



February

Timberline Changes

We are currently working to re-structure our monthly newsletter. Please be patient as we navigate through the process and see what works and what doesn't.

One of the biggest and most important changes is the printing process. Some years ago, we outsourced the printing to a print shop in Bremen, Indiana. They did a fantastic job and the newsletter always looked very professional. Unfortunately, this came with some drawbacks. The paper was not recyclable, deadlines were rigid and the cost was pretty high. Last month we printed the newsletter here, at Timbercrest. Printing in-house allows us a great deal more flexibility in deadlines and a sizeable cost savings!

I have been working the past year to make the publication less repetitive. Unfortunately, this is going to eliminate many of the small blurbs or articles that are meant to remind of us of routine activities. So, if an article appears every month with the same information, only requiring a date change, it will most likely be moved to the "Gold Page". If your club, group or organization does have something to portray in the newsletter, please continue to submit that information to Adrienne.

For space saving purposes, we are eliminating the "Watchwords" page. I want to extend my thanks and gratitude to Stan Escott for sharing with us. Reach out to Stan to find out how you can subscribe to his website.

We encourage you to keep your calendar from this newsletter for reference throughout the month. The newsletter and calendars are also available on the Timbercrest website. Daily events are posted on the bulletin boards at Rose Garden and Courtyard.

Channel 98 on your television is also a great resource. We are aware that it can be quite timely watching the slides cycle through. The organization and decluttering of Channel 98 and the bulletin boards are next up on my list!

Income Tax Season

Dana Krull, CPA from Himes & Krull, LLC in Pierceton, will do income tax returns for Timbercrest residents again. If you would like him to prepare your tax return, pick up an envelope and instructions at the Front Desk. Return your tax information in the envelope to the Front Desk by **Thursday, March 6**. Dana will pick them up. If you would like to make an appointment with Dana, contact the Front Desk to schedule one at 982-2218.



Secret Valentine

Employees and residents are encouraged to participate in the Secret Valentine exchange! Simply fill out your registration form located near the sign-up books and return it to Carol by Monday, February 3. That allows you 2 full weeks to sneak a Valentine to whoever Carol pairs you up with! Matches will be revealed at the Valentine's Day Party.



Valentine's Day

Celebrate Valentine's Day with us on **Friday, February 14**. Join Carol for a Valentine's themed craft at **10:30 a.m. in the Resident Activity Room**. After lunch, we'll kick off our party at **1:30 p.m. in the Assembly Room!** Enjoy Valentine themed snacks, games, a photo booth and music. At 2:15 p.m. we will watch the movie "You've Got Mail" starring Meg Ryan and Tom Hanks. Wear **red** or **pink** to celebrate!

The Ole Farmer's Club

Focus on FFA



The Ole Farmer's Club is off to a great start! This month our focus will be on local FFA Chapters, what they have been up to and how the organization has changed over the years.

Northfield High School FFA members will join us in the **Nook on Monday, February 3 at 9:30 a.m.** They welcomed a new ag teacher and club sponsor last fall and great things are happening!

On **Monday, February 17** we will welcome members of Manchester High School's FFA Chapter. National FFA Week begins on that Monday and the chapter celebrates all week long. The culmination of their celebration happens on Friday (weather permitting) when members drive tractors and farm trucks to school.

TUG

Technology Users Group

The February TUG meeting will be one week earlier than usual to avoid conflicting with the All-Resident Meeting. TUG will meet on **Thursday, February 6, at 10 AM in the Conference Room.** As always, any resident who uses personal technology such as a computer, printer, cell phone, tablet, etc. is welcome to attend even if you aren't experiencing a technology problem. The meetings are intended to be educational and all of us usually learn something new. The TUG Topic will be a discussion about the upcoming change in the TV provider which will affect every Timbercrest resident. See you there!

Super Bowl Sunday

Sunday, February 9 the

National Football League will hold their 59th Super Bowl

Championship. Join us for a watch party **in the Assembly Room**

beginning with pre-game snacks at **6:30 p.m.** Some snacks will be provided. If you would like to volunteer to bring a snack, please let Adrienne know. Whether you are there for the game or just the commercials, we're going to have a great time!



Timbercrest Choir

Following a fantastic Holiday Concert, the Timbercrest Choir took a short siesta. Rehearsals will resume on **Monday, February 10 at 10:00 a.m. in the Assembly Room.** New singers are welcome. If you were not in the choir this fall, be in touch with Delora Roop by campus mail or phone/text 765-620-7605.

Crafting with Molly



Crafting with Molly will be on **Monday, February 10 in the Resident Activity Room at 2:00 p.m.** We've moved this up a week to accommodate the library being closed on President's Day. All skill levels are welcome! **Sign up in the notebooks at Rose Garden and Courtyard.**

Timbercrest Book Club:

The Timbercrest Book Club meets on the **second Monday (February 10) of every month in the Conference Room at 2:00 p.m.** February's discussion is on the book "The Bookshop of Yesterdays" by Amy Meyerson. Discussion will be led by Cora Deter.

If you are interested in joining, books can be picked up from Jennifer Gearhart's office in the Hub. We love new members!

Memoir Writing Group

The memoir group extends an invitation to all Timbercrest people to join us on the **second and fourth Tuesdays of the month at 2:00 p.m. in D Wing lounge.** Here are our topics to write about and then read aloud for upcoming meetings:

February 11: One Kind of Love

February 25: Roads Not Taken

Questions? Contact Eileen Flory, 982-0088, eflory@peak.org.

All-Resident Meeting

February is a month for an All-Resident Meeting. Join us in the **Assembly Room on Thursday, February 13 at 9:30 a.m.** You will have the chance to hear updates from the Resident Council as well as Executive Director Christy Huiras. Department managers will also be on hand to answer your questions.

Friends of Manchester



The Friends of Manchester University program on **Tuesday, February 11 at 6:30 p.m. in the Chapel** will be presented by Coach Brian Cashdollar. Brian is the head of the Cross Country and Track teams

and has been at Manchester University for 26 years.

Under Cashdollar's guidance, the university cross country programs have won a combined 18 Heartland Collegiate Athletic Conference championships. Coach Cashdollar was named the NCAA Division III Great Lakes Region Men's Cross-Country Coach of the Year in 2011 and has garnered a total of 28 HCAC Coach of the Year awards.

Jewelry Making with Faye

Back by popular demand is Jewelry Making with Faye McManamah on **Monday, February 17 at 2:00 p.m. in the Resident Activity Room**. Faye is an expert jewelry and bead maker by hobby and will be on hand to help you create your own piece of wearable art. **There is a \$5 fee** (to help cover supplies) that can be paid to Adrienne. **Please sign up in the notebooks at Rose Garden and Courtyard by Friday, February 14.**

Lunch Out with Adrienne

It's been a busy holiday season and I am ready for a lunch outing! Join me for lunch on **Tuesday, February 18 at Market Street Grill in Wabash**. Their lunch menu is available online at msgrill.com/lunch or you can stop by my office to view a printed copy. I highly recommend their BLT Soup or their award-winning Chili!

You are responsible for the cost of your meal & gratuity. **The bus will leave from the Hub at 11:00 a.m. Sign up in the Courtyard notebook.**

Pre-School Visitors

Our little friends will return for a visit on **Wednesday, February 19 at 1:00 p.m. in the Assembly Room**. Spend an hour of your afternoon enjoying the Manchester Elementary School Pre-K students. They are so much fun!

Tuesday Matinee "Cool Runnings"

Tuesday, February 18 at 2:00 p.m. in the Chapel seems like a fitting time to watch the Winter Olympic flick "Cool Runnings" starring John Candy and Leon Robinson.

Four Jamaican bobsled competitors dream of participating in the Winter Olympics despite never having seen snow. With the help of a disgraced former champion desperate to redeem himself, the four set out to become worthy of Olympic selection and glory.

