

Winter 2025

Strollings

Cedar Lane Senior Living Community | 22680 Cedar Lane Court Leonardtown, MD 20650 | 301-475-8966



UPCOMING EVENTS

Valentine's Day Dinner
February 13

Valentine's Day
February 14

**Sip & Paint
Valentine's Edition**
February 14

**Medication Safety:
Know Your Prescription**
February 21

Resident Potluck
February 26

**Resident Birthday Party
'Mikey & Friends Band'**
February 27

Mardi Gras Party
March 4

St. Patrick's Day Party
March 17

**Check the Activities Calendar for
updates*

WELCOME 2025

As we welcome the new year, it's a great opportunity to reflect on all the wonderful experiences we've had at Cedar Lane Senior Living Community over the past year. We have welcomed new neighbors and new employees who help us make this community a place we are all proud of.

We are excited to bring you this latest edition of our Strollings newsletter! This issue will include community news, recipes, puzzles, and more.

We always encourage you to share your thoughts, ideas, and experiences with us. This newsletter is for you, and we are grateful to have such an engaged and supportive community. Thank you for being a vital part of what makes our community so special.

See you at the next gathering.

Regards,

The Strollings Newsletter Team

CEO'S CORNER

Memo to Residents and Family Members of Cedar Lane Senior Living



Eric Golden, CEO

Dear Residents and Family Members,

As we reflect on the past year, we are filled with gratitude for the remarkable 2024 we shared together. Thanks to your unwavering support and participation, we celebrated historic occupancy levels, a testament to the vibrant and welcoming community we have built. We are especially proud of the impact our Resident Activities Program, which has brought joy and enrichment to our lives. Our Fall Festival was the most successful to date, and the continued participation the Life In Balance program has been truly inspiring. Additionally, our newest volunteer Wellness Program, “Brain Boosters,” has been met with enthusiasm and has already made a positive difference in our community.

Looking ahead, we are excited to announce plans for updates and renovations to the Church Building common-use areas. These enhancements will not only elevate the aesthetic appeal of our facilities but also foster a sense of pride among our residents. We are committed to creating an environment that is both beautiful and functional, ensuring that Cedar Lane remains a place where everyone feels at home.

As we embrace the start of Winter, we wish you all a wonderful season filled with warmth and joy. Let us look forward to Spring with a renewed sense of excitement and anticipation for the wonderful things to come.

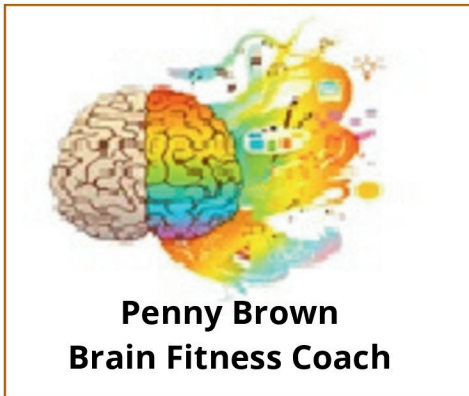
Warm regards,

Eric Golden President/CEO Cedar Lane Senior Living Community

WELLNESS

CORNER

BRAIN BOