

JANUARY 2026 NEWSLETTER

Management TEAM

DONALD CROW
Chairman

TERESA ROBERTS
Vice President

SHARON GRISWOLD
EVP Finance

JAVIER CRESPO
Administrator

LORAIN LOPEZ
Nurse Manager

ROBERT ZELANO
Executive Chef

DEBBIE ECKER
*Human Resources
Manager*

ASHLEY RUKEYSER
*Sales & Activity
Manager*



A word from your ADMINISTRATOR

Dear Residents,

I'd like to start off with a note of sincere appreciation for your generosity in contributing to the Employee Fund Holiday gift for our employees. You make our jobs easy here at Grand Oaks and we look forward to seeing you all each day and being part of your lives. Please come see the big thank you card in the lobby we created for you and your families!

As the glitter of the holiday season fades away, we look forward to the renewal of a new year. Whether part of a New Year resolution or not, it's never too late to make healthy decisions... so I encourage everyone to drink your water, get fresh air, and move your bodies. Make this month the month that you try one of our amazing exercise classes for the first time!

Note from the nurse: The winter season is when we all want to take extra care to keep the cold and flu germs away. The best way to prevent illness is to wash your hands frequently with soap and warm water.

As we begin 2026, I am so grateful for the wonderful staff at Grand Oaks of Jensen Beach. We are looking forward to a peaceful new year with Fat Tuesday (Mardi Gras), and Valentine's Day celebrations in the coming weeks. For now though, enjoy this glorious Florida winter season and please stop by and say hi!

Sincerely,

Javier Crespo

Javier Crespo
Administrator





CHEF'S SPECIAL

CHICKEN DIANE



Breast of Chicken, Pan Seared and Flambéed with Brandy, finished with Mushrooms, Shallots, Dijon, Green Peppercorns, and touch of Cream



Happy BIRTHDAY!



JAN
4

Alice F.

JAN
13

Gilda F.

JAN
14

Nancy B.

JAN
18

John B.

JAN
31

Arlene P.



New Move-Ins WELCOME!

- Shirley D.
- Pam J.
- Ronald G.
- Marie O.



EMPLOYEE SPOTLIGHT

FRED OSCAR



It's no surprise that our January employee of the month is Fred Oscar. Fred is a longtime Grand Oaks of Jensen Beach employee and is an excellent caregiver/med-tech.

Everyone who is lucky enough to work and spend time with Fred comments on

his gentle and kind approach to caregiving.

Our residents in Memory Care are always happy to see Fred show up for his shifts and tell us how much they appreciate him.

We get many kudos cards each month for Fred, so this is a well-deserved spotlight on our WONDERFUL Fred!

Thank you so much for all you do!



JANUARY 2026 QUIZ CORNER

1. How many sides does every snowflake have?
2. What phenomenon brings freezing air from the North Pole?
3. When does winter officially start in the Northern Hemisphere?
4. What's the largest snowflake ever recorded?
5. Where are the first Winter Olympics held?
6. What color are polar bears?
7. What year did Alaska become a state?
8. What are the birthstone and birth flower for January?



JANUARY IN HISTORY

1412

Joan of Arc born.

1776

Thomas Paine
publishes Common Sense.

1863

Lincoln signs the
Emancipation
Proclamation.

1892

Ellis Island opens.

1901

Queen Victoria dies;
Edward VII becomes King.

1924

Howard Carter discovers
Tutankhamun's tomb.

1926

John Logie Baird
demonstrates television.

1942

Declaration of the United
Nations signed.

1946

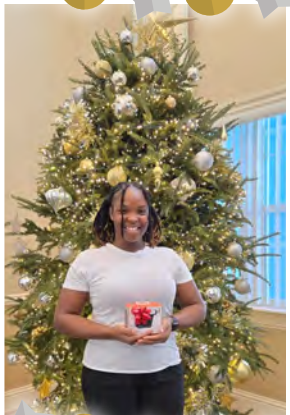
First UN General Assembly
meets.

1999

The Euro currency is
launched.

