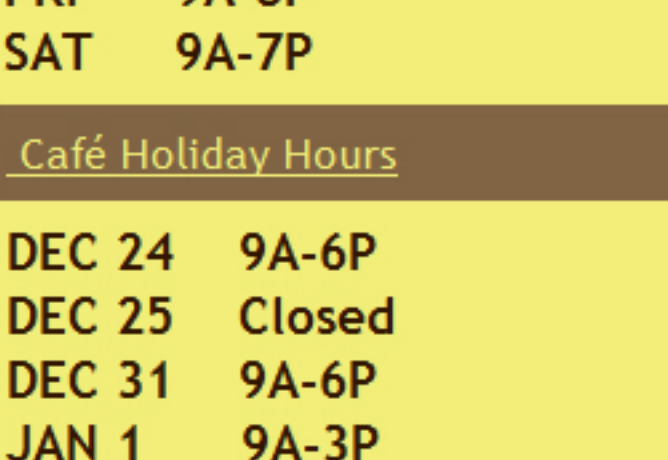


NewAldaya Lifescapes

"Beyond the Status Quo"



Café Hours

SUN	9A-6P
MON	9A-7P
TUE	9A-7P
WED	8:30A-7P
THU	9A-7P
FRI	9A-8P
SAT	9A-7P

Café Holiday Hours

DEC 24	9A-6P
DEC 25	Closed
DEC 31	9A-6P
JAN 1	9A-3P

Happy Holidays!

December Café Special

Make it a combo!
Add a small beverage and bag of chips to any sandwich order for only \$1!



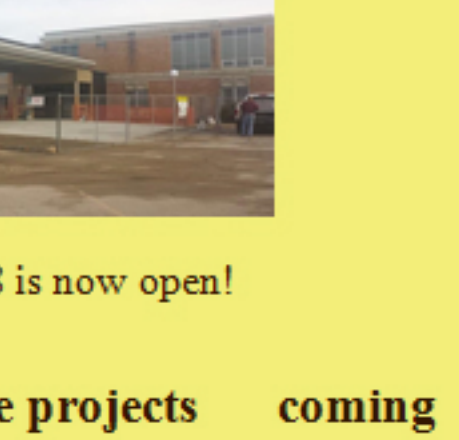
Click here to see and print your coupon!

Valid 12/14-12/31/14

Weekly Café Special

Wednesday Donuts

8:30A-11:30AM
Fresh Donuts
& Hot Coffee
\$2.00



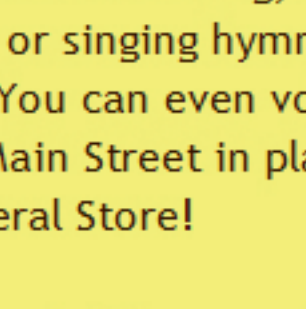
Click here to see and print your coupon!

Valid 12/14-12/31/14

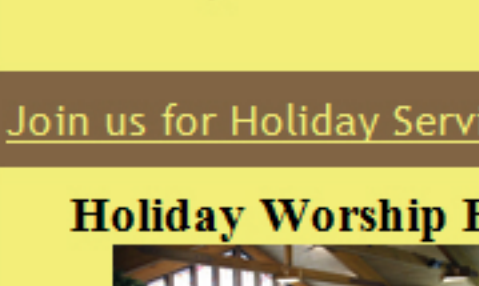


Construction projects at NewAldaya Lifescapes. Memory Care House, new canopy at entrance #8 that is now open, and a new whirlpool spa.

Memory Care House



Click [HERE!](#)



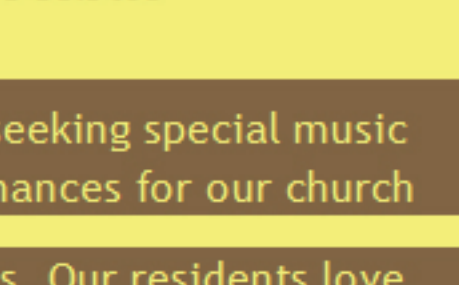
Canopy 8 is now open!

More projects coming in 2015!

Calling All Volunteers!

