



# SEDGWICK PLAZA

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™



## JANUARY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

M R O T S W O N S N O O N F R  
E S C E V E E R A C H I I E E  
V E O O D F L I N A N R C I V  
A C L V L F A I S T E N E S O  
E S O W E D G T I P D R S T L  
H T A U H R O J L A R A O N L  
U A I S G O C A R Y A D L R U  
E S R B B H C A S O Z I S L P  
U A T I T E O L S N Z A T T D  
H T C A P S E H L T I T I A R  
T S S A B E O W A N L O C D A  
O N E U T D O R B Y B R E F F  
E B R U G H A R F Y F I C E T  
D N C O M F O R T E R K J Z Y  
D V Z R X Y G N I Z E E R F P

- |           |           |           |
|-----------|-----------|-----------|
| Blizzard  | Fireplace | Ice       |
| Boots     | Freezing  | Overcast  |
| Cap       | Frostbite | Pullover  |
| Cold      | Gale      | Radiator  |
| Comforter | Gust      | Sleet     |
| Cough     | Harsh     | Snowstorm |
| Drafty    | Howl      | Solstice  |

## Your Team

- Executive Director // Danielle Jefferies**  
Sedgwick Plaza Administration
- Lawonder Markham // Life Enrichment**  
Sedgwick Plaza Administration
- Dimitriy Kiselev/ Maintenance Director**  
Sedgwick Plaza Administration
- Meshell Boydson // BOM**  
Sedgwick Plaza Administration
- Crystal Johnson // Housekeeping Supervisor**
- Michelle Edwards// Dining Director**
- Samantha Simmons/ Wellness Director**
- Carli Birmingham/ Sales Director**

## Resident Birthdays

- Louise Records 1/5
- Charles Traylor 1/6
- Shirley Miles 1/7
- Betty Roeser 1/11
- Jim Cotter 1/12
- Katie Adkins 1/16
- Norma Doolittle 1/22
- Richard Sudderth 1/29
- Lois Huddlestun 1/30

