



Foreword

Welcome to the January edition of our newsletter, dear residents! As we step into 2026, we are excited to share adventures and opportunities with you. Let's embrace the new year together with warmth and enthusiasm!

January Highlights - *Independent Living*

EVERY Saturday - Shopping Shuttle
Jan 7 - Presentation: Your Voice, Your Choice
Jan 12 - Audubon Presentation: Winter Birds
Jan 14 - LaRoche Basketball Game
Jan 16 - Workshop: Your voice, Your Choice
Jan 18 - Tiffany Concert
Jan 26 - LaRoche Basketball Game
Jan 28 - One on One Billing Questions with Ben
Jan 30 - Holistic Medicine Education

Villa

Jan 5 - Resident Association Meeting
Jan 14 - Afternoon Movie: Eleanor the Great

Jan 21 - Resident Birthday Luncheon

Jan 23 - Lunch Outing – Wexford Public
Jan 28 - NEW Happy Hour & Entertainment

Terrace Place

Jan 6 - Resident Association Meeting
Jan 9 - Happy Hour

Jan 21 - Tap Class Intro with Lexi

Jan 22 - Special Meal

Jan 26 - Book Club

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REFLECTING BACK ON DECEMBER



FOR MORE IMAGES FROM THIS PAST MONTH, VISIT "VINCENTIAN VILLA" OR "TERRACE PLACE" ON FACEBOOK

REFLECTING BACK ON DECEMBER



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IMPORTANT INFORMATION

For your convenience, a single number has been created to reach your provided services. The number is **412.536.8700**. Please follow the prompts below.

Press “1” for Emergency Maintenance

Press “2” for Transportation

Press “3” for Housekeeping

Press “4” for Terrace Place Office

Press “5” for Villa Office

Press “6” for Melia

Press “7” for Kenna

Press “8” for Unconventional Kitchen

In the case of a medical emergency, push the button on your pendant or call 9-1-1.

Bill Pay

To pay bills online, go to Vincentian.us and choose Make a Payment in the top right hand corner. Select your location. Log in using the online ID found on your billing statement. You may also reach out to Ben Flory if you have any questions. His contact information can also be found on your bill.

Transportation

Please note that while Sandie schedules initial transportation, you must call your driver when you are ready to return.

Meal Ordering

Meals can be ordered online at order.toasttab.com/online/unconventional-kitchen or by downloading the app Local By Toast on your phone or tablet.

Unconventional Kitchen

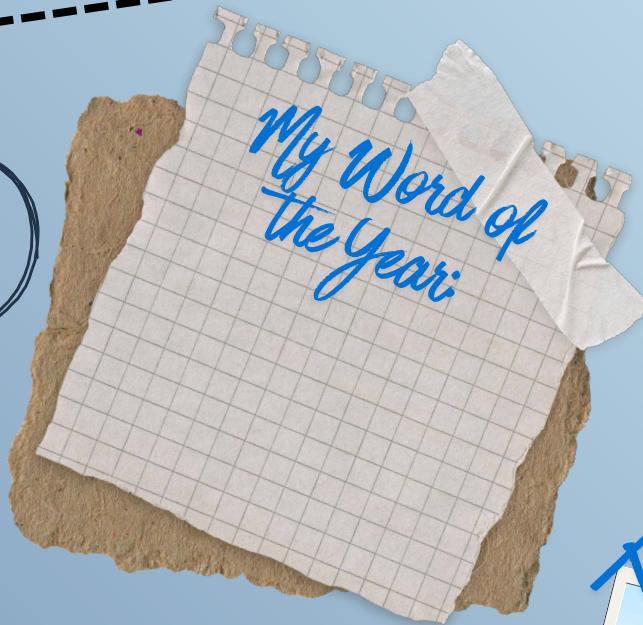
If you have an issue with a meal, you can contact the kitchen until 1:00pm at **412-348-0188**. Any messages after that will be returned the next day.

BRAIN GAME

Create Your Own 2026 Vision Board

You can write in words, scrapbook things from magazines, or draw!

My Goals



What I am Looking
Forward to Most:



The Places I Will Go



UNCONVENTIONAL KITCHEN SPOTLIGHT

Independent Living January Luncheon

MENU



- *Pork & Sauerkraut*
- *Mashed Potatoes*
- *Green Bean Almondine*
- *New Year's Pretzel*

Please RSVP by ****Wednesday, January 14, at Noon**** if you wish to attend, as we need to provide a final headcount to the UnConventional Kitchen. Kindly note, there will be no takeout options available, and late sign-ups will not be accepted. To double check that you are signed up, you may call Kenna before the deadline. Additionally, as a courtesy to your neighbors, we hope you will attend if you are signed up! Thank you.

Unconventional Kitchen Specials



Christmas Cookie Tray

2 dozen or 4 dozen Christmas Cookie Tray Assortment. Includes Ginger Sug...



Christmas Sugar Cookie Deco...

6 Sugar Cookies to Decorate

\$18.00



Peppermint White Chocolate ...

6 Delicious Peppermint White Chocolate Cupcakes

\$18.00



Cinnamon Rolls

8 Delicious Cinnamon Rolls

\$20.00

WELLNESS CENTER

Top 10 New Year's Resolutions

Every year, millions of individuals establish New Year's resolutions in hopes of initiating positive changes in their lives. Many of these resolutions reflect recurring themes, so it is likely that some of the following top ten resolutions will resonate with you:

- 1. Exercise More:** Regular physical activity is linked to numerous health benefits, making it a popular goal. It can improve mood, increase energy levels, and even boost self-esteem.
- 2. Lose Weight:** With nearly two-thirds of adults in the United States classified as overweight, this resolution remains a common aspiration. Achieving a healthier weight can reduce the risk of chronic diseases and enhance overall well-being.
- 3. Save More Money:** Many Americans commit to improving their financial management each year. Building a savings habit can create a safety net and provide peace of mind for unexpected expenses.
- 4. Improve Diet:** Aiming to reduce processed foods and added sugars is a commendable objective. Incorporating more fruits and vegetables can lead to better health and increased vitality.
- 5. Pursue a Career Ambition:** Given that the average American spends approximately 2,087 hours at work annually, job satisfaction is crucial. Setting career goals can lead to personal growth and professional fulfillment.
- 6. Spend More Time with Family:** Surveys consistently indicate that quality time with loved ones is a top priority for many. Strengthening family bonds can create lasting memories and deepen relationships.
- 7. Take Up a Hobby:** Engaging in new activities can be enjoyable and is often an achievable resolution. Hobbies can also provide a creative outlet and a way to unwind from daily stress.
- 8. Travel or Read More:** Both pursuits enhance knowledge and life experiences, contributing to overall happiness. Exploring new places or diving into books can broaden perspectives and inspire new ideas.
- 9. Spend Less Time on Social Media:** For many, reducing time spent on these platforms is a positive step toward mental well-being. It can lead to increased productivity and more meaningful real-life interactions.
- 10. Give Up a Bad Habit:** Individuals frequently set goals to eliminate detrimental habits, such as smoking, nail-biting, or overspending. Breaking these habits can lead to improved health and financial stability.

By focusing on these resolutions, individuals can strive towards meaningful growth and improvement in the coming year.