Bricks for Sale

"Building Memories... One Brick at a Time"



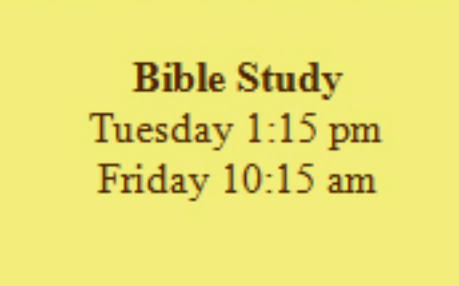
NewAldaya is in need of constant volunteers from the community! Give back and join the other 250 volunteers!

There are several ways to participate like baking, knitting, greeting or singing hymns at church! You can even volunteer on our Main Street in places like the General Store!

Click here to join our volunteer community!

Join us for Holiday Service!

Holiday Worship Hours



Thanksgiving Eve

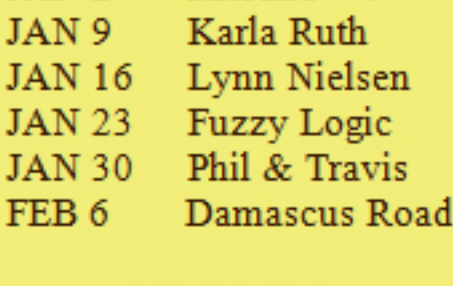
11/26/14
4:00P-5:00P

Christmas Eve

12/24/14
4:00P-5:00P

Christmas Day
12/25/14
10:30A-11:30A

We're seeking special music performances for our church services. Our residents love guest appearances!



Sunday Worship in Chapel
10:30
Sunday Worship in Chapel
4:30
(Casade Dining Room)

Holy Communion
10:30 am
(Second Sunday each month)

Worship in Chapel
Tuesday, Thursday, Friday
9-30

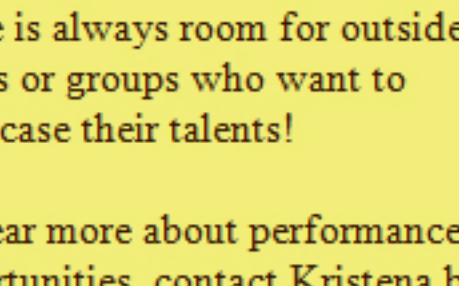
Devotions
12:00 pm
(Dining rooms on Tuesday)

Bible Study
Tuesday 1:15 pm
Friday 10:15 am

Wednesday Vespers
4:00 pm

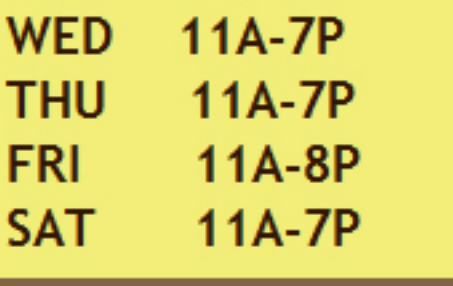
Anointing Service
(Second Wednesday)
4:00 pm

Thursday Hymn Sing
6:30 pm



Upcoming Pub Events

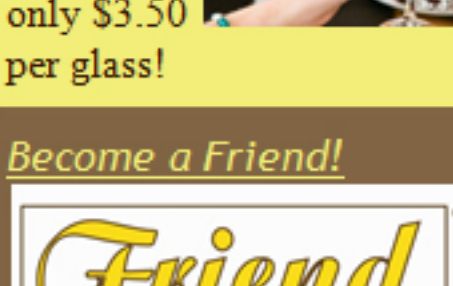
JAN 2	Karla Ruth
JAN 9	Kristine W.
JAN 16	Lynn Nielsen
JAN 23	Fuzzy Logic
JAN 30	Phil & Travis
FEB 6	Damascus Road



Support Live Music @ Elm's Pub

Come experience what everyone else is talking about...live entertainment each Friday night at Elm's Pub starting at 5:30.

Experience a potpourri of musical talent...savor a variety of mouthwatering appetizers...sip a glass of your favorite wine or pint of cold beer...immerse yourself in the ambiance and charm of an old world pub meets uptown jazz club.



Are you looking for a venue for you or your group to perform in?

There is always room for outside artists or groups who want to showcase their talents!

To hear more about performance opportunities, contact Kristena by email or at 319.268.0401

Pub Hours

SUN	12P-6P
MON	11A-7P
TUE	11A-7P
WED	11A-7P
THU	11A-7P
FRI	11A-8P
SAT	11A-7P

Pub Holiday Hours

DEC 24	11A-6P
DEC 25	Closed
DEC 31	11A-6P
JAN 1	11A-3P

Happy Holidays!