Semi-Annual Resident Memorial Service

Join Chaplain Karen in remembering the loved ones we have lost during the past 6 months on **Thursday, February 20 at 2:00 p.m. in the Chapel**.

Children's Disaster Ministry

Seniors for Peace



A much-appreciated volunteer ministry, Children's Disaster Ministry work in the East Coast Flooding will be presented by Bev Eikenberry on **Thursday, February 20 at 10:00 a.m. in the Chapel**. Note that this is a change in the usual date.

Breakfast Out with Carol

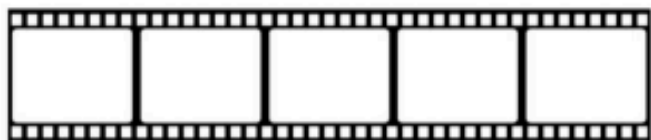
Join Carol on a breakfast outing **Friday, February 21 to Cozy Cottage Restaurant in Warsaw followed by a tour of Warsaw Cut Glass at 10:30 a.m.**

You are responsible for the cost of your meal & gratuity. **The bus will leave from the Hub at 8:00 a.m. Sign up in the notebooks at Rose Garden or Courtyard.**

HTS Wellness Session

Emily Frank of HTS Therapy Services will return for a wellness session on **Friday, February 21 at 1:30 p.m. in the Assembly Room**.

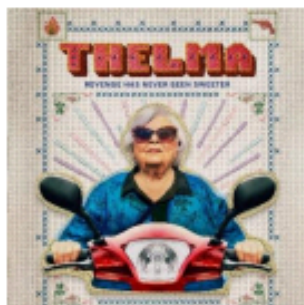
We have not yet settled on a topic for this discussion. Emily covered topics such as managing chronic pain, fall prevention and energy boosting in her 2024 sessions.



**Timbercrest Film Committee Presents
February Films**

Come to the Chapel for our films

Friday, February 7: Thelma



7:00 p.m. – Chapel

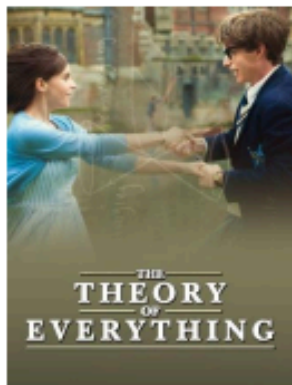
Run Time: 1hr

39min w/subtitles

Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon

embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.

Friday, February 21: The Theory of Everything



7:00 p.m. – Chapel

Run Time: 2hr

36min w/subtitles

In the 1960s, Cambridge University student and future physicist Stephen Hawking (Eddie Redmayne) falls in loves with fellow collegian Jane Wilde (Felicity Jones). At age 21, Hawking learns that

he has motor neuron disease. Despite this, and with Jane at his side, he begins an ambitious study of time, of which he has very little left, according to his doctor. He and Jane defy terrible odds and break new ground in the fields of medicine and science, achieving more than either could hope to imagine.

Stop by the table outside Adrienne's office in the Hub and guess how many kisses are in the jar! He/She who guesses the closest without going over will win the entire jar! The winner will

be announced at the Valentine's Day Party!



Aging Forward

SHEPHERD'S CENTER PROGRAMS

WEDNESDAY, FEBRUARY 5

Current Events
"Uncharted Waters: Global Protectionism and a Shrinking Labor Force", Matt Hendryx
Adventures in Learning
"Wabash County Diversity Coalition", Mackenzie Coulter-Kern

WEDNESDAY, FEBRUARY 19

Current Events
"Local Use of Illegal Drugs", State Police-Peru Post
Adventures in Learning
"Learn More Center Update"
Cynthia Johnson - Director

The meetings begin at 9:30 AM for Current Events and 10:30 AM for Adventures in Learning.
Transportation is available leaving from the Hub at 9:15.
Sign up in the Notebooks at Rose Garden and Courtyard.

Game Night with Mike and Lucy

Join Lucy and Mike McKinley for an evening of cards, billiards, shuffleboard, dominoes, board games and refreshments **Wednesday, February 26 at 6:00 p.m.** in the Recreation Room.

