p> <p>1:00 ● Bridge Club   MP</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>2:00 ● New Netflix Release   CG</p> <p>2:00 ● Railroad Museum at McCormick Railroad Park   OT</p> <p>2:15 ● Chair Volleyball   DR</p> <p>4:00 ● Happy Hour Piano Music with Daniel Button   JP</p> <p>6:00 ● "It's a Wonderful Life" At Don Bluth   OT</p> <p>7:00 ● New Netflix Release   CG</p>
<p>8:30 ● Local Churches   OT 10</p> <p>9:30 ● Step Cardio with Rebecca   MP</p> <p>12:15 ● Walmart, Target &amp; Trader Joe's   OT</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>1:00 ● Matinee Movie   CG</p> <p>2:30 ● Name That Tune with Rebecca   JP</p> <p>2:45 ● Scottsdale Philharmonic Concert   OT</p> <p>3:45 ● Bible Study   CG</p> <p>7:00 ● Evening Movie   CG</p>	<p>10:00 ● Strength &amp; Stretch with Rita   MP 11</p> <p>10:45 ● Choir Practice with Rebecca &amp; Daniel   JP</p> <p>12:30 ● Wii Bowling Practice   MP</p> <p>12:30 ● Canasta Club   GR</p> <p>1:00 ● Holiday Brain Bingo   BL</p> <p>2:00 ● Shop: Fry's, Marshalls &amp; Home Depot   OT</p> <p>2:00 ● Rummikub Club   JP</p> <p>3:00 ● Find Your Home with Google Earth   CG</p> <p>5:00 ● Sunset Social   JP</p>	<p>HANUKKAH STARTS AT SUNSET 12</p> <p>9:00 ● Care2 U Skin Cancer Screenings</p> <p>10:00 ● Stretch Bands &amp; Cardio with Jill   MP</p> <p>10:45 ● Candy Cane Sugar Scrub   MP</p> <p>12:30 ● Mahjong Club   MP</p> <p>1:00 ● Brain Bingo   BL</p> <p>2:00 ● Safeway, Walgreens &amp; Dollar Store   OT</p> <p>3:00 ● Cross Train Your Brain   JP</p> <p>5:00 ● Sunset Social   JP</p> <p>5:00 ● Lighting of the Menorah</p>	<p>9:00 ● Care2 U Skin Cancer Screenings 13</p> <p>9:30 ● Catholic Communion   SL</p> <p>10:00 ● Muscle Strengthening   MP</p> <p>10:30 ● Gentle Yoga with Amy   MP</p> <p>1:00 ● Brain Bingo   BL</p> <p>2:00 ● Holiday 20 Questions Brain Teaser   DC</p> <p>4:00 ● Resident/Employee Holiday Party   DR</p> <p>5:00 ● Sunset Social   JP</p> <p>5:00 ● Lighting of the Menorah</p>	<p>● NURSE PRACTITIONER AVAILABLE FOR APPTS 14</p> <p>10:00 ● Tai Chi Balance Exercise   MP</p> <p>1:00 ● Wii Bowling Practice   MP</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>2:00 ● Flu Shots with Walgreens   SL</p> <p>2:00 ● Matinee Movie   CG</p> <p>2:00 ● Men's Club Poker   BL</p> <p>3:15 ● Current Events Discussion with Jill   BL</p> <p>5:00 ● Sunset Social   JP</p> <p>5:00 ● Lighting of the Menorah</p> <p>6:00 ● Holiday Light Tour with ElfMike   OT</p> <p>7:00 ● Evening Movie   CG</p>	<p>10:00 ● Strength &amp; Stretch with Rita   MP 15</p> <p>10:30 ● Zumba Dance   MP</p> <p>11:00 ● Book Club   SL</p> <p>1:00 ● Pokeno   BL</p> <p>2:00 ● New Netflix Release   CG</p> <p>2:00 ● Rummikub Club   GR</p> <p>3:00 ● Tri M Music Society Performance   JP</p> <p>5:00 ● Sunset Social   JP</p> <p>5:00 ● Lighting of the