## 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.





SEDGWICK PLAZA  
A GRACE MGMT COMMUNITY

JANUARY 2023

2455 North Woodlawn Blvd  
Wichita, Kansas 67220  
316-395-2795  
www.sedgwickplaza.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>SP 11:00 United Methodist Church Service Ch.10 @ 11am SE 6:00 Evening Movie Of Choice</div>	<div>2</div> <div>PY 9:00 Jump Start and Devotional PR 12:00 The Little Store SE 1:00 Mary Freeman to play Piano CO 2:00 Big Money Bingo SE 3:15 Manicure Monday SE 6:00 Evening Movie "Romance Monday" SE 7:30 Monday Night Football</div>	<div>3</div> <div>SE 12:00 POPCORN TUESDAY! PY 9:00 Jump Start and Devotional PY 12:00 The Little Store SP 10:15 Piano Music with Chaplin Eddie SE 1:00 Canasta with Friends SE 2:00 Afternoon Movie Matinee CO 3:00 Wackie Wordies SE 6:00 Evening Movie "Action Tuesday"</div>	<div>4</div> <div>PY 9:00 Jump Start and Devotional CO 1:00 Hidden in Plain Sight CO 2:00 Big Money Bingo SO 3:15 Wine Wednesday SE 6:00 Evening Movie "Western Wednesday"</div>	<div>5</div> <div>SP 9:00 Bible Study with David Doleshal PY 10:00 Jump Start and Devotional I 12:30 BPC (Faith Home Care) SO 1:00 Bridge Game PY 2:00 Stretch and Stress Relief with Legacy CO 3:15 Hangman SE 6:00 Evening Movie " Drama Thursday"</div>	<div>6</div> <div>PY 9:00 Jump Start and Devotional CO 10:00 The Traveler with Jerry PR 12:00 The Little Store CO 1:00 Anagram Quiz #2 CO 2:00 Big Money Bingo CO 3:15 Shows of the 70's Quiz SE 6:00 Evening Movie "Comedy Friday"</div>	<div>7</div> <div>SP 9:00 Communion with St Thomas Church - MR CO 1:00 Canasta Card Game CO 2:00 Mega Bingo CO 3:15 Ministry with David Doleshal and Team of Heritage Family Church SE 6:00 Evening Movie "Pick a DVD Day"</div>
<div>8</div> <div>SP 11:00 United Methodist Church Service Ch.10 @ 11am SP 2:00 Church Service with Grace Church of Wichita SE 6:00 Evening Movie Of Choice SE 6:00 Sunday Night Football</div>	<div>9</div> <div>PY 9:00 Jump Start and Devotional PR 12:00 The Little Store CO 1:00 Mary Freeman to play Piano CO 2:00 Big Money Bingo SO 3:15 313 Card Game SE 6:00 Evening Movie "Romance Monday"</div>	<div>10</div> <div>SE 12:00 POPCORN TUESDAY! PY 9:00 Jump Start and Devotional PY 12:00 The Little Store SP 10:15 Piano Music with Chaplin Eddie SE 1:00 Canasta with Friends PR 2:00 IL Resident Council CR 3:00 Word Building Fun SE 6:00 Evening Movie "Action Tuesday"</div>	<div>11</div> <div>PY 9:00 Jump Start and Devotional CO 10:00 Mass / St Thomas Church SO 10:30 Women's Hot Tea Social CO 1:00 What's for Breakfast Word Scramble CO 2:00 Big Money Bingo CO 3:15 Jeopardy Trivia SE 6:00 Evening Movie "Western Wednesday"</div>	<div>12</div> <div>SP 9:00 Bible Study with David Doleshal PY 10:00 Jump Start and Devotional I 12:30 BPC (Encompass) SO 1:00 Bridge Game CR 2:00 Balloon Twisting with Tammy SO 3:15 Thirsty Thursday SE 6:00 Evening Movie " Drama Thursday"</div>	<div>13</div> <div>PY 9:00 Jump Start and Devotional SE 10:45 Breakfast at IHop PR 12:00 The Little Store CO 1:00 AL Resident Council Meeting CO 2:00 Big Money Bingo CO 3:15 Dominoes SE 6:00 Evening Movie "Comedy Friday"</div>	<div>14</div> <div>SP 9:00 Communion with St Thomas Church - MR CO 1:00 Canasta Card Game CO 2:00 Mega Bingo CO 3:15 Ministry with David Doleshal and Team of Heritage Family Church SE 6:00 Evening Movie "Pick a DVD Day"</div>
<div>15</div> <div>SP 11:00 United Methodist Church Service Ch.10 @ 11am SE 2:00 Sunday Drive with Lamont Pending Weather SE 6:00 Evening Movie Of Choice</div>	<div>16</div> <div>PY 9:00 Jump Start and Devotional PR 12:00 The Little Store SE 1:00 Mary Freeman to play Piano CO 2:00 Big Money Bingo SE 3:15 Manicure Monday SE 6:00 Evening Movie "Romance Monday"</div>	<div>17</div> <div>SE 12:00 POPCORN TUESDAY! PY 9:00 Jump Start and Devotional PY 12:00 The Little Store SP 10:15 Piano Music with Chaplin Eddie SE 1:00 Canasta with Friends SE 2:00 Afternoon Movie Matinee SO 3:15 Social Committee SE 6:00 Evening Movie "Action Tuesday"</div>	<div>18</div> <div>PY 9:00 Jump Start and Devotional CO 1:00 Wine Quiz CO 2:00 Big Money Bingo SO 3:15 Wine Wednesday SE 6:00 Evening Movie "Western Wednesday"</div>	<div>19</div> <div>SP 9:00 Bible Study with David Doleshal PY 10:00 Jump Start and Devotional I 12:30 BPC (HHOK) SO 1:00 Bridge Game SE 1:00 Sedgwick County Zoo Visit SO 2:00 New Year Goals with Legacy SE 3:00 Music with Buster Bones SE 6:00 Evening Movie " Drama Thursday"</div>	<div>20</div> <div>PY 9:00 Jump Start and Devotional PR 12:00 The Little Store CR 1:00 Foam Snowman Wreaths CO 2:00 Big Money Bingo CO 3:15 1960s Trivia SE 6:00 Evening Movie "Comedy Friday"</div>	<div>21</div> <div>SP 9:00 Communion with St Thomas Church - MR CO 1:00 Canasta Card Game CO 2:00 Mega Bingo CO 3:15 Ministry with David Doleshal and Team of Heritage Family Church SE 6:00 Evening Movie "Pick a DVD Day"</div>