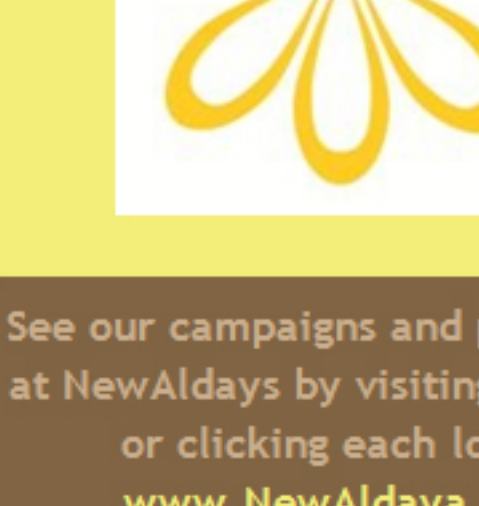
Weekly Pub Special

Friday Happy Hour

5:00P-8:00P
All \$5
wine selections
only \$3.50
per glass!



Become a Friend!



Receive membership benefits immediately!

For more information on NewAldaya's Friend program and full brochure click [here](#)



Find NewAldaya on Social Media!

Like us on Facebook

Follow us on twitter

View our videos on YouTube

Find us on Yelp

Contact Us



NewAldaya Lifescapes
7511 University Ave., Cedar Falls, Iowa 50613
P. 319.268.0401
www.NewAldaya.org

See our campaigns and programs at NewAldaya's by visiting our site or clicking each logo!

Live Better. Live Well.

Guardian Angel Program

Campaign For Expansion

Campaign For Expansion

Greetings!

Damascus Road!

Friday, December 5th
5:30pm - 8:00 pm
for your entertainment!
CORRECTION - Holiday Sing A Long with Nate & Molly Dec. 26



Damascus Road

Damascus Road returns to Elm's Pub
Friday, December 5th
Don't miss out on this blue grass ensemble sure to get your feet tapping and fingers snapping!
Don't miss the fun -- 5:30P-8:00P!

Come early, grab a table with friends and enjoy appetizers and drinks for an evening full of fun for all ages!

The Holidays are Right Around the Corner!

Do you have plans? NewAldaya does!

NewAldaya is hosting it's annual Christmas Eve Dinner!

This decadent menu is sure to please any palate!

4:30 pm - 6:00 pm

Open to the public so bring the whole family!
Reserve your tickets today!
\$12.95 Adults / \$5 Children (under 12)

