

The Fifth Avenews

Monthly Newsletter

January 2025

WEEKLY EVENTS

Step into Winter w/ Denise

Monday-Wednesday-Friday
at 9:45 am

BINGO

Mondays & Wednesdays
at 1:00 pm

Backgammon

Mondays at 1:00 pm

Mexican Train

Mondays & Saturdays
at 1:00 pm

Wii Bowling

Monday at 3:00 pm

Farkle

Saturdays and Sundays
at 1:00 pm

Happy Hour

Wednesdays and Saturdays
at 2:30 pm

Bridge

Thursdays at 1:00 pm

Let's Play Pool

Tuesdays and Friday
at 1:00 pm & 3:00 pm

Cribbage

Fridays at 1:00 pm

Movie Matinee

Sunday at 1:00 pm

Looking Back on 2024



Resident Update

Donna -Administrator:

Welcome to 2025! A fresh year is here, bringing new opportunities to connect, grow, and thrive in our vibrant community. January is the perfect time to reflect on the past and embrace all the possibilities ahead.

We encourage everyone to reach out to a neighbor, join a new activity, or simply stop by the common areas for a chat. Our community is built on the wonderful connections we share.

With cooler temperatures, remember to dress warmly when venturing out. If you need assistance with transportation or errands, our team is here to help.

Here's to making 2025 a year full of joy, health, and memorable moments together. Cheers!

Tearra – Administrative Assistant:

Flu and cold season is in high swing, make sure you are washing your hands frequently with soap and water. Please stay in your apartments if you are not feeling well.

Anthony - Dietary Manager:

Hope everyone's holidays were good and have a Happy New Year!

Stan - Maintenance:

Looking forward to 2025, hope you had a nice holiday!

Denise - Activities Director:

It sounds like an exciting year ahead! Resolutions are a great way to refresh and refocus, and 2025 seems like the perfect opportunity to make it a year to remember. With the Activities Meeting results on the horizon, the year is shaping up to be filled with fun and engaging adventures.

The thought of spring and all the outdoor activities—walks, picnics, and scenic drives—already brings a sense of anticipation. Until the weather warms up, it's wonderful to have music and indoor fun to keep spirits high. Let's make the most of every season!

"Stay in the Know: A Monthly Guide to your in house Activities"

Step into Winter, Monday, Wednesday and Friday mornings. Join us as we take an invigorating inside walk in the halls of The Fifth Avenue, begins promptly at 9:45 am meet in the lobby.

DVD Easy Chair Exercise; DVD Easy Chair Exercise, this will take you through a nice routine with a cool down at the end. Begins at 9:45 am daily in the Billiards Room.

Join us on **Monday, January 6th**; during the 4, 5, & 6 o'clock dinner hours, for a birthday celebration! We'll gather to sing and celebrate all the community birthdays for the month.

Monday January 13th; Mark your calendars for our Annual Activities Meeting on Monday, January 13th, at 11:00 AM in the Activities Room. Join us to brainstorm exciting destinations for 2025 and share your ideas for an unforgettable year ahead!

Wednesday, January 8th; Join us for our Resident Social on Wednesday, January 8th at 10:00 AM in the Activities Room to meet and welcome our new residents—refreshments will be served!

Wednesday, January 22nd; NOLS (North Olympic Library System) will be in to drop off and pick up your book orders. If you are interested in this service please contact Denise in the Activities Office for more details.

Thursday, January 2nd Dine In/Take Out; With this activity you select your lunch from the menu which is provided in the sign up book. Please pay Denise in the Activities Office before I order the meal. Then I will go get the lunch and deliver it to you in the (MPR) Dining in with friends is a real treat with out having to go out. * 101 Diner

Musical Guests in January

Friday 3rd; Claudia Nash in the Gallery at 2:00 pm

Friday 17th; Buck Ellard in the Gallery at 2:00 pm

Friday January 10th; Join us on January 10th at 2:00 PM in the Activities Room for a delightful storytelling event featuring local **Clallam County Storytellers**. Sit back, relax, and immerse yourself in their engaging tales. Bring a friend to share the experience—you won't want to miss this wonderful afternoon of stories and community!

Beat the Winter Chill with an indoor Winter Picnic!

Join us on **Friday, January 24th, from 11 AM to 1 PM in the Activities Room** for a delightful picnic-style meal and plenty of laughs to keep the winter blues away. This cozy and cheerful gathering is the perfect way to warm up and have fun with friends. Space is limited, so mark your calendar and don't miss out!

Space is limited, you must sign up for this event.

Sunday Movie Matinee! Come and enjoy an afternoon at the movies! We have selected current movies for your enjoyment. Movies start at 1:00 p.m. in the Billiards Room. Check calendar for movie schedule. We welcome requests.