<div>22</div> <div>SP 11:00 United Methodist Church Service Ch.10 @ 11am SE 6:00 Evening Movie Of Choice</div>	<div>23</div> <div>PY 9:00 Jump Start and Devotional PR 12:00 The Little Store SE 1:00 Mary Freeman to play Piano CO 2:00 Big Money Bingo CR 3:15 Coloring Contest SE 6:00 Evening Movie "Romance Monday"</div>	<div>24</div> <div>SE 12:00 POPCORN TUESDAY! PY 9:00 Jump Start and Devotional PY 12:00 The Little Store SP 10:15 Piano Music with Chaplin Eddie SE 1:00 Canasta with Friends SE 2:00 Food Committee SE 3:00 Music with Mike and Michelle SE 6:00 Evening Movie "Action Tuesday"</div>	<div>25</div> <div>PY 9:00 Jump Start and Devotional CO 1:00 Monopoly Word Search CO 2:00 Big Money Bingo SE 3:15 Birthday Celebrations SE 6:00 Evening Movie "Western Wednesday"</div>	<div>26</div> <div>SP 9:00 Bible Study with David Doleshal PY 10:00 Jump Start and Devotional I 12:30 BPC (SHC) SO 1:00 Bridge Game PY 2:00 Chair Dance with Legacy SO 3:15 Thirsty Thursday SE 6:00 Evening Movie " Drama Thursday"</div>	<div>27</div> <div>PR 8:00 Veteran's Breakfast PY 9:00 Jump Start and Devotional PR 12:00 The Little Store CO 1:00 Who Am I? CO 2:00 Big Money Bingo CO 3:15 Winter Fleece Tied Pillow Craft SE 6:00 Evening Movie "Comedy Friday"</div>	<div>28</div> <div>SP 9:00 Communion with St Thomas Church - MR CO 1:00 Canasta Card Game CO 2:00 Mega Bingo CO 3:15 Ministry with David Doleshal and Team of Heritage Family Church SE 6:00 Evening Movie "Pick a DVD Day"</div>
<div>29</div> <div>SP 11:00 United Methodist Church Service Ch.10 @ 11am SE 2:00 Sunday Drive with Lamont Pending Weather SE 6:00 Evening Movie Of Choice</div>	<div>30</div> <div>PY 9:00 Jump Start and Devotional PR 12:00 The Little Store SE 1:00 Mary Freeman to play Piano CO 2:00 Big Money Bingo SE 3:15 Manicure Monday SE 6:00 Evening Movie "Romance Monday"</div>	<div>31</div> <div>SE 12:00 POPCORN TUESDAY! PY 9:00 Jump Start and Devotional PY 12:00 The Little Store SP 10:15 Piano Music with Chaplin Eddie SE 1:00 Canasta with Friends SE 2:00 Afternoon Movie Matinee CO 3:15 Group Crossword SE 6:00 Evening Movie "Action Tuesday"</div>	<div>CO - Cognitive CR - Creative I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</div> <div>IL Jump Start Exercise Class 9am Daily located in the Meadowlark Room Transportation provided Tues, Wed, Thurs. Sign up at the front desk for appointments.</div>	<div>MR - Meadowlark Room / GL- Garden Level / BPC - Blood Pressure Clinic / PR - Pioneer Room / MDR - Main Dining Room / CD - Circle Drive Transportation: Tues, Wed, and Thurs NO Appointments between 9-11am on Wed mornings.</div>	<div>First Thursday each month - Faith Home Health &amp; Hospice Second Thursday each month - Encompass Home Health &amp; Hospice Third Thursday each month - Fourth Thursday each month-Specialized Home Care</div>	

Events are Subject to Change.

Did You Know?



HAPPY BIRTHDAY

January

People born in January are rumored to be independent, ambitious, and generous. This month's birthstone is the garnet, which symbolizes love and friendship.





I have a dream.

MARTIN LUTHER KING JR. DAY

# Independent Living



JANUARY


National Mentoring Month

This month focuses on the need for mentors to ensure positive outcomes for young people.

JANUARY 27

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

Remember the 6 million lives lost in the Holocaust and honor the strength and resilience of those who survived.



# Assisted Living



JANUARY

National Bath Safety Month

Slip-resistant strips or mats on the bottom of your bathtub or shower, safety handles, and nonslip rugs placed on the floor are great ways to avoid injury.

NATIONAL fruit cake toss DAY

03 JANUARY

Today is the day to bring in the new year by tossing out the old- especially that fruit cake!