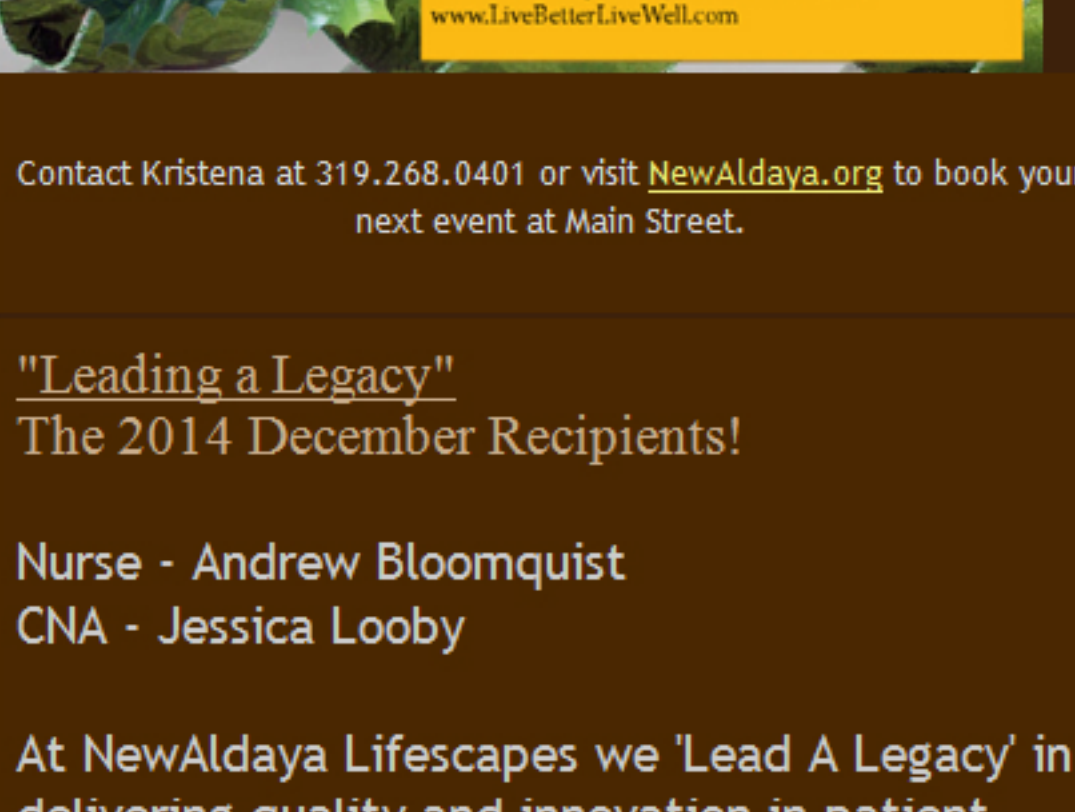


The Menu:

- Oyster Stew
- Chicken Dumpling Soup
- Prime Rib
- Pork Loin
- Rosemary Seasoned Red Potatoes
- Glazed Carrots
- Relish Plate
- Broccoli Raisin Apple Salad
- Dinner Roll
- Cheesecake
- Red Velvet Cake
- Sherbet Punch
- Coffee

Located in NewAldaya Main Street

\$12.95 Adults/ \$5 for Children ages 12 & under
Call (319) 268-0401 by Dec 19th for Reservations



Christmas Eve Dinner
Tuesday, December 24th
4:30-6:00 PM

- Menu
- Oyster Stew
- Chicken Dumpling Soup
- Prime Rib
- Pork Loin
- Rosemary Seasoned Red Potatoes
- Glazed Carrots
- Relish Plate
- Broccoli Raisin Apple Salad
- Dinner Roll
- Cheesecake
- Red Velvet Cake
- Sherbet Punch
- Coffee

Located in NewAldaya Main Street

\$12.95 Adults/ \$5 for Children ages 12 & under
Call (319) 268-0401 by Dec 19th for Reservations



Looking for a Unique Venue for your next special occasion?



Contact Kristena at 319.268.0401 or visit NewAldaya.org to book your next event at Main Street.

"Leading a Legacy"

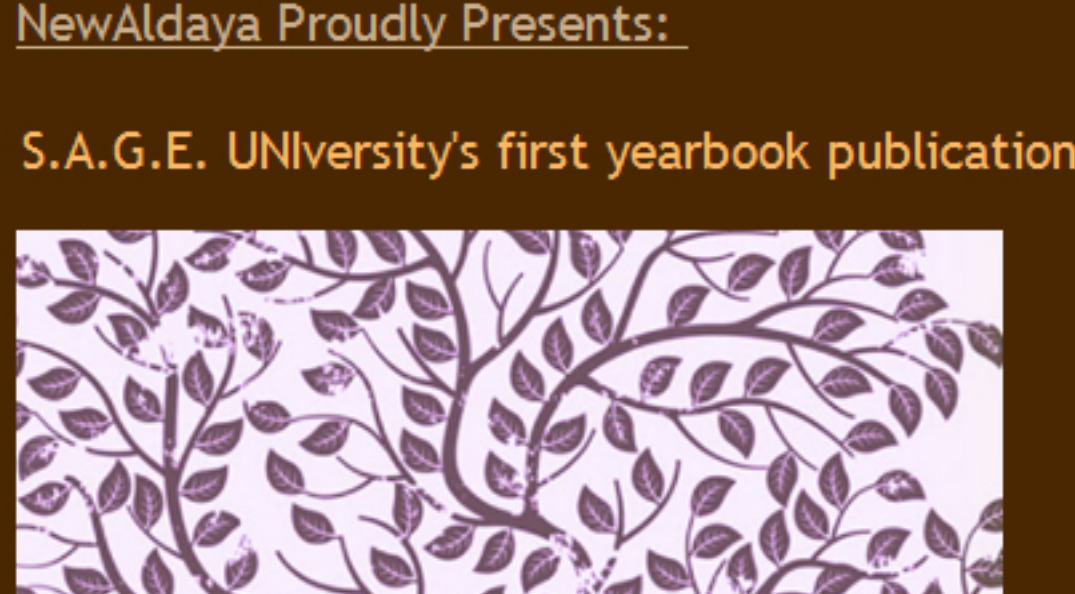
The 2014 December Recipients!

