



NEWSLETTER

— January 2025 —

Adult Medical Daycare

Senior Center Plus

Dementia Care



At Life Enrichment, your loved one will benefit from meaningful programs, quality health care, and opportunities for socialization.



240-422-7166



director@worldshineamdc.com



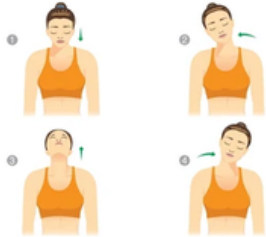
110 Thomas Johnson Dr Suite 150,
Frederick, MD 21702



Please visit our website for a digital version of the newsletter



01/06 Monday Shoulder Rolls



01/15 Wednesday Make Jewelry



01/18 Saturday Music Performance by TACY Foundation



01/22 Wednesday Snowflakes Crafts



01/23 Thursday Hair Cut Service



01/29 Wednesday Lunar New Year games



Every Saturday



01/24 Friday Singing Group



Shopping Days

01/07 - Walmart
01/14 - Ollie's
01/21 - Dollar Tree
01/28 - Burlington

Recurring Activities

Every Tuesday: Shopping

Every Thursday: Tai Chi Class & Bingo




• Check with the calendar **ALL ACTIVITIES ARE SUBJECT TO CHANGE**


















January 2025 Menu

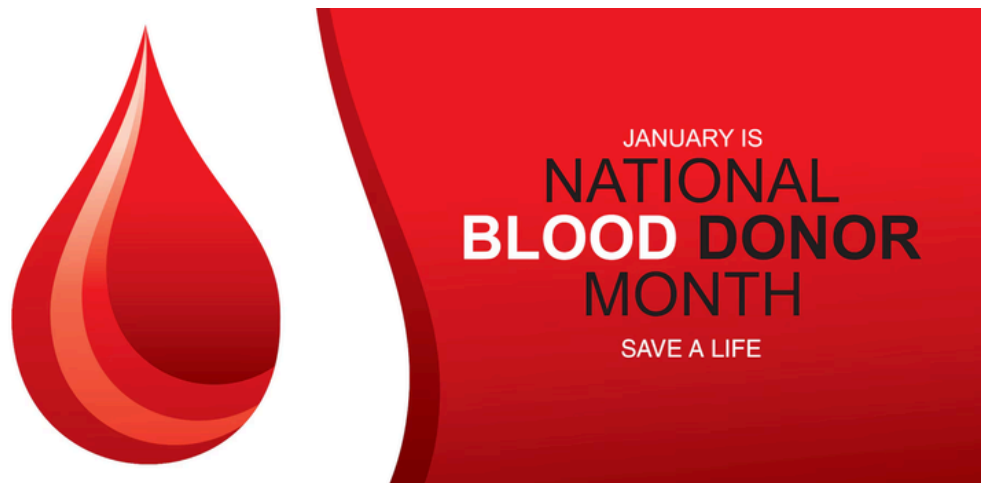
Milk, Tea, and Water offered with all meals



