



Arbor Place

Brendelwood Village

Deer Ridge

Greenwood Terrace

Highland Park

Oakwood

The Manor

The Woodlands

Robin Mixdorf
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LIFE AS IT SHOULD BE

Life

AT METH-WICK

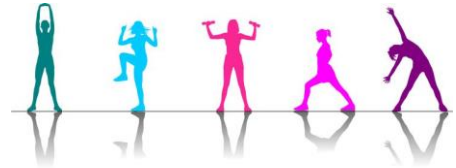
A New Year and New Fitness Opportunities!

By Kristin Van Dyke, Fitness Specialist

Each year, our fitness team works to find NEW classes and ideas to offer our residents. This year, 2023, we are introducing **Friday Fitness Fest**. On the last Friday of each month, starting in February, fitness staff will offer a variety of exercise classes such as TRX (suspension weight training bands), F45 (high-intensity intervals with functional training), dancing, and more! We will also have Fitness Challenges throughout the day for residents and employees to participate in. Challenges will occur at The Woodlands, Deer Ridge, Greenwood, The Manor and Arbor Place.

Additional information will be placed in campus mail and on staff bulletin boards each month explaining the classes and/or challenges that will be offered including any instructions if sign up is needed.

You can also contact Kristin Van Dyke at 319-297-8612 or kvandyke@methwick.org with any additional questions. We hope to see you throughout the year. Our goal is to offer new opportunities and make exercise fun!



No experience is needed, just a willingness to try something new!

Re-Scheduled: Holiday Choral and Tone Chime Concert

We are happy to be able to reschedule the Meth-Wick Chorus and Tone Chime program that had to be postponed in December. The groups will be



performing their Christmas concert for us on Wednesday, January 18 in Live. Laugh. Learn. Center. They will be performing at 10:30 a.m. and 2:00 p.m.

Please do NOT attend both concerts. We want there to be room for everyone! If you would like to ride the bus to and from the concert, a shuttle will begin 45 minutes prior to show time. If you live in Highland Park or Brendelwood Village, please call The Manor front desk to make sure our shuttle comes to your living area. Otherwise, the bus will stop at Greenwood, Deer Ridge, and Oakwood.

The next issue of *Life at Meth-Wick* will be Friday, January 27. Information should be sent in writing to Eryn Cronbaugh through campus mail or e-mail at ecronbaugh@methwick.org by noon on Friday, January 20.

Thank You

Thank you to friends, family, staff and neighbors at Meth-Wick. I am deeply touched by the outpouring of birthday wishes.

Your cards, letters, and greetings have made my 90th birthday very special.

May we all have a happy, healthy 2023!

*Ed Noble
DR 233*

With a heart full of happiness, I want to thank everyone for all the birthday greetings and messages. The Meth-Wick campus is a great place to live.

Audrey Elliott



Chauffeur Statistics

Have you ever wondered how many rides our chauffeur, Dan, logs each year? In 2022, Dan drove 8294 miles, and gave 697 round trip rides to Meth-Wick residents.

Welcome

Alice Jacobi will be moving into Manor 245. She was born in Halls, TN, but mostly grew up in Steele, MO. She moved to Iowa as an adult. Alice worked as a Quality Auditor working on government contracts at Collins for 25 years. She then took a job working as an auditor for the Defense Logistics Agency (DLA) for 10 years. She then worked as Gov. Auditor for Honeywell. Alice did some contracted auditing for other businesses before starting to work in the housing market in Cedar Rapids. She worked alongside contractors to flip several houses. She worked with a contractor to build eight homes prior to retiring. Alice is most proud of raising her two wonderful children. Alice has been fortunate to travel to all 50 states through her work opportunities and a side-gig of delivering Winnebagos throughout the US. She enjoys genealogy and socializing.

Sally's Gifts has Winter Items

If you need something for winter weather, try checking at Sally's Gifts. Now that Christmas items have been moved to storage, winter items are more visible and new things are on display. Snowman décor is available. Check out the socks, slippers, slipper socks, hats, ear warmers, gloves, and scarves to help keep you warm. There are also throws that can do the job! How about throat spray or lozenges, cough drops, lip moisturizer, hand or body lotion? Sally's can help with those items, as well as the tissues you might need if you catch a cold!



Sales- January 2nd through February 6th 2023
Hope BLOOMS
GEMS OF HOPE

DAFFODIL SALES HAVE STARTED! CLICK HERE TO ORDER!

Hope Blooms Daffodil Sales

If you'd like to purchase daffodils from the annual Gems of Hope "Hope Blooms" event, please join volunteers on Wednesday, January 18 outside of Hilltop Dining between 11:30 a.m. and 2:00 p.m. You may pre-order the daffodils which will then be delivered on March 8. We will also have a table available for ordering on Wednesday, January 25 and Wednesday, February 1 from 10:30-noon. Prices range between \$10-\$75, and proceeds benefit Gems of Hope.