Look who's having fun at the Fifth!



Santa Came!



Marion & Frosty



Norm & Frosty

Marion & Pat, Christmas elves bagging cookies for our event.



Betty, helping bag Cookies for our



Morning walking club: Loretta K., Margo W., Pat C., Mickey E., and Rosie B.



Sequim High School Choir

Jump on Board for Your Next Adventure... The Excitement is going Some Place NEW!

Monday January 6th; Enjoy shopping local at our own Sunny Farms; Bus loads at 10:00 am Bus leaves at 10:15 am retuning by 11:15 am

*Wednesday, January 29th Breakfast Club; this month the breakfast club will be heading out to *Oak Table for breakfast and great conversation.
Bus loads at 8:00 am Bus leaves at 8:15 returning by 10:45 am*

Thursday, January 9th & 23rd; Enjoy appetizers and drinks let loose and have fun, we will do the driving to get you safely home.

*9th; Bus loads at 4:15 pm Bus leaves at 4:30 pm * Baja Cantina (Mexican)*

*23rd; Bus loads at 4:15 pm Bus leaves at 4:30 pm * Songohan (Asian)*

Friday, January 31st; Enjoy shopping local at our own Sunny Farms; Bus loads at 10:00 am Bus leaves at 10:15 am retuning by 11:15 am



Our Majestic Olympic Mountains

Fifth Avenue's January Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Room Key AO Activities Office CR Card Room AR Activities Room MPR Multi-Purpose Room BR Billiard Room G Gallery L Lobby VO Van Outing SPA Room</p>	<p>8-Jerry M. 15-Pat F. 16-George M. 17-Hans R. 17-Gail T.</p>	<p>18-Audrey V. 23- Jeanne W. 23-Scott M. 26-Donna M.</p>	<p>1 9:45 Step into Winter w/an independent walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 Backgammon (CR) 1:00 Knitting Group (L) 2:30 Happy Hour (BR)</p>	<p>2 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 10:00 Take down Christmas (L) 11:30 Dine in/Take out (MPR) *101 Diner 1:00 Rummikub (CR) 1:00 Bridge (MPR)</p>	<p>3 9:45 Step into Winter w/Denise (L) 9:45 DVD Easy Chair Exercise (BR) 10:00 Take Down Christmas (G) 1:00 Let's Play Pool Team #2 (BR) 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 2:00 Musical Guest: Claudia Nash (G) 3:00 Let's Play Pool Team #1 (BR)</p>	<p>4 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)</p>
<p>5 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Fifth Avenue Gallery Presents: Residents Art Show</p>	<p>6 9:45 Step into Winter with an independent walk (L) 9:45 DVD Easy Chair Exercise (BR) 10:00 Take Down Christmas (G) 10:15 Sunny Farms (VO) 1:00 Bridge (MPR) 1:00 Mexican Train (CR) 1:00 BINGO w/Denise (AR) 3:15 Wii Bowling (BR) Birthday Celebration</p>	<p>7 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 3:00 Let's Play Pool Team #1 (BR)</p>	<p>8 9:45 Step into Winter w/Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 10:00 Resident Social (AR) 1:00 BINGO w/Denise (AR) 1:00 Backgammon (CR) 1:00 Knitting Group (L) 2:30 Happy Hour (BR) Happy Birthday Jerry M.</p>	<p>9 9-4 Car transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Bridge (MPR) 4:30 Appetizers & Drinks (VO) *Baja Cantina</p>	<p>10 9:45 Step into Winter w/Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 Let's Play Pool Team #2 (BR) 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 2:00 Clallam County Storytellers (AR) 3:00 Let's Play Pool Team #1 (BR)</p>	<p>11 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)</p>