SUN	MON	TUE	WED	THU	FRI	SAT
			1 New Year's Day Center Closed 	2 Breakfast: Omelet, wheat toast, fruit Lunch: Beef burgundy, wheat noodles, Tuscan blend & broccoli	3 Breakfast: Turkey sausage, grits, fruit Lunch: Grilled jerk chicken w/ brown rice, zucchini & tomatoes salad	4 Breakfast: Hard-boiled egg, oatmeal, fruit Lunch: Baked tilapia, breadstick, California blend & coleslaw
5	6 Breakfast: Scrambled eggs with cheese, Cheerios, fruit Lunch: Chicken nuggets, bread stick, French fries & peas	7 Breakfast: Chip beef, wheat toast, fruit Lunch: Lasagna with beef cheese w/ pasta, Caesar salad, Italian green beans	8 Breakfast: Egg & cheese sandwich, Rice Krispies, fruit Lunch: Open face turkey sandwich, carrots & green beans	9 Breakfast: Hard-boiled egg, oatmeal, fruit Lunch: Sloppy joe on a bun (Ground beef), roasted corn & yellow squash	10 Breakfast: Pork sausage, waffles, fruit Lunch: Chicken alfredo w/ dinner roll, sweet potato & peas	11 Breakfast: Egg & cheese burrito, cream of wheat, fruit Lunch: Shrimp scampi w/ Spaghetti, vegetables blend & carrots
12	13 Breakfast: Hard-boiled egg, corn flakes, fruit Lunch: Grilled cheese wheat bread, Tomato soup & mixed vegetables	14 Breakfast: Turkey sausage, pancake, fruit Lunch: Beef stew w/ egg noodles, Glazed carrots & onion	15 Breakfast: Scrambled eggs, French toast, fruit Lunch: Grilled salmon w/ wild rice, green beans & baked potatoes	16 Breakfast: Turkey, egg & cheese, oatmeal, fruit Lunch: Open face roast beef sandwich, cauliflower & mash potatoes	17 Breakfast: Egg & cheese sandwich, grits, fruit Lunch: Cilantro lime chicken w/ brown rice, spinach & carrots	18 Breakfast: Pork sausage, cheerios, fruit Lunch: Vegetables cheese pizza, cream of spinach & baked apples
19	20 Breakfast: Turkey sausage, cheerios, fruit Lunch: Grilled ham sandwich, butternut squash & Italian green beans	21 Breakfast: Scrambled eggs, granola, fruit Lunch: Hot dog on a bun, French fries & corn	22 Breakfast: Veggie omelet, wheat toast, fruit Lunch: Butter chicken w/ brown rice, carrots & mixed vegetables	23 Breakfast: Hard-boiled egg, rice Krispies, fruit Lunch: Egg salad on wheat bread, peas & mixed vegetables	24 Breakfast: Pork sausage, oatmeal, fruit Lunch: Baked tilapia w/ wheat pasta, yellow squash & green beans	25 Breakfast: Egg & cheese sandwich, grits & fruit Lunch: Orange pork loin w/ brown rice, roasted vegetables & cabbage
26	27 Breakfast: Egg & cheese burrito, cream of wheat, fruit Lunch: Chicken stir fry w/ fried rice, roasted vegetables, peppers & onion	28 Breakfast: Turkey sausage gravy, wheat toast, fruit Lunch: Baked cod w/ garlic bread, mixed vegetables & sweet potatoes	29 Breakfast: Scrambled eggs with cheese, corn flakes, fruit Lunch: Chicken pot pie w/ breadsticks, baked potatoes & zucchini	30 Breakfast: Turkey sausage, pancakes, fruit Lunch: Grilled BBQ chicken, corn bread, baked beans & broccoli slaw	31 Breakfast: Scrambled eggs w/ vegetables, waffles, fruit Lunch: Beef & broccoli w/ Lo Mein (noodles), Asian vegetables blend & grilled pineapples	

Menu items are subject to change according to availability.

