



**BE INSPIRED**

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

**LOCATIONS**

- ARTIST GALLERY CAFÉ — AGC
- BEAUTY SALON — BS
- BOGART'S LOUNGE — BL
- CASABLANCA RESTAURANT — CR
- CLARK GABLE THEATER — CG
- DECO CAFÉ — DC
- FITNESS ROOM — FR
- GAME ROOM — GR
- GENERAL STORE — GS
- JOSEPHINE'S LOUNGE — JP
- LIBRARY — LBRY
- LOBBY — LBY
- MULTI-PURPOSE — MP
- OUTING — OT
- POOL — PL
- PRIVATE DINING ROOM — PDR
- SCARLETT'S LOUNGE — SL
- TIFFANY'S DINING ROOM — TIFDDR

**TRANSPORTATION SCHEDULE**

- MONDAY & TUESDAY: 8 A.M.-1 P.M. *Chauffeur Service*
- MONDAY: 2 P.M. *Fry's, Marshalls & Home Depot*
- TUESDAY: 2 P.M. *Safeway, Walgreens & Dollar Store*
- WEDNESDAY - FRIDAY: 8 A.M.-4 P.M. *Chauffeur Service*
- SUNDAY: 8 A.M.-12 P.M. *Local Churches*
- SUNDAY: 1:30 P.M. *Walmart & Target*

BEAUTY SALON  
3rd Floor Bldg. A  
Open Wednesday-Friday,  
9 a.m.-3 p.m.  
Hair and Nails

BLOOD PRESSURE CHECKS  
Free with ComForCare  
Thursdays 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

**BIRTHDAYS THIS MONTH**

PAM WARD — 1st  
DON SCHIEFER — 1st  
GERRY LEVITT — 5th  
JOE DIBITETTO — 8th  
DIANE COMIN — 9th  
DORIS HARRISON — 12th

MADLINE POLESKY — 12th  
JOYCE SPEISMAN — 13th  
NANCY MAFFRY — 14th  
BILL PROPST — 14th  
BETTY MINISTER — 16th  
SANDRA SOLBERG — 19th