Nurse - Andrew Bloomquist
CNA - Jessica Looby

At NewAldaya Lifescapes we 'Lead A Legacy' in delivering quality and innovation in patient care! On a monthly basis, staff nominate fellow Nurses and CNA's in a specific 'legacy' category!

This month, these recipients were in the creativity category.

Thank them all month long!

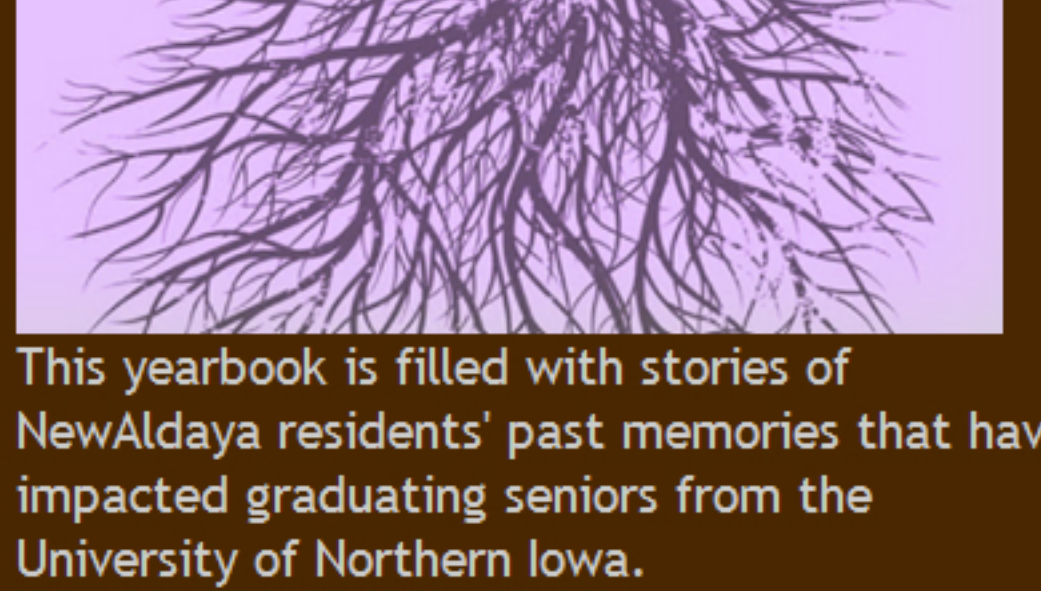


To get a closer view click [here](#) to see them on our website!

Live Better. Live Well.

a registered trademark of NewAldaya Lifescapes

Planning your resolution early? Boot Camp is coming again to the Wellness Center!



We will be offering another 8 week boot camp session starting January 6th. It is on Tuesdays and Thursdays @ 3:00 in the Wellness Center. Cost is \$50.00.

Join Today!
Wellness Center Memberships available. A complete listing of class schedules and hours are available on line at www.NewAldaya.org

Lindsay has been working hard to make NEW classes available for you!

Schedule of Classes:

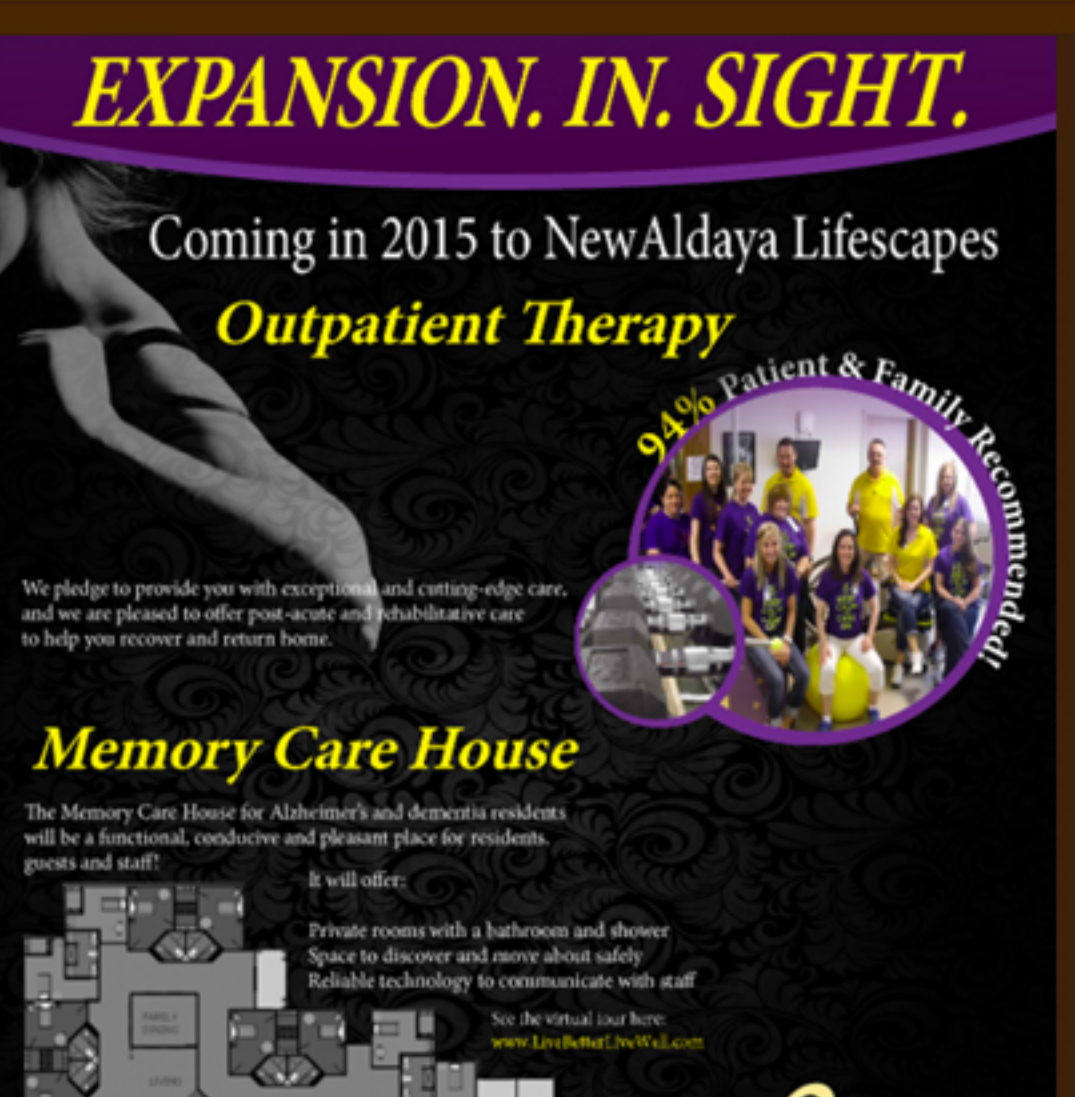
Monday-Wednesday-Friday:
Progressive Resistance Training
1:00 & 2:30 Wellness Center

Monday through Friday:
Stretch and Tone
10:30 Wellness Center

Tuesdays & Thursdays:
STRONGER
8:30
Yoga
12:15 and 4:30
Boot Camp
3:00 (offered in 8 session format)

To see the full detailed list visit our wellness page by clicking [here](#).

Check out our monthly [wellness blog!](#)



This yearbook is filled with stories of NewAldaya residents' past memories that have impacted graduating seniors from the University of Northern Iowa.

With more than 80 individual stories, there is one read each day with your morning coffee!

This book features over 50 NewAldaya residents' stories.

Reserve your copy today! They will be at the front desk for \$10.00.

Perfect holiday stocking stuffer!

To see more information about S.A.G.E. University, click [here](#).

The New River Rock Cafe is Here!

NewAldaya's Chef Bre and staff have been making some big changes with the Schoof Family River Rock Cafe!

With a completely re-branded cafe, the River Rock cafe is now better than ever!

Need a place for lunch tomorrow?
See the NEW menu NOW!

Coming in 2015 to NewAldaya Lifescapes
Outpatient Therapy

We pledge to provide you with comprehensive and cutting-edge care, and we're pleased to offer personal and collaborative care to help you recover and return home.

Memory Care House

The Memory Care House for Alzheimer's and dementia residents will be a residential, conducive and pleasant place for residents. It will offer:

- Private rooms with a bathroom and shower
- Space for discovery and sensory stimulation
- Reliable technology to communicate with staff
- See the virtual tour here: www.LiveBetterLiveWell.org

Call Today To Learn More!
(319) 268.0401
www.LiveBetterLiveWell.org

"Make A Lifestyle at Living Better"