



EVERGREEN FOUNTAINS  
SENIOR LIVING COMMUNITY

# The Fountain Pen

JANUARY 2024



## Employee of the Month

Adonis  
Winkler-Coty



## Evergreen Fountains Talent Show

Wed. January 24  
1:00 pm  
Dining Room  
\*Sign up in the  
lobby



FROM PROKEY'S DESK,

Happy New Year 2024

Maintaining a healthy and balanced lifestyle is crucial for our overall happiness and well-being. At Evergreen Fountains, we understand this and strive to provide our residents with a range of amenities and activities to support their physical, mental, and emotional health.

Our fitness center is equipped with cardio machines, weight machines, and free weights, and is staffed by certified personal trainers who can help residents develop personalized fitness plans. In addition to the fitness center, we also offer group fitness classes such as Water Aerobics, Chair Yoga, Functional Fitness, and Zumba. These classes provide a fun and social way for residents to stay active.

Wellness isn't just about physical activity; it's also about taking care of our mental and emotional health. That's why we offer a range of programs and activities including Bible Study and Church Service.

At Evergreen Fountains, we are dedicated to supporting the overall wellness of our residents. We believe that by taking care of ourselves, we can lead happier, healthier lives.

Let's have a great 2024 together!  
God Bless and Stay Healthy

GOD BLESS,  
Prokey Arger, Owner/Executive Director







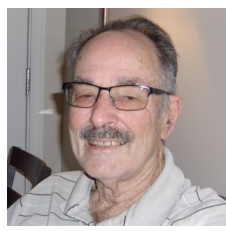
# ACTIVITIES



## Meet Our New Residents



Anita G.



Mike H.

**Kathy Cunningham**  
Travelogue  
S. Death Valley National Park

Tuesday, January 16  
1:00 pm  
Theater-4th floor

## Community Meeting

Wednesday, January 10th  
1:00 pm  
Athena's Cabaret

Come meet the Managers, ask questions  
and share information.

## National Popcorn Day

Friday, January 19th  
11:00 am  
Lobby



## Lunch Bunch\* To Olive Garden

Monday, January 15  
11:00 am at

## Breakfast Bunch\* to Jenny's

Friday, January 5  
9:00 am at

## Alan's Dad Joke of the Month

What do you call a cow with 2 legs?

Lean Beef



## Birthdays:

1-2 Mary McCarthy  
1-4 Norma Reidt  
1-9 Sharon Pethers  
1-7 Ted Schultz  
1-14 Tonia Thompson  
1-14 Lucille Lynn  
1-16 Judy Emig  
1-18 Donnie Rugel  
1-19 Nancy Deming  
1-20 Joe Harwood  
1-23 Carole Williams  
1-26 Bobbie Elmore  
1-28 Bev Wagner  
1-29 Steve Emig  
1-29 Bob Reidt



## New Year's Eve Party

