



INSPIRATIONS  
OF MOUNT WASHINGTON  
A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

November 2022

## Meet the Staff

**Danielle Brown**

Executive Director

**Kristy Davenport**

Business Office Manager

**Dean Barnes**

Dining Services

**Debbie Wimsatt**

Sales Director

**Angela Collier**

Resident Wellness Director

**Jennifer Turner**

Life Enrichment Director

## Resident Birthdays

Jean Boxley 11/11

## Staff Birthdays

Loren 11/3

Susan H 11/12

Dean 11/17

Jennifer 11/29

## Welcome to the Family

Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents—from healthcare and finances to overall quality of life—while never losing sight of the details that matter most: the connections we make along the way.





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# NOVEMBER 2022

520 Woodlake Dr.  
Mount Washington, KY 40047  
502-219-3075  
inspirationsofmountwashington.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Birthdays</b> 11/11 - Jean Boxley		<b>1</b> 10:00 Roll A Workout (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Current Events (AR) 2:00 Cooking Class: Cake Pops (AR) 3:00 Jokers Card Game 4:00 Broom Ball (DR)	<b>2</b> 10:00 Chair Exercises (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Golden Girls Game (AR) 1:30 Movie & Popcorn: Going in Style (AR) 4:00 Name Game (AR) 4:30 Wine Down Wednesday (DR)	<b>3</b> 10:00 ROM Exercise (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Steal My Candy (AR) 1:30 Menu Chat with Dean (DR) 2:00 Bingo (DR) 4:00 TV Classics (AR)	<b>4</b> 10:00 Chair Exercise (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Remember When (AR) 2:00 Craft Class: Turkey Pots (AR) 3:30 East or West (AR) 4:00 Penny Ante (AR)	<b>5</b> 10:00 Chair Exercise (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Card Sharks (AR) 2:00 <b>Birthday Bash with Allen Hilbert (DR)</b>
<b>6 Daylight Saving Ends</b> 10:00 Worship with First Baptist Church (DR) 10:15 Catholic Communion (RR) 11:00 Candy Bar Game (AR) 11:30 Daily Gratitude (AR) 2:00 Inspirations Airlines to Madrid Spain (AR)	<b>7</b> 10:00 Drum Circle (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Weekly Review (AR) 12:00 <b>Lunch at Bojangles</b> 2:00 Bingo (DR) 3:30 Baked Apple Bread (AR) 4:00 Monday Manicures (AR)	<b>8 Election Day</b> 10:00 Roll A Workout (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Current Events (AR) 2:00 Take A Chance (AR) 3:00 Left Right Center (AR) 4:00 Photo Finish (AR)	<b>9</b> 10:00 Chair Exercises (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Cover That Number (AR) 1:30 Movie & Popcorn: Legends of the Fall (AR) 4:00 Pass the Trash (AR) 4:30 Wine Down Wednesday (DR)	<b>10</b> 10:00 ROM Exercise (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Tongue Twisters (AR) 1:30 Menu Chat with Dean (DR) 2:00 Bingo (DR) 4:00 Hot Seat (AR)	<b>11 Veterans Day</b> 10:00 Chair Exercise (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Trivia (AR) 1:30 Veteran's Day Program (DR) 2:00 Music by Doug Pinson (DR) 3:30 Swatterball (AR) 4:00 Uno Attack (AR)	<b>12</b> 10:00 Chair Exercise (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Name that State (AR) 2:00 Craft Class: Turkey Wine Bottles (AR)
