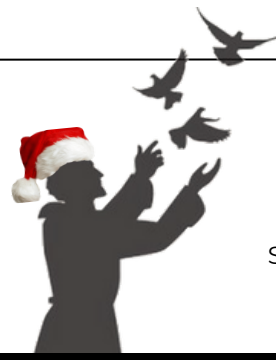


The Village News



December Edition

Main Office: 216.941.3330

Open 8am-1pm (Atrium Desk)

Service Coordinator: 216.941.4600

Fax: 216.941.7758



Community Updates

OUR NEWEST TEAM MEMBER!

We're excited to announce that we're bringing in some new technology to help keep our community sparkling clean! Meet the Cobi 18, our friendly floor-scrubbing robot. This unit is designed to efficiently clean our floors, continuing our site's historic emphasis on a safe and presentable environment for all of our residents. Starting in December, you'll begin seeing this newest member of the maintenance team hard at work, diligently scrubbing the floors throughout all of the Village's buildings. And...we'd like to invite you to a naming competition! Either call in or submit your name suggestion to the Main Office by December 18th. Our staff will pick the top three names and put it to a vote at the January tenant meetings! Please also plan to bring your questions about this new tool to the January meetings. Many of your neighbors will likely be interested in the same topics!

OUR TEAM

Alister Englehart, **Property Manager**
 Colleen Barry, **Asst Property Manager**
 Brian Rockas, **Site Superintendent**
 Heather Carey, **Occupancy Specialist**
 Etta Smith-Wells, **Service Coordinator**
 Josh Torres, **Maintenance Technician**
 Jeff Krall, **Maintenance Technician**
 Maureen Fleming, **Administrative Assistant**
 Michelle Shaffer, **Beautician (216.315.6869)**
 Jeannie Daloisio, **Village Resale (216.282.6954)**

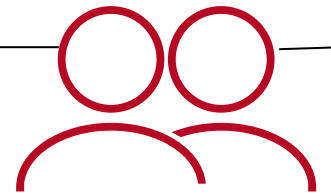


INTRODUCING
THE COBI 18!

THE MOBILE OFFICE WILL BE
 VISITING MONDAY, 12/16 2:10-2:30



LETTER TO THE EDITOR



The following question has been submitted by a tenant to our Main Office:

Q: Which monthly events can I invite my family or friends to?

We're thankful for the opportunity to clarify that some of our community events are now open to guests! We currently allow tenants to invite family and friends to join them for Coffee Hour and Hot Dog Days, though the pricing of these events for outside guests may differ from the prices we are able to offer our tenants.

Additionally, various programs hosted by our Service Coordinator during business hours are open to guests. Please contact Etta to inquire further regarding available opportunities.

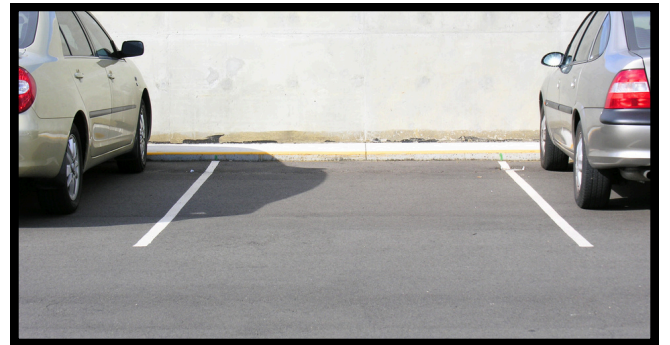
As the Annex community fills up, we will be observing which other programs and events continue to have seating available and will work with the Owners to determine if other activities can be opened up to outside guests.



THIS MONTH'S GOOD IDEA

Review the Village's House Rules!

Have you taken a moment to revisit your House Rules lately? It's a great way to stay informed and ensure a comfortable living experience for all. Our House Rules outline important guidelines for community living, including noise policies and visitor guidelines. Take a few minutes to review your copy. If you need another, please contact our office. Let's work together to stay unified on our vision for sharing this beautiful community with one another!



THIS MONTH'S BAD IDEA

Parking in someone else's spot, when yours is taken.

Please remember that parking in someone else's assigned spot, even if someone is parking in YOUR spot, is not permitted. Please park in the visitor parking spots up front and notify our office if someone is occupying your assigned space. Remember, two wrongs don't make a right!

Our Office will be closed
on Tues 12/24; Wed 12/25;
Tues 12/31; Wed 1/1.



COMMUNITY NOTES

Bake Sale

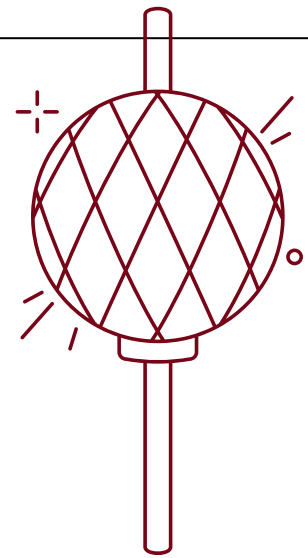


Our first bake sale in several years will be taking place on Wednesday, December 18th at 1pm in the Atrium. Whether baking, eating, or both, we'd love to have you join us! Drop off all baked goods in the Community Room from 12pm-3pm on 12/17. All proceeds go back to the community through our Activities funds.

Work Orders Reminder



We appreciate your prompt reporting of maintenance issues. However, please avoid submitting multiple work orders for the same issue, which can sometimes delay our response time. Our team strives to address all work orders within 24 hours. Your patience and understanding are greatly appreciated.

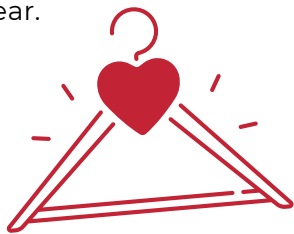


TENANT NEW YEARS PARTY FROM 11PM-1AM ON NEW YEARS EVE! COME TO THE COMMUNITY ROOM AND BRING YOUR OWN SNACKS!

HIGHLIGHT EVENTS

Mary's Mobile Boutique

Mary's Mobile Boutique is coming back to join us on December 12th. She'll be in the Atrium from 10AM to 12:30 PM. Don't miss your chance to shop for a variety of gently used treasures! Mary has been a crowd favorite over the years and visits us a couple times each year.



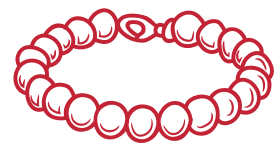
Christmas Dinner at the Village

Our very own Maureen and Etta will be hosting a Community Christmas Dinner on December 28th in the Community Room. All residents are invited to join the fun! We'll provide a turkey entree, but please plan to bring your favorite side dish and RSVP to Maureen by December 15th. Let's celebrate the season together!



Jewelry Crafting

Join us for a fun jewelry-making workshop on December 17th at 1 PM in the Arts & Crafts Room. Let your creativity shine as you design your own unique pieces. All supplies will be provided.



THIS MONTH'S MOVIE NIGHT

Happy New Year



NOTES FROM THE SERVICE COORDINATOR



Let's talk about a fun and free way to stay healthy—right here at Franciscan Village every month! LINE DANCING.

The Many Benefits of Dancing for Seniors
Dancing is a delightful way to stay active, have fun, and maintain your health at any age. For seniors, it offers a powerful combination of physical, mental, and social benefits that contribute to a healthier and more fulfilling lifestyle. Line dancing, as well as many other styles of dancing, can help you feel vibrant and connected while supporting your well-being.

Physical Benefits

Dancing is an excellent form of exercise that promotes overall fitness without feeling like a workout. Here's what it can do for your body:
Improved balance and coordination: The footwork in dance strengthens stabilizing muscles and enhances balance, reducing the risk of falls.

Cardiovascular and respiratory health: Dancing gets your heart pumping and improves lung capacity.

Muscle strength and endurance: Regular dancing tones muscles and builds stamina.

Weight management: Moving to music burns calories, making it a fun way to maintain a healthy weight.

Low-impact activity: Line dancing are easy on the joints, making them ideal for orthopedic wellness.

Mental and Cognitive Benefits

Dancing is more than just physical; it's a workout for your brain too. Studies show that dancing: Improves cognitive function and slows age-related mental decline.

Enhances memory and multitasking skills by combining rhythm, movement, and coordination. Boosts mood and reduces stress, anxiety, and depression by releasing endorphins.

Social and Emotional Perks

Dance is a social activity that brings people together. It encourages connection and community while reducing feelings of loneliness and isolation. Seniors especially benefit from the camaraderie, shared joy, and opportunities to make new friends. Plus, dancing boosts confidence and brings plenty of smiles!