<p><b>8:30</b> ● Local Churches   OT <b>3</b></p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>1:30</b> ● Walmart &amp; Target   OT</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>3:15</b> ● Putting Club   JP</p> <p><b>6:30</b> ● Super Bowl on the Big Screen   CG</p>	<p><b>9:30</b> ● Hearing Check with Connect Hearing   GR <b>4</b></p> <p><b>10:00</b> ● Body Pump with Rita   MP</p> <p><b>10:45</b> ● Glee Club Practice   MP</p> <p><b>12:30</b> ● Wii Bowling Practice   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Fry's, Marshalls &amp; Home Depot   OT</p> <p><b>3:00</b> ● #MoviePic Club   CG</p> <p><b>4:00</b> ● You Be the Judge   MP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>10:00</b> ● Pilates with Judy   MP <b>5</b></p> <p><b>10:45</b> ● "Candy Dishes" With Deborah Barth   MP</p> <p><b>12:30</b> ● Mahjong Club   GR</p> <p><b>1:00</b> ● Switch Bingo   BL</p> <p><b>2:00</b> ● Safeway, Walgreens &amp; Dollar Store   OT</p> <p><b>3:00</b> ● Round Table Discussion   LBRY</p> <p><b>4:00</b> ● Dinner at the Horny Toad   OT</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>8:30</b> ● Hearing Aid Cleaning   GR <b>6</b></p> <p><b>9:30</b> ● Catholic Communion with St. Bernard's   SL</p> <p><b>10:00</b> ● Tighten &amp; Tone   MP</p> <p><b>11:00</b> ● Body &amp; Mind Yoga with Janet   MP</p> <p><b>12:00</b> ● Activity Planning Meeting   JP</p> <p><b>1:00</b> ● Brain Bingo   BL</p> <p><b>2:00</b> ● Blackjack   BL</p> <p><b>4:00</b> ● Happy Hour with Les Koel   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:00</b> ● Blood Pressure Checks with ComForCare   SL <b>7</b></p> <p><b>9:00</b> ● Free Tech Help with Mark Arnold   LBRY</p> <p><b>10:00</b> ● Tai Chi with Marti   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:30</b> ● "Why Sleep Is Important" With Integrated Medical   CG</p> <p><b>3:30</b> ● Current Events Discussion   SL</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● Body Pump with Rita   MP <b>8</b></p> <p><b>10:30</b> ● Cardio Kickboxing with Jill   MP</p> <p><b>11:00</b> ● Hashknife Pony Express &amp; Western Spirit Museum   OT</p> <p><b>1:00</b> ● Pokeno   BL</p> <p><b>2:00</b> ● Rummikub Club   GR</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>3:30</b> ● Horse Racing   MP</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>GROUNDHOG DAY</b> <b>2</b></p> <p><b>10:00</b> ● Groovin' To the Oldies   MP</p> <p><b>10:45</b> ● Bible Study with Jill   LBRY</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>1:00</b> ● Harkins Movie Theater   OT</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:30</b> ● Super Bowl Party with T.A. Burrows   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>
<p><b>8:30</b> ● Local Churches   OT <b>10</b></p> <p><b>10:00</b> ● Morning Meditation: Body Awareness   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>1:00</b> ● Walmart &amp; Target   OT</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>3:15</b> ● Scottsdale Philharmonic Concert   MP</p> <p><b>4:00</b> ● Farkle Club   CR</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● Body Pump with Rita   MP <b>11</b></p> <p><b>10:45</b> ● Glee Club Practice   MP</p> <p><b>12:30</b> ● Wii Bowling Practice   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Fry's, Marshalls &amp; Home Depot   OT</p> <p><b>3:00</b> ● Table Talk with Rabbi Levi   MP</p> <p><b>4:00</b> ● Trivia Challenge   MP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>10:00</b> ● Pilates with Judy   MP <b>12</b></p> <p><b>10:45</b> ● Art Class with Sheila   MP</p> <p><b>12:30</b> ● Mahjong Club   GR</p> <p><b>1:00</b> ● Switch Bingo   BL</p> <p><b>2:00</b> ● Chocolate Affair Gala with Hal Martin   CR</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:30</b> ● Catholic Communion with St. Bernard's   SL <b>13</b></p> <p><b>10:00</b> ● Tighten &amp; Tone   MP</p> <p><b>11:00</b> ● Resident Reflection Live Interview</p> <p><b>11:00</b> ● Body &amp; Mind Yoga with Janet   MP</p> <p><b>1:00</b> ● Brain Bingo   BL</p> <p><b>2:00</b> ● Safeway, Walgreens &amp; Dollar Tree   OT</p> <p><b>2:00</b> ● Blackjack   BL</p> <p><b>4:00</b> ● Happy Hour with Rausban Hammond   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>6:15</b> ● "Jersey Boys" At Mainstage   OT</p>	<p><b>VALENTINE'S DAY</b> <b>14</b></p> <p><b>9:00</b> ● Blood Pressure Checks with ComForCare   SL</p> <p><b>10:00</b> ● Tai Chi with Marti   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:30</b> ● Dynamic Duos: Wine &amp; Chocolate with Chef JV   JP</p> <p><b>3:30</b> ● Current Events Discussion   SL</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● Body Pump with Rita   MP <b>15</b></p> <p><b>10:30</b> ● Cardio Kickboxing with Jill   MP</p> <p><b>1:00</b> ● Pokeno   BL</p> <p><b>2:00</b> ● Rummikub Club   GR</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:30</b> ● Usery Park Presents: "All About Wild Horses"   MP</p> <p><b>4:00</b> ● Shabbat Dinner at Smile on Seniors   OT</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● Groovin' To the Oldies   MP <b>16</b></p> <p><b>10:45</b> ● Bible Study with Jill   LBRY</p> <p><b>11:00</b> ● Andara's Angels: St. Mary's Food Bank   OT</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:15</b> ● Putting Club   JP</p> <p><b>4:00</b> ● Happy Hour with Suzie and Scott   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>