<b>13</b> 10:00 Worship with First Baptist Church (DR) 10:15 Catholic Communion (RR) 11:00 Music Memory (AR) 11:30 Daily Gratitude (AR) 1:00 Calvary Christian Center Service (DR) 2:00 Inspirations Airlines to Barcelona Spain (AR)	<b>14</b> 10:00 Drum Circle (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Weekly Review (AR) 12:00 Lunch at Olive Garden 2:00 Bingo with Caretenders (DR) 3:30 Baked Bread (AR) 4:00 Monday Manicures (AR)	<b>15</b> 10:00 Roll A Workout (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Current Events (AR) 2:00 Cooking Class: Pumpkin Pie (AR) 3:00 Behind the Music (AR) 4:00 Family Feud (AR)	<b>16</b> 10:00 Chair Exercises (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Greedy (AR) 1:30 Movie & Popcorn: Monster-in-Law (AR) 4:00 Fall Trail Mix (AR) 4:30 Wine Down Wednesday (DR)	<b>17</b> 10:00 ROM Exercise (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Guess Who (AR) 1:30 Menu Chat with Dean (DR) 2:00 Bingo with Intrepid (DR) 3:30 I'm Stuffed Turkeys (AR)	<b>18</b> 10:00 Chair Exercise (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Shop & Drop Dice (AR) 2:00 Craft Class: Turkey Planks (AR) 3:30 Junk Drawer Detective (AR) 4:00 Table Talk (AR)	<b>19</b> 10:00 Chair Exercise (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Bowling (AR) 2:00 Music by Wild Bill & the Buffalo Band (DR)
<b>20</b> 10:00 Worship with First Baptist Church (DR) 10:15 Catholic Communion (RR) 11:00 In A Pickle (AR) 11:30 Daily Gratitude (AR) 2:00 Inspirations Airlines to Sevilla Spain (AR)	<b>21</b> 10:00 Drum Circle (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Weekly Review (AR) 2:00 Bullitt County Public Library Group (AR) 3:30 Baked Bread (AR) 4:00 Monday Manicures (AR)	<b>22</b> 10:00 Roll A Workout (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Current Events (AR) 2:00 Discovery Series with Morgan (DR) 3:00 Puzzles & Ponderings (AR) 4:00 Fall Cornucopias (AR)	<b>23</b> 10:00 Chair Exercises (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Cards 2:00 Resident Council (AR) 3:30 Behind the Scenes (AR) 4:30 Wine Down Wednesday (DR)	<b>24 Thanksgiving</b> 9:00 Macy's Thanksgiving Day Parade on TV (AR) 10:00 ROM Exercises (AR) 10:30 ROM Exercises (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Rummy (AR) 1:00 Gobble Till Ya Wobble (AR)	<b>25</b> 10:00 Chair Exercise (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Riddle Me This (AR) 2:00 Craft Class: Christmas Ornaments (AR) 3:30 Swatterball (AR) 4:00 Auction (AR)	<b>26</b> 10:00 Chair Exercise (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Phase 10 (AR) 2:00 Music by Dean Hill (DR)
<b>27</b> 10:00 Worship with First Baptist Church (DR) 10:15 Catholic Communion (RR) 11:00 Daily Gratitude (AR) 2:00 Bingo with Susan (DR)	<b>28</b> 10:00 Drum Circle (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Weekly Review (AR) 2:00 International Yums (AR) 3:30 Baked Bread (AR) 4:00 Monday Manicures (AR)	<b>29</b> 10:00 Roll A Workout (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Current Events (AR) 2:00 Cooking Class: Chicken Pot Pie (AR) 3:00 How Low Can You Go (AR) 4:00 TV Classics (AR)	<b>30</b> 10:00 Chair Exercises (AR) 10:30 2nd Cup Cafe (AR) 10:45 Daily Gratitude (AR) 11:00 The Daily Rewind (AR) 11:15 Rummy (AR) 1:30 Movie & Popcorn: Ice Road (AR) 4:00 Light Up Inspirations (DR)	AR - Activity Room DR - Dining Room FP - Front Porch SR - Sun Room RR - Resident Rooms OD - Outdoors		

Events are Subject to Change.

Did You Know?

Veterans Day  
NOVEMBER 11  
★ HONORING ALL WHO SERVED ★






Happy Thanksgiving!

Independent Living

Assisted Living

POP CULTURE



Country music is a genre of popular music that originated in the southern United States in the early 1920s. It takes its roots from American folk music and blues.

HEALTH Tips

Set a Timer

Use a timer to help prompt you to stand up and get your blood flowing and muscles moving once every hour. Your brain needs oxygen to be productive.



Did You Know?



The term "checkmate" came from the Persian word "shah mat", which means "the king is helpless".

ACTIVE LANGUAGE

los anteojos

The Spanish word for eyeglasses.







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