<div>  <div>  <h1>JANUARY 2025</h1> </div> <div> <p>ALL ACTIVITIES ARE SUBJECT TO CHANGE</p> </div> </div>							
MON	TUE	WED	THU	FRI	SAT		
 <div>  6 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 Word Game 11:30 Shoulder Rolls</p>	 <div> 7 </div> <p>8:30 Morning Exercise 9:45 Shopping-Walmart 9:45 Strength Exercise 10:45 Winter Coloring</p>	<div> 2025 HAPPY NEW YEAR! Center Closed </div> <div> 1 </div>	<div>  2 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi</p>	<div>  3 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 Language Time</p>	<div> SUPER! 4 </div> <p>8:30 Morning Exercise 9:45 Super Bingo 10:45 Tea Time</p> 		
<div>  13 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 3D Puzzles 11:30 Fingers Stretch</p>	<div> 14 </div> <p>8:30 Morning Exercise 9:45 Shopping-Ollie's 9:45 Resistance Band 10:45 Read a Book Together</p>	<div> 8 </div> <p>8:30 Morning Exercise 9:45 Balls Dance 10:45 Clay Crafts</p>	<div>  9 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi</p>	<div>  10 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 English & Chinese Class</p>	<div> SUPER! 11 </div> <p>8:30 Morning Exercise 9:45 Bible Group 11:00 Super Bingo</p> 		
<div>  20 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 Poker Game 11:30 Clapping Motions</p>	<div> 21 </div> <p>8:30 Morning Exercise 9:45 Shopping-Dollar Tree 9:45 Fun & Motivational Movement 10:45 Table Games</p>	<div> 15 </div> <p>8:30 Morning Exercise 9:45 Sol Yoga 10:45 Make Jewelry</p>	<div>  16 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi</p>	<div>  17 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 New Language</p>	<div> SUPER! 18 </div> <p>8:30 Morning Exercise 9:45 Music Performance By Tacy Foundation 11:00 Super Bingo</p> 		
<div>  27 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 Sketch 11:30 Stretch Neck</p>	<div> 28 </div> <p>8:30 Morning Exercise 9:45 Shopping-Burlington 9:45 Chair Yoga 10:45 Origami</p>	<div> 22 </div> <p>8:30 Morning Exercise 9:45 Chair Pilates 10:45 Snowflakes Crafts</p>	<div> Hair Cut Day 23 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi</p>	<div>  24 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 Singing Group</p>	<div> SUPER! 25 </div> <p>8:30 Morning Exercise 9:45 Bible Group 11:00 Super Bingo</p> 		
		<div> 29 </div> <p>8:30 Morning Exercise 9:45 Lunar new year games 10:45 Free Time</p>	<div>  30 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi</p>	<div>  31 </div> <p>8:30 Morning Exercise 9:45 Bingo 10:45 Language Club</p>			



January is National Blood Donor Month (NBDM) in the United States, which is a time to honor blood donors and encourage others to donate and blood donations are especially important during the winter months when supplies are low.

Why it's important

Blood donations are essential for surgeries, treatments, and emergencies. They can mean the difference between life and death for people in need, such as those battling leukemia, complications during childbirth, or victims of car accidents.

Age: Donors should be between 18 and 65 years old

Weight: Donors should weigh at least 50 kg

Health: Donors should be in good health at the time of donation

Pregnancy and breastfeeding: It's not recommended to donate blood while breastfeeding, and there should be a deferral period of at least nine months after childbirth.

How to get involved

You can make an appointment to donate blood, or learn how to host a blood drive. You can advertise the drive through: Newsletters, Bulletin boards, Hallways and elevators, Your organization's intranet, Social media pages, Email





January Birthdays

May this birthday bring you lots of amazing moments
and wonderful memories!



Hung
Roberta
Jin



Massy
Janet
Ju



240-422-7166



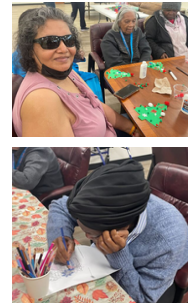
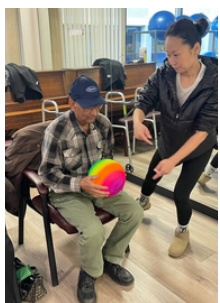
director@worldshineamdc.com



110 Thomas Johnson Dr Suite 150,
Frederick, MD 21702



Fun moments!





Special Day!



If you have any questions or require additional information, please don't hesitate to contact our friendly staff

Front Desk: 301-378-2950

- General inquiries
- Attendance updates

Social Work: 240-422-7166

- Refer a friend/family
- Application inquiries
- Medicaid assistance

Nursing: 240-928-0041

- Dementia care
- Illness management
- Medication management
- Preventative care

Transportation: 301-338-1461

- Pick-up and drop-off
- Transport to medical appointments, grocery shopping, etc.

Stay Connected

Follow us on social media to stay updated on the latest happenings, view event photos, and engage with our vibrant community.