<p>12 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) *Marnie</p>	<p>13 9:45 Step into Winter w/Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 Mexican Train (CR) 1:00 BINGO w/Denise (AR) 1:00 Bridge (MPR) 3:15 Wii Bowling (BR)</p>	<p>14 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 3:00 Let's Play Pool Team #1 (BR)</p>	<p>15 9:45 Step into Winter w/Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 BINGO w/Denise (AR) 1:00 Backgammon (CR) 1:00 Knitting Group (L) 2:30 Happy Hour (BR) Happy Birthday Pat F.</p>	<p>16 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Bridge (MPR) 1:00 Sip N Paint Event (AR) w/Gloria Hancock Happy Birthday George M.</p>	<p>17 9:45 Step into Winter w/Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 Let's Play Pool Team #2 (BR) 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 2:00 Musical Guest: Buck Eillard (G) 3:00 Let's Play Pool Team #1 (BR) Happy Birthday Hans R. Gail T.</p>	<p>18 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR) Happy Birthday Audrey V.</p>
<p>19 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) *I am Woman</p>	<p>20 9:45 Step into Winter w/Denise (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 Mexican Train (CR) 1:00 BINGO w/Denise (AR) 1:00 Bridge (MPR) 3:15 Wii Bowling (BR)</p>	<p>21 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 3:00 Let's Play Pool Team #1 (BR)</p>	<p>22 9:45 Step into Winter w/ Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 11:30 NOLS pick up / drop off 1:00 BINGO w/Denise (AR) 1:00 Backgammon (CR) 1:00 Knitting Group (L) 2:30 Happy Hour (BR)</p>	<p>23 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Bridge (MPR) 4:30 Appetizers & Drinks (VO) * Songohan Happy Birthday Jeanne W. Scott M.</p>	<p>24 9:45 Step into Winter with Denise walk (L) 9:45 DVD Easy Chair Exercise (BR) 11:00 Indoor Winter Picnic (AR) 1:00 Let's Play Pool Team #2 (BR) 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 3:00 Let's Play Pool Team #1 (BR)</p>	<p>25 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Mexican Train (MPR) 2:30 Happy Hour (BR)</p>
<p>26 9:45 DVD Easy Chair Exercise (BR) 1:00 Farkle (CR) 1:00 Movie Matinee (BR) *On The Basis of Sex Documentary about Ruth Bader Ginsburg Happy Birthday Donna M.</p>	<p>27 9:45 Step into Winter w/Denise (L) 9:45 DVD Easy Chair Exercise (BR) 1:00 BINGO w/Denise (AR) 1:00 Mexican Train (CR) 1:00 Bridge (MPR) 3:15 Wii Bowling (BR)</p>	<p>28 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Let's Play Pool Team #2 (BR) 3:00 Let's Play Pool Team #1 (BR)</p>	<p>29 8:30 Breakfast Club (VO) *Oak Table 9:45 DVD Easy Chair Exercise (BR) 9:45 Step into Winter w/Denise (L) 1:00 Backgammon (CR) 1:00 Knitting Group (L) 2:30 Happy Hour (BR)</p>	<p>30 9-4 Car Transportation 9:45 DVD Easy Chair Exercise (BR) 1:00 Rummikub (CR) 1:00 Bridge (MPR)</p>	<p>31 9:45 DVD Easy Chair Exercise (BR) 9:45 Step into Winter w/Denise (L) 10:15 Sunny Farms (VO) 1:00 Let's Play Pool Team #2 1:00 Cribbage (MPR) 1:00 Rummikub (CR) 3:00 Let's Play Pool Team #1 (BR)</p>	

Reminders of This and That

- New year, new beginnings, share your new years resolutions!
- Backgammon has moved to Wednesday's at 1:00 pm in the (CR). Scrabble has gone away for a while and Bridge is now 2 days a week Monday & Thursday's at 1:00 in the (MPR).
- Don't forget the Activities Meeting on 1/13/25 at 11:00 am (AR)
- **A Sweet Reminder**
We love seeing everyone enjoy the complimentary candy at our community! To ensure there's enough for everyone, please take just one piece when you pass by. Your thoughtfulness helps spread the sweetness around. Thank you for your understanding and kindness!

Who's new at the Fifth!

Welcome, Irma!

We're thrilled to welcome Irma to our Fifth Avenue community! Irma met her husband, Jim, while working at Hussmann Refrigeration in St. Louis, Missouri. The couple fell in love with the Olympic Peninsula during years of vacationing along the West Coast. On their last trip, a visit to the local visitors' center led them to Diamond Point, where they purchased a lot. Shortly after, Jim's early retirement gave them the perfect opportunity to relocate, and they've called Sequim home since 1991. Irma has one daughter living in Minnesota and four grandchildren in Kansas City, who are now approaching retirement themselves! Please join us in giving Irma a warm welcome to the community.



Sip & Paint

at

The Fifth Avenue

Thursday, January 16

12:30 to 3 p.m.

500 W. Hendrickson Rd., Sequim

Join us at The Fifth Avenue for an afternoon of creativity and camaraderie under the guidance of talented artist Gloria Hancock.

- ✍ Dive into the world of art with step-by-step instruction.
- ✍ Each participant will receive a 9x12 canvas and acrylic paints.
- ✍ Enter the raffle for your chance to win a fabulous gift basket.
- ✍ Indulge in delicious appetizers created by The Fifth Avenue's Chefs.