Line Dancing: Fun and Fitness Combined

If you're looking for a senior-friendly activity, line dancing is an excellent choice. This low-impact, easy-to-learn dance style is ideal for all skill levels. It's set to upbeat music, doesn't require a partner, and helps improve coordination, posture, and brain memory.

Join the Fun

Now that winter has arrived and we're spending more time indoors, line dancing is a fantastic way to stay active and energized. Join us for our Line Dancing classes on the third Thursday of every month. Whether you're a beginner or a seasoned pro, there's something for everyone. Let's dance our way to health and happiness! For more information contact Etta today. We can't wait to see you on the dance floor!



DECEMBER EVENTS



Caroling with Dedicated

December 6 @ 1

Community Room

Join Dedicated Senior Living for a festive afternoon of holiday cheer and sing-along carols!



Caroling with Bethany English Church

December 8 @ 2

Community Room

Round #2 of caroling, because you can never sing enough carols this time of year!

Refreshments will be serviced in the Community Room following the program.

RSVP to ETTA by 12/6



Coffee with the Cops

December 11 @ 11:30

Community Room

Join us for our final Coffee with the Cops of the year! Enjoy a cup of coffee and a conversation with your local officers.



SPRY Holiday Bingo

December 12 @ 12

Community Room

Come join us for some daytime Bingo, with a bit of holiday flair!

RSVP to ETTA by 12/11



Memorial Service

December 13 @ 1

Community Room

Join us to honor and remember those we've lost this year. Together, we'll reflect on their lives and find comfort in community.



Food Bank

December 17 @ 12

Bowling Alley



Line Dancing!

December 17 @ 2

Community Room

Did you read Notes from the Service Coordinator? If you did, there's no way you'll miss this month's Line Dancing! Come on out and get moving with us!



Book Club

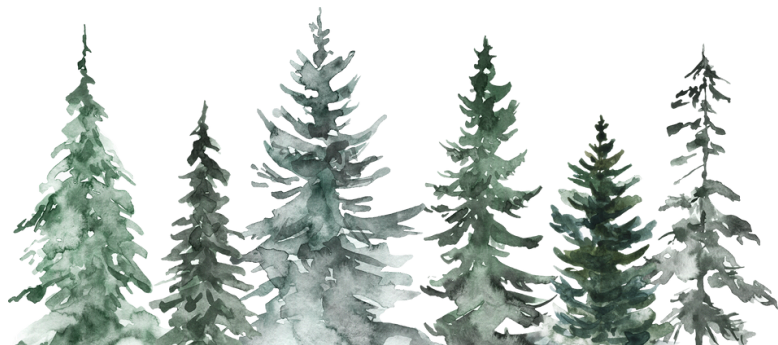
December 20 @ 2

Bowling Alley

The book for November is "Christmas List" by Richard Evans.

**THANK YOU ALL FOR A
WONDERFUL YEAR!**

**Etta Smith-Wells, Service
Coordinator**



DECEMBER 24



Mon	Tues	Wed	Thurs	Fri
2	3 	4	5 CHRISTMAS DINNER KARAOKE AFTER	6 FR. ROB 11 CAROLING 1
9	10 GAME NIGHT 6	11  SHOP VAN COFFEE W/ COPS 11:30	12 MARY'S BOUTIQUE 10 HOLIDAY BINGO 12	13 MEMORIAL SERVICE 1
16  EUCH MINISTER 11 KNIT 4 CANCER 1 USPS 2:10-2:30	17  FOOD BANK CRAFTING 1 LINE DANCE 2	18  SHOP VAN BAKE SALE 1	19 BINGO 6	20 MOVIE NIGHT 6
23	24 OFFICE CLOSED	25 OFFICE CLOSED	26	27 BOOK CLUB 2
30	31 OFFICE CLOSED NEW YEARS PARTY 11PM-1AM	32	33	29

ACTIVITY CENTER		WEEKLY PROGRAMS:		
FITNESS ROOM	24/7	SILVER SNEAKERS	FRIDAY	10
ACTIVITY ROOM	24/7	THE BAZAAR	WED & FRI	1-3
LIBRARY/COMP LAB	24/7	WII BOWLING	WEDNESDAYS	1
		TAI CHI/WEIGHTS	WEDNESDAYS	10:30