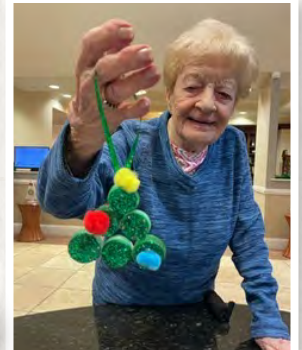
2009

Barack Obama becomes the
first African-American U.S.
President.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:15 Muscle Memory: Build Your Brain and Body 10:00 Brain Games 10:30 Craft with Debbie: Stained Glass Project 1:30 "Show me the Money" in Activity Room 2:30 Afternoon Movie New Year's Day	9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Balloon Tennis Game in Activity Room 1:30 BINGO in activity room 3:00 Happy Hour Music: Piano for the People	9:30 Light stretching w/ Kim 10:00 Get Active with Kim in Activity room 11:00 Relax and Color in Activity Room 2:00 Ice Cream in the parlor 2:30 Afternoon Movie
9:30 Sit and Fit 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 1:30 BINGO 3:00 Afternoon Movie	9:00 Morning Walk 9:30 Sit and Fit 10:00 Communion in theater 11:00 Watercolor with Val in Activity Room 1:30 Brain Games in Activity Rm 2:00 Black Jack with Debbie in Activity Room 3:00 Afternoon movie	9:30 Drumming in Activity Rm 10:30 Coffee and Crosswords in Ice Cream Parlor 11:00 Games in Activity Room 2:00 Mini Manicures in Activity Room 3:45 Cookies and Cards with local Youth Soccer players in Activity Room	9:00 Morning Walk 9:30 Yoga Blast with Emily 10:30 PUBLIX 1:00 Rummikub in Activity Room 2:00 Popcorn in Ice Cream Parlor 2:30 Afternoon Movie	9:15 Muscle Memory: Build Your Brain and Body 10:00 Noodle The Therapy Dog visits 10:30 Fun with Debbie: Elvis Day Sock Hop Party in Activity Room 1:30 Play Boggle in Activity Room 2:30 Afternoon Movie	9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Cornhole in Activity Room 1:30 BINGO in activity room 3:00 Happy Hour Music: Mitchell Cote on the piano	9:30 Light stretching/morning walk 10:00 Balloon Games in Activity Room 11:00 Music: Karin and Charles Perform in living room 2:30 Afternoon Movie
9:30 Sit and Fit 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 1:30 BINGO 3:00 Afternoon Movie	9:00 Morning Walk 9:30 Sit and Fit 10:00 Communion in theater 11:00 Creating with Clay in Activity Room 1:30 Shuffleboard in Parlor 2:30 Afternoon Movie	9:30 Exercise in Activity Room 10:30 Coffee and Crosswords in Ice Cream parlor 11:00 Craft Time in Activity Room- wooden snowflakes 2:00 Games in Activity Room 3:00 Monthly Birthday Party in theater: music and cake	9:00 Morning Walk 9:30 Dance Blast with Emily 10:30 WALGREENS 1:00 Relax and Color in Activity Room 2:00 Shuffleboard in Ice Cream Parlor 3:00 Uno Game in Activity Room	9:15 Muscle Memory: Build Your Brain and Body 10:00 Noodle The Therapy Dog visits 10:30 Craft Time with Debbie: Florida Snowman Activity 1:30 Games in Activity Room 2:30 Afternoon Movie	9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Balloon Tennis Game in Activity Room 1:30 BINGO in activity room 3:00 Happy Hour Music: Piano Concert with Dr. Rosalyn Soo-Mauldin	9:30 Light stretching/morning walk 10:00 Get Active with Kim in Activity Room 11:00 Game Time in Activity Room 2:00 Ice Cream in the parlor 2:30 Afternoon Movie
9:30 Sit and Fit 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 1:30 BINGO 3:00 Afternoon Movie	9:00 Morning Walk 9:30 Sit and Fit 10:00 Communion in theater 11:00 Craft Time in Activity Room 1:30 Pokeno- Activity Room 2:30 Afternoon Movie Martin Luther King Jr. Day	9:30 Drumming in Activity Rm 10:30 Coffee and crosswords in Parlor 11:00 Town Hall Meeting 2:00 Games in Activity Room 3:00 Flower Arrangements in Activity Room	9:00 Morning Walk 9:30 Yoga Blast with Emily 10:00 POST OFFICE 11:00 -LUNCH BUNCH: must sign up in advance 2:00 Game Time -Activity Room 3:00 Relax and Color in Activity Room 3:30 Yappy Hour/ Humane Society	9:15 Muscle Memory: Build Your Brain and Body 10:00 Noodle The Therapy Dog visits 10:30 Home Ec Class with Debbie: Snowflake Cookies Baking 1:30 Games in Activity Room 2:30 Afternoon Movie	9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Cornhole in Activity Room 1:30 BINGO in activity room 3:00 Happy Hour Music: My Brother's Band	9:30 Light stretching/morning walk 10:00 Balloon game with Kim in Activity room 11:00 Craft with Kim in Activity Room 2:00 Ice Cream in the parlor 2:30 Afternoon Movie
9:30 Sit and Fit 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 1:30 BINGO 3:00 Afternoon Movie	9:00 Morning Walk 9:30 Sit and Fit 10:00 Communion in theater 11:00 Watercolor with Val in Activity Room 1:30 Brain Games in Activity Rm 2:00 Board Games in Activity Rm 3:00 Afternoon movie	9:30 Exercise in Activity Room 10:30 Coffee and crosswords in Parlor 11:00 Bird seed feeder Craft in Activity Room 2:00 Board Games in Activity Room 3:30 Hot cocoa on the front porch	9:00 Morning Walk 9:30 Dance Blast with Emily 10:30 PUBLIX 1:00 Relax and Color in Activity Room 1:30 Pokeno in Activity Room 2:30 Afternoon Movie	9:15 Muscle Memory: Build Your Brain and Body 10:00 Noodle The Therapy Dog visits 10:30 Monopoly in Activity Room with Debbie 1:30 Games in Activity Room 2:30 Afternoon Movie	9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Cornhole in Activity Room 1:30 BINGO in activity room 3:00 Happy Hour Music: Panama Matt	9:30 Light stretching/morning walk 10:00 Craft with Kim in Activity Room 11:00 Game Time in Activity Room 2:00 Ice Cream in the parlor 2:30 Afternoon Movie

*** PLEASE CHECK THE DAILY ACTIVITY SHEET FOR ANY CHANGES THAT MAY HAVE BEEN MADE TO THIS MONTHLY CALENDAR







Calendar Spotlight

Grand Oaks

ASSISTED LIVING BY THE VNA
JENSEN BEACH

*Our Roots
Run Deep
IN OUR
COMMUNITY*

January 13th

Monthly Birthday Party
3:00pm



January 21st

Lunch Bunch
11:00am



Every
Thursday

Noodle The Therapy Dog
10:00am



Every
Friday

Happy Hour Music
3:00pm



JANUARY TRIVIA ANSWERS

1. Six
2. The Polar Vortex
3. The Winter Solstice
4. 15 inches wide
5. Chamonix, France (1924)
6. Not white! Their skin is black, and their fur is hollow and transparent
7. 1959
8. Garnet (stone) and Snowdrop (flower)