Fort Wayne Museum of Art

Join Carol on **Tuesday, February 25** for a guided tour of Fort Wayne Museum of Art. Slow down and discover how much there is to see when we take the time to look closely at selected works. Guided by a museum docent, participants are encouraged to think through and discuss works together. **Sign up in the notebooks at Rose Garden and Courtyard by Tuesday, February 18!**

Candy-Grams

For just \$1 you can send a Candy-Gram to a neighbor, friend, or staff member. Beginning on February 3 through February 10, Candy-Grams can be purchased from the Reception desk or the Reception Desk in Health Care. You can remain anonymous if you choose! Candy-Grams will be delivered on Friday, February 14.

Manchester College Alumni

The Manchester University Alumni office is planning a reception for all alum that reside at Timbercrest on Thursday, February 13. Watch for more information to come from the alumni office!



Oasis

Come for inspiration and reflection every **Wednesday at 4:00 p.m.** in-person in the Chapel.

- February 5 Holy Lands Trip – Carol Gebert
- February 12 Daniel’s Place – Alleigh Daniels
- February 19 Manchester High School Vocal Ensembles
- February 26 Labyrinth – What, Why, How

Come to Oasis in person. It is also broadcast live on the Timbercrest Senior Living YouTube Channel and can also be viewed at a later time on the YouTube channel.

Group Exercise Opportunities

- Chair Aerobics – **Monday through Friday at 9:30 a.m. in the Recreation Room**
- Chair Yoga – **Monday at 10:00 a.m.**
- Strength Training – **Tuesdays and Thursdays at 10:00 a.m. in the Recreation Room**
- Walk & Roll – **Wednesday at 10:00 a.m.; Rose Garden Lounge**
- Chair Tai Chi – **Friday at 10:00 a.m. in the Recreation Room**

Carol will host training sessions in the Fitness Center **Tuesdays and Thursdays, 10:30-11:00**. If the equipment seems intimidating, you find equipment difficult to adjust alone, or you just want company, join Carol for a simple workout in the Fitness Center.

February Chapel Schedule

Come to Chapel to hear thoughts from scripture, prayer and other inspiration. Devotions are **Tuesday, Thursday and Friday at 9:00 a.m.** **Worship Service at Manchester Church of the Brethren is live streamed in the Chapel at 9:30 a.m. every Sunday morning.**

February Speakers:

- Feb 4 – David Lawrenz – Zion Lutheran Church
- Feb 6 – Roger Eberly – Eel River Community CoB
- Feb 7 – Corky Cordes - CoB
- Feb 11– Mark Steury - CoB
- Feb 13 – Curt Rowland – Manchester CoB
- Feb 14 – Suzanna Hicks – First Brethren
- Feb 18 – Luke Hunt – United Methodist
- Feb 20 – Jim Chinworth – Manchester CoB
- Feb 21 – Brad Hardesty – CoB - retired
- Feb 25 –
- Feb 27 – Kim Ebersole – Manchester CoB
- Feb 28 – Laurie Keiffaber Cornett – Wabash CoB

Thanks to the Chapel Planning Committee for scheduling these dedicated speakers!

Midweek Breaks

A tasty treat is served each **Wednesday from 2:30-3:30 p.m.** in The Nook. This month features:

- February 5 Treats from *Beth Sollenberger*
- February 12 Valentine Treats
- February 19 Ice Cream Sundaes
- February 26 Popcorn Parlor

Contemporary Book Club

The Contemporary Book Club meets every **Friday afternoon at 3:00 p.m. in the Conference Room**. They are discussing the book “Life After Doom” by Brian McLaren. The book addresses the dominant realities of our times: ecological, economic, and civilization collapse. Wisdom and courage for a world falling apart. Questions contact David Doudt at 260-578-4748.

If you have something you would like featured in the Timberline or a group you would like highlighted, please email Adrienne @ akamphues@timbercrest.org