**Space is limited,
so reserve your spot early!
RSVP by calling
360-683-3345
Tickets are \$5.00 per person.**





WORD SEARCH

C F W E G I C I C L E L A W X N R A	BOOTS
L R S C E T A R B E L E C S C A R F	CELEBRATE
C O B S M C Y Y D R C C Q R E M M R	CHILLY
C S R R G W I I E J K L A Y H W H O	COLD
T T A A C I R G O O F R W D L O C Z	EARMUFFS
V Y R A U N A J N W A E K X T N A E	FREEZE
B O B T E T S P M R N N E C B S Y N	FROSTY
O T R S L E D D I N G N O F I N K E	FROZEN
O E M A I R T E Y P R C X J O O F Y	GLOVES
T G L O V E S G G W O F D R E W M P	HAT
S W X H G I P B N A R E H E N F L E	HOT COCOA
G R E K L A F X S N O W B A L L S C	ICE
D J T E D R K A O S F F U M R A E S	ICICLE
Y D R C E Q R S U M I C E L C K R R	JANUARY
I E J E L A S N O I T U L O S E R G	NEW YEAR
H E Z C I R R O Q L I E J K L A N H	RESOLUTIONS
E E I U D S T W A A C A S G O I F R	SCARF
I T Y R E P P I L S W T A P I Q J N	SKIING
W A E K X V E N C S G E L K B T E R	SLEDDING
C H I L L Y E G B O Y K S N O O T R	SLIPPERY
	SNOWBALL
	SNOWFLAKE
	SNOWING
	SNOWMAN
	WINTER



Mood Changers



MUSIC
 OUTDOORS
 NATURE
 EXERCISE
 FRIENDS
 RELAX
 READ
 SLEEP
 VOLUNTEER
 JOURNAL
 LAUGH
 HUGS
 PETS
 PUZZLES
 SUNSHINE
 CUDDLES
 SMELLS
 FLOWERS
 VISUALIZE
 GRATITUDE
 CHOCOLATE
 MASSAGE
 YOGA
 DANCE
 WALK
 RUN
 SOCIALIZE
 SMILE
 BREATHE

S	W	Y	L	B	Q	F	R	I	E	N	D	S	G
J	O	U	R	N	A	L	L	A	U	G	H	V	R
W	Y	C	G	P	R	U	N	O	H	F	V	P	A
A	A	V	I	V	E	V	D	S	W	R	I	Z	T
L	K	M	W	A	B	T	Q	A	T	E	L	O	I
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S	U	Q	M	A	S	S	A	G	E	G	A	E	R
Y	X	M	B	D	J	K	P	B	M	S	S	P	W
B	N	C	H	W	V	O	L	U	N	T	E	E	R
C	H	O	C	O	L	A	T	E	Q	J	O	S	E
E	X	E	R	C	I	S	E	V	F	U	U	U	L
A	V	N	D	P	U	Z	Z	L	E	S	T	N	A
B	R	E	A	T	H	E	H	L	D	X	D	S	X
N	A	T	U	R	E	T	U	V	A	Q	O	H	N
S	M	I	L	E	Q	P	V	M	N	C	O	I	B
W	W	V	S	M	E	L	L	S	C	V	R	N	L
A	R	G	D	V	D	A	I	Y	E	L	S	E	W



The Fifth Avenue

500 W. Hendrickson Rd.

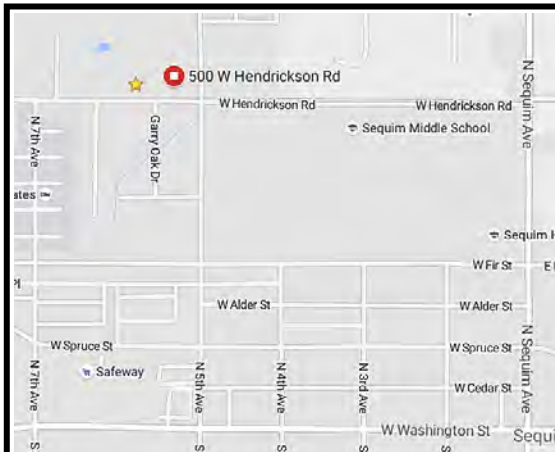
NOW THIS I'M READY FOR!



Get your Fifth Avenews!

If you would like to be added to our email distribution, prefer to receive a printed copy of our newsletter, or discontinue service, please let us know! **360-683-3345** or

info@thefifthavenue.com



- ◆ From Hwy 101, take the Sequim Avenue Exit.
- ◆ Head north on Sequim Avenue.
- ◆ Turn left on to Hendrickson Road.
- ◆ Fifth Avenue is on the right — just past the signal light on 5th Avenue.



Want to take a closer look? Come on in!
Have questions, or want to schedule a tour?

Contact us at
360.683.3345



Check out our Website at
www.thefifthavenue.com

Our Mission:

"To inspire healthy, active lifestyles and vibrant community interaction for our residents."

MANAGEMENT STAFF

Administrator:

Donna Ingram

Dietary Manager:

Anthony Frechette

Activity Director:

Denise Aguilar

Facilities Directors:

Stan Halvorson

Administrative Assistant:

Tearra Henrichsen