Program Updates:

By Eryn Cronbaugh (319-297-8620)
Director of Wellness and Recreation
Email: ecronbaugh@methwick.org

Nutrition Connection: Start the New Year with Simple Meal Preparation

We will be starting out the new year with a Nutrition Connection program on Simple Meal Preparation. We hope you'll join us and meet Brooklyn Peterson, a dietetic intern with Sodexo. Dietitian, Alicia Vance Aguiar, will also be there to assist. Please join us at 2:30 p.m. TODAY, Friday, January 13 in Live. Laugh. Learn. Center.



Thursday Lunch Bunch Outing: New Bo Market

Our lunch bunch outing for Thursday, January 19 will be our re-scheduled outing to New Bo Market. Please sign up at The Manor front desk. The bus will depart at 11:15 a.m.

Pictionary

Come to Live. Laugh. Learn. Center at 2:30 p.m. on Friday, January 20 for a fun game of Pictionary! You do not need a team...we will create teams when you arrive! Come prepared for fun and laughter!

Transportation to the Opera

If you are signed up for transportation to the Opera on Friday, January 20, please confirm your ride with Eryn at 319-297-8620 or ecronbaugh@methwick.org. The bus will depart at 6:30 p.m.

Movie/Popcorn: *Glass Onion*

Our movie for Saturday, January 21 will be *Glass Onion: A Knives Out Mystery* starring Daniel Craig, Ed Norton, and Janelle Monae. World-famous detective Benoit Blanc heads to Greece to peel back the layers of a mystery surrounding a tech billionaire and his eclectic crew of friends. The movie is rated PG-13, and runs 2 hours 19 minutes. Come to Live. Laugh. Learn. Center at 1:30 p.m.

Book Club

Join us on Monday, January 23 for our monthly Book Club gathering at 2:00 p.m. in Live. Laugh. Learn. Center. We'll be discussing the book we received in November, *The Dutch House* by Ann Patchett. All are welcome, whether you've read the book or not. We'll receive the next book to read from the library during the meeting as well!

Cooking Class Lunch

Our second Cooking Class Lunch for January will be held on Tuesday, January 24. Please sign up at The Manor front desk. We'll meet at 11:30 a.m. in Live. Laugh. Learn. Center.

Target Outing

If you would like to go to Target on the bus to shop, please sign up at The Manor front desk. The bus will depart at 1:00 p.m. on Wednesday, January 25.

Tech Time

Do you need assistance with your smart phone or tablet? Please come to Tech Time for help on Wednesday, January 25. Make sure you have your passwords and user names, and your device is charged. We'll gather at 2:00 p.m. in Live. Laugh. Learn. Center.

Thursday Lunch Bunch Outing: Need Pizza

Our lunch bunch outing for Thursday, January 26 will be to Need Pizza. Please sign up at The Manor front desk. The bus will depart at 11:15 a.m.

Giant Jenga

Come to Live. Laugh. Learn. Center at 2:30 p.m. on Friday, January 27 for a fun game of Giant Jenga! We'll have some friendly competition while enjoying each other's company and cheering one another on!

Chamber Concert

If you are planning to ride the bus for the Chamber Concert at Opus on Saturday, January 28, please confirm your ride by calling or e-mailing Eryn. The bus will depart at 6:45 p.m.



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Kenneth G. Haas

March 05, 1943-December 24, 2022
Ken moved to Meth-Wick in February of 2013.

Robert “Bob” Morgan Stepanek

January 13, 1940-December 26, 2022
Bob moved to Meth-Wick in October of 2020.

Maxine H. Benzine

March 23, 1932-December 27, 2022
Maxine lived at Meth-Wick from November 2014-
April 2022.

Carlos J. Boysen

August 13, 1938-January 7, 2023
Carlos moved to Meth-Wick in August of 2018.

Concert Opportunity: Mozart’s Magnificent Voyage

Orchestra Iowa is presenting a program called Mozart’s Magnificent Voyage as their Family Discovery Day program on Saturday, April 1, 2023.

We did not originally include this in the transportation options for Orchestra Concerts. If we have seven people sign up for transportation by March 1, we will provide bus transportation to the 3:00 p.m. concert, departing Meth-Wick at 2:00 p.m.

The program will be a family-oriented program focused on a journey with Mozart and his son, Karl, to learn about Mozart’s music in a fun and engaging concert production.

Please call or e-mail Eryn to indicate interest in the performance. You are responsible for purchasing your own tickets by calling 319-366-8203.

