



What to order!

A healthy winter snack could include options like roasted nuts, a bowl of warm oatmeal with berries, a slice of sweet potato with a dollop of Greek yogurt, steamed vegetables with hummus, a hard-boiled egg, ; essentially, foods that are nutrient-dense, provide warmth, and can be easily eaten on a cold day. Dining services can always help! 7:30 to 6 pm daily!



Let's Stay Healthy!

Washing your hands with warm water and soap. Not sharing towels or household items (like cups) with someone who has a cold. Not touching your eyes or nose in case you have come into contact with the virus – it can infect the body this way. Staying fit and healthy. Let's stay healthy this season! Stay warm with the kindness of others! Join in the winter activities at AVIVA

We have what you're looking for at AVIVA Granbury!



Come see us! Find something you love!

Exercise Monday through Friday 9:30 AM
Mimosa Mondays at 10:15
Hope Singers 1-7
Walmart 8th and 22nd
Thirsty Thursday Every Thursday
Friday Drink Socials

Mobile Library 6th & 27th
Manicures Thursday Mornings 10AM
BINGO Tuesdays & Wednesdays 2PM
Chili's Lunch Outing 1-15
Babes Lunch Outing 1-29

AVIVA Granbury

January 2025



Happy New Year From AVIVA!

Enjoy this little note from our residents remembering 2024.

Pat D. Says she has enjoyed every minute of living at AVIVA. Making new friends, and attending activities.

Sue S. Says finding AVIVA and calling it home .

Dolores G. Says she wont miss a happy hour, and she loves all of the people who reside here at AVIVA.

Gordon B. Says he has enjoyed all of the socials and activities that are available.

Oh what fun!

- What do you call a slow skier? – A SLOPEpoke!
- How do you know that a snowman was in your home? – You find a carrot in a puddle next to the replace.
- What do you call a snowman in summer? A puddle.
- How did the snow globe feel after listening to a scary story? – A bit shaken up!

What are friends for? THIS!

Being friends with someone is important because it provides companionship, emotional support, a sense of belonging, and can significantly improve your overall well-being by helping you through tough times, celebrating successes, and offering different perspectives to learn and grow from; essentially, friends enrich your life by making you feel less alone and more connected to others.