Menorah</p> <p>7:00 ● New Netflix Release   CG</p>	<p>9:00 ● Goodwill, Michaels, Hobby Lobby   OT 16</p> <p>9:30 ● Body Balance Exercise with Rebecca   MP</p> <p>12:30 ● Christmas with the Duttons   OT</p> <p>1:00 ● Bridge Club   MP</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>2:00 ● New Netflix Release   CG</p> <p>2:15 ● Chair Volleyball   DR</p> <p>4:00 ● "Polar Express" Happy Hour with Joel De La Housage   JP</p> <p>5:00 ● Lighting of the Menorah</p> <p>7:00 ● New Netflix Release   CG</p>
<p>8:30 ● Local Churches   OT 17</p> <p>9:30 ● Step Cardio with Rebecca   MP</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>1:00 ● Matinee Movie   CG</p> <p>1:30 ● Walmart, Target &amp; Trader Joe's   OT</p> <p>2:30 ● Name That Christmas Carol with Rebecca   JP</p> <p>3:30 ● Piano Music with Tom   JP</p> <p>4:00 ● Bible Study   CG</p> <p>5:00 ● Lighting of the Menorah</p> <p>7:00 ● Evening Movie   CG</p>	<p>10:00 ● Strength &amp; Stretch with Rita   MP 18</p> <p>10:45 ● Choir Practice with Rebecca &amp; Daniel   JP</p> <p>12:30 ● Wii Bowling Practice   MP</p> <p>12:30 ● Canasta Club   GR</p> <p>1:00 ● Holiday Brain Bingo   BL</p> <p>2:00 ● Rummikub Club   JP</p> <p>2:00 ● Shop: Fry's, Marshalls &amp; Home Depot   OT</p> <p>3:00 ● Phoenix Art Museum: Art All Around Us   CG</p> <p>5:00 ● Sunset Social   JP</p> <p>5:00 ● Lighting of the Menorah</p> <p>6:00 ● The Mistle Tone Chamber Singers   DR</p>	<p>10:00 ● Stretch Bands &amp; Cardio with Jill   MP 19</p> <p>10:45 ● Art with Sheila   MP</p> <p>11:00 ● New Resident Luncheon   DR</p> <p>12:30 ● Mahjong Club   MP</p> <p>1:00 ● Brain Bingo   BL</p> <p>2:00 ● Safeway, Walgreens &amp; Dollar Store   OT</p> <p>3:00 ● Resident Council Meeting</p> <p>3:00 ● Hannukah Party with Rabbi Levi   SL</p> <p>4:00 ● Dinner at Grimaldi's Pizza   OT</p> <p>5:00 ● Sunset Social   JP</p> <p>5:00 ● Lighting of the Menorah</p>	<p>9:30 ● Catholic Communion   SL 20</p> <p>10:00 ● Muscle Strengthening   MP</p> <p>10:30 ● Gentle Yoga with Amy   MP</p> <p>1:00 ● Brain Bingo   BL</p> <p>2:00 ● Cookie Decorating   MP</p> <p>4:00 ● Ugly Sweater Happy Hour with Tommy Holloway   JP</p> <p>5:00 ● Sunset Social   JP</p>	<p>WINTER BEGINS 21</p> <p>● NURSE PRACTITIONER AVAILABLE FOR APPTS</p> <p>10:00 ● Tai Chi Balance Exercise   MP</p> <p>11:00 ● Casino Arizona   OT</p> <p>1:00 ● Wii Bowling Practice   MP</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>2:00 ● Matinee Movie   CG</p> <p>2:00 ● Men's Club Poker   BL</p> <p>3:15 ● Current Events Discussion with Jill   BL</p> <p>5:00 ● Sunset Social   JP</p> <p>6:00 ● Holiday Light Tour with ElfMike   OT</p> <p>7:00 ● Evening Movie   CG</p>	<p>10:00 ● Strength &amp; Stretch with Rita   MP 22</p> <p>10:30 ● Zumba Dance   MP</p> <p>1:00 ● Pokeno   BL</p> <p>2:00 ● Rummikub Club   GR</p> <p>2:00 ● New Netflix Release   CG</p> <p>4:00 ● Holiday Dinner with Santa and the Dickens Carolers   DR</p> <p>5:00 ● Sunset Social   JP</p> <p>7:00 ● New Netflix Release   CG</p>	<p>9:30 ● Body Balance Exercise with Jill   MP 23</p> <p>1:00 ● Bridge Club   MP</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>1:30 ● Tempe Town Market Place   OT</p> <p>2:00 ● New Netflix Release   CG</p> <p>2:15 ● Chair Volleyball   DR</p> <p>4:00 ● Happy Hour with Kevin and Beany   JP</p> <p>6:00 ● Illumination Light Show Bus Tour   OT</p> <p>7:00 ● New Netflix Release   CG</p>
<p>CHRISTMAS EVE 24</p> <p>8:30 ● Local Churches   OT</p> <p>11:00 ● Holiday Brunch   DR</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>1:00 ● Matinee Movie   CG</p> <p>1:30 ● Walmart, Target &amp; Trader Joe's   OT</p> <p>7:00 ● Evening Movie   CG</p>	<p>CHRISTMAS 25</p> <p>● NO TRANSPORTATION</p> <p>11:00 ● Holiday Brunch   DR</p> <p>12:30 ● Wii Bowling Practice   MP</p> <p>12:30 ● Canasta Club   GR</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>2:00 ● Rummikub Club   JP</p>	<p>10:00 ● Stretch Bands &amp; Cardio with Jill   MP 26</p> <p>10:45 ● Scrapbook Card Making   MP</p> <p>12:30 ● Mahjong Club   MP</p> <p>1:00 ● Brain Bingo   BL</p> <p>2:00 ● Safeway, Walgreens &amp; Dollar Store   OT</p> <p>3:00 ● Cross Train Your Brain   JP</p> <p>5:00 ● Sunset Social   JP</p>	<p>9:30 ● Catholic Communion   SL 27</p> <p>10:00 ● Muscle Strengthening   MP</p> <p>10:30 ● Gentle Yoga with Amy   MP</p> <p>1:00 ● Brain Bingo   BL</p> <p>2:00 ● Town Hall Meeting   DR</p> <p>4:00 ● Birthday Bash with Hal Martin   JP</p> <p>5:00 ● Sunset Social   JP</p>	<p>● NURSE PRACTITIONER AVAILABLE FOR APPTS 28</p> <p>10:00 ● Tai Chi Balance Exercise   MP</p> <p>1:00 ● Wii Bowling Practice   MP</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>2:00 ● Men's Club Poker   BL</p> <p>2:00 ● Matinee Movie   CG</p> <p>3:15 ● Current Events Discussion with Jill   BL</p> <p>5:00 ● Sunset Social   JP</p> <p>7:00 ● Evening Movie   CG</p>	<p>10:00 ● Strength &amp; Stretch with Rita   MP 29</p> <p>10:30 ● Zumba Dance   MP</p> <p>1:00 ● Pokeno   BL</p> <p>2:00 ● Rummikub Club   GR</p> <p>2:00 ● New Netflix Release   CG</p> <p>2:30 ● New Resident Mixer   JP</p> <p>3:30 ● You Be the Judge</p> <p>5:00 ● Sunset Social   JP</p> <p>5:30 ● Shabbat Dinner   DR</p> <p>7:00 ● New Netflix Release   CG</p>	<p>9:00 ● Goodwill, Michaels, Hobby Lobby   OT 30</p> <p>9:30 ● Body Balance Exercise with Rebecca   MP</p> <p>1:00 ● Bridge Club   MP</p> <p>1:00 ● Two Buck Bingo   BL</p> <p>2:00 ● New Netflix Release   CG</p> <p>2:00 ● Jim Brickman at the Mim   OT</p> <p>2:15 ● Chair Volleyball   DR</p> <p>4:00 ● Happy Hour with Sam Stefanski   JP</p> <p>7:00 ● New Netflix Release   CG</p>

NEW YEAR'S EVE 31

8:30 ● Local Churches | OT

10:30 ● Step Cardio with Rebecca | MP

1:00 ● Two Buck Bingo | BL

1:00 ● Matinee Movie | CG

1:30 ● Walmart, Target & Trader Joe's | OT

2:30 ● Name That Tune with Rebecca | JP

5:00 ● New Year's Party with Alan Harkrader | JP

7:00 ● Evening Movie | CG



- BIRTHDAYS THIS MONTH**
- MARTHA KERSTEN — 7th
  - LOIS ELL — 10th
  - GERALD SPIKES — 13th
  - LETA FOLLIACK — 20th
  - DON LEVITT — 26th
  - MILLIE CAUDILL — 28th



IT'S OUR PLEASURE TO SERVE YOU ...  
*word from your executive director*

Peace, Love and Joy

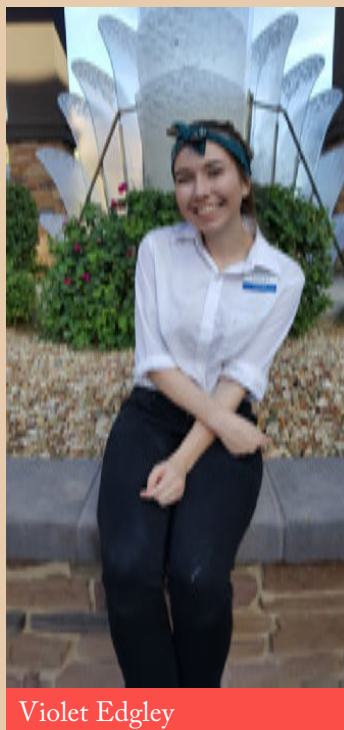
Peace, Love and Joy ... that's what comes to mind as December approaches. No matter what you celebrate or your religion, it marks the time of year where many open their hearts to come together and the spirit of giving ensues. Whether it's through gathering for a celebratory meal or that special gift, we shift focus and for just a little while, see the good in all things. This was certainly true of my upbringing. My parents split when I was six. I benefited from growing up in a small town, where, as a kid you either road your bike or walked to everything. I saw my grandparents all the time. We didn't lock our front doors and even left our cars running for a quick stop at the grocery store. Christmas for my family was the epitome of an "open house." It was only at this time of the year where all of our family and friends came together minus their issues. Family and friends really did just walk in and gather around the kitchen table for great food and conversation. My parents were at peace and more than ever we felt their love through this effort. That's what I grew to value more than any gift — the possibility of peace, love and joy!

— Kristen Rickard, Executive Director

THIS MONTH'S  
*heart hero*

HOSPITALITY, EXCELLENCE, APPRECIATION,  
 RESPECT, TEAMWORK

VIOLET EDGLEY is our HEART Hero for December. Violet is our Dish Machine Operator and even though she has only been with Andara for a short time, she has proven to be a very valuable and dedicated employee. She always has a contagious smile and is willing to go above and beyond to help others. Violet is patient and caring with all residents and employees, and is a great team player! When she has time, she ventures out into the Dining Room to assist the Servers and help who she can. She really enjoys working with people. Her goal at Andara is to be a Server. Congratulations to Violet on a well-deserved award!



Violet Edgley

EVENT RECAP

*veterans  
 day*

We honored our veterans with a BBQ, Car Show, and a Veterans' Wall of Honor Unveiling. Thank you to all of our servicemen and women for your sacrifice to ensure our freedom!



Top Row: Chuck Inglett and Leonard Joslin Bottom Row: Joe Dozier and Don Schiefer



Top Picture: Veterans pose with Troup 30 and Pack 416 Bottom Picture: Veteran Wall Unveiling

WELCOME NEW RESIDENTS!

Harriet Friedly, Rosa Owens, Dick and Barbara Gunderson, Marie Billings, Donna Heintzman, Sheila Brody, and Patricia Hill

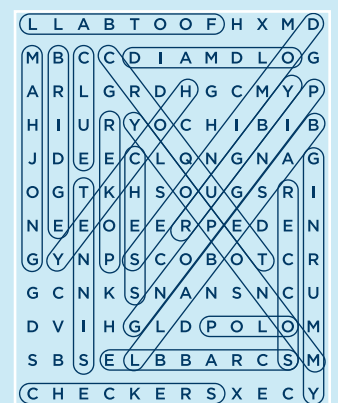
Join us at our monthly New Resident Mixer on Friday, Dec. 29, at 2:30 p.m., in Josephine's Lounge!

MANAGEMENT TEAM

Kristen Rickard-Urraro, *Executive Director*  
 Jill Taylor, *Director of Resident Programs*  
 Deborah Barth, *Business Office Manager*  
 Lisa Karaffa, *Director of Sales & Marketing*

Mark Abbott, *Dining Services Director*  
 Mark Cunningham, *Dining Room Manager*  
 Heather Sydnor, *Health and Wellness Director*

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SENIOR LIFESTYLE  
 FAMILY-OWNED COMMUNITIES