<p><b>8:30</b> ● Local Churches   OT <b>17</b></p> <p><b>10:00</b> ● Morning Meditation: Positive Affirmations   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>1:30</b> ● Walmart &amp; Target   OT</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>4:00</b> ● Farkle Club   CR</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>PRESIDENTS DAY</b> <b>18</b></p> <p><b>10:00</b> ● Body Pump with Rita   MP</p> <p><b>10:45</b> ● Glee Club Practice   MP</p> <p><b>12:30</b> ● Wii Bowling Practice   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Fry's, Marshalls &amp; Home Depot   OT</p> <p><b>3:00</b> ● Phx Art Museum Presents "Leonardo"   CG</p> <p><b>4:15</b> ● You Be the Judge   MP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>10:00</b> ● Pilates with Judy   MP <b>19</b></p> <p><b>10:45</b> ● Art Class with Sheila   MP</p> <p><b>11:30</b> ● Men's Lunch Club   BL</p> <p><b>12:30</b> ● Mahjong Club   GR</p> <p><b>1:00</b> ● Switch Bingo   BL</p> <p><b>2:00</b> ● Safeway, Walgreens &amp; Dollar Store   OT</p> <p><b>3:00</b> ● Resident Council Meeting</p> <p><b>3:00</b> ● Round Table Discussion   LBRY</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:30</b> ● Catholic Communion with St. Bernard's   SL <b>20</b></p> <p><b>10:00</b> ● Tighten &amp; Tone   MP</p> <p><b>11:00</b> ● Body &amp; Mind Yoga with Janet   MP</p> <p><b>11:30</b> ● New Resident Luncheon   PDR</p> <p><b>12:30</b> ● Walker Tuneups with SMES   LBRY</p> <p><b>1:00</b> ● Brain Bingo   BL</p> <p><b>2:00</b> ● Blackjack   BL</p> <p><b>4:00</b> ● Happy Hour and Birthday Bash with Dianne &amp; JR   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:00</b> ● Blood Pressure Checks with ComForCare   SL <b>21</b></p> <p><b>10:00</b> ● Tai Chi with Marti   MP</p> <p><b>11:00</b> ● Talking Stick Casino   OT</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:30</b> ● Burning Bowl Ceremony with Andrew   MP</p> <p><b>3:30</b> ● Current Events Discussion   SL</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● Body Pump with Rita   MP <b>22</b></p> <p><b>10:30</b> ● Cardio Kickboxing with Jill   MP</p> <p><b>11:00</b> ● Book Club   SL</p> <p><b>1:00</b> ● Pokeno   BL</p> <p><b>1:15</b> ● Academy Awards Party at JCC   OT</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:00</b> ● Rummikub Club   GR</p> <p><b>3:30</b> ● Horse Racing   MP</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>5:30</b> ● Shabbat Dinner   CR</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>9:30</b> ● Mystery Scenic Drive with Mike   OT <b>23</b></p> <p><b>10:00</b> ● Groovin' To the Oldies   MP</p> <p><b>10:45</b> ● Bible Study with Jill   LBRY</p> <p><b>12:30</b> ● "Shen Yun" At the Orpheum Theater   OT</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:15</b> ● Putting Club   JP</p> <p><b>2:30</b> ● Goodwill, Michaels, Hobby Lobby   OT</p> <p><b>4:00</b> ● Happy Hour with Jared Horne   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>
<p><b>8:30</b> ● Local Churches   OT <b>24</b></p> <p><b>10:00</b> ● Morning Meditation: Guided Visualization   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>1:30</b> ● Walmart &amp; Target   OT</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>4:00</b> ● Farkle Club   CR</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● Body Pump with Rita   MP <b>25</b></p> <p><b>10:45</b> ● Glee Club Practice   MP</p> <p><b>12:30</b> ● Wii Bowling Practice   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Fry's, Marshalls &amp; Home Depot   OT</p> <p><b>2:00</b> ● Film Hosted by Silver the Screeners Club   CG</p> <p><b>3:00</b> ● Black History Month: Armchair Travel to Africa   MP</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Film Hosted by Silver Screeners Club   CG</p>	<p><b>10:00</b> ● Pilates with Judy   MP <b>26</b></p> <p><b>10:45</b> ● Art Class with Matylda From Preferred Home Care   MP</p> <p><b>12:30</b> ● Mahjong Club   GR</p> <p><b>1:00</b> ● Switch Bingo   BL</p> <p><b>2:00</b> ● Safeway, Walgreens &amp; Dollar Store   OT</p> <p><b>3:00</b> ● Silver Screeners Club Review   DC</p> <p><b>4:00</b> ● Dinner at Benihana   OT</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:30</b> ● Catholic Communion with St. Bernard's   SL <b>27</b></p> <p><b>10:00</b> ● Tighten &amp; Tone   MP</p> <p><b>11:00</b> ● Resident Reflection Live Interview</p> <p><b>11:00</b> ● Body &amp; Mind Yoga with Janet   MP</p> <p><b>1:00</b> ● Brain Bingo   BL</p> <p><b>2:00</b> ● Town Hall Meeting   CR</p> <p><b>3:15</b> ● Blackjack   MP</p> <p><b>4:00</b> ● Happy Hour with Hal Martin   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:00</b> ● Blood Pressure Checks with ComForCare   SL <b>28</b></p> <p><b>10:00</b> ● Tai Chi with Marti   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>3:30</b> ● Current Events Discussion   SL</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>		

## EVENT RECAP

# a roaring good time!

Andara rang in the New Year with a “Great Gatsby” themed party! We wish everyone a wonderful and prosperous New Year!



## WELCOME HOME, *new residents!*

Fran Todd, Virginia James, and Mary Ray

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

What an amazing end to 2018! First off, I want to say thank you for your continued trust in Andara! As promised, Dining is booming and our new Executive Chef has won us all over! Just think what he may have in store for us in 2019!

As we roll into 2019, I wanted to say that there are more exciting things to come! We look forward to being a strong community during this year bringing in new residents into our family here at Andara. This year, as we know, will still bring some changes — positive ones of course. I feel that with the Directors we now have in place, we will be able to provide you with the best service possible.

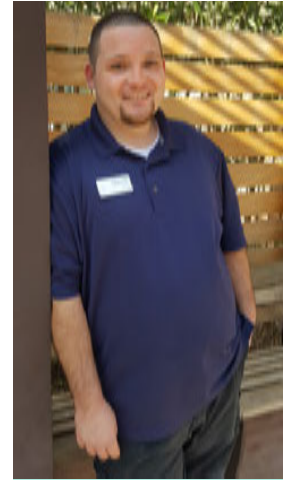
Thank you for believing in me and trusting that I would make good on my promise to move our Community forward. I can't wait to see what 2019 holds for us and for the wonderful families that support each of us. Blessing to the New Year and may you have everything you want in 2019!

Let's make this year the best Andara has seen!

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,  
APPRECIATION, RESPECT, TEAMWORK

Congratulations to our HEART Hero, Maintenance Assistant, JACOB TRUEAX! Jacob has been working in Maintenance for only a few short months, but has shown to be an amazing employee and team player. Jacob is professional, courteous, always



Jacob Trueax

friendly and has a smile on his face. Jacob was chosen this month for going above and beyond not only for the residents, but family as well. Recently, a family member visiting for the first time was having a difficult time parking their vehicle in our parking garage space. Jacob quickly came to the rescue and parked their car and escorted them to their family member's apartment.

Jacob grew up in northern California and has been in Arizona for 8 years. He enjoys fishing at Lake Pleasant and loves music, football and basketball; especially The Golden State Warriors.

Congratulations, Jacob!

## MANAGEMENT TEAM

Kristi Luce, *Executive Director*

Jill Taylor, *Director of Resident Programs*

Deborah Barth, *Business Office Manager*

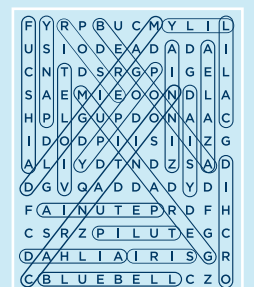
Laureen Leston, *Director of Sales & Marketing*

J.V. Cerriku, *Dining Services Director*

Dianne Manning, *Dining Room Manager*

Rex Stambaugh, *Director of Plant Operations*

TRAIN  
YOUR  
BRAIN  
*solution*



SENIOR  
LIFESTYLE



your life, your style

PET  
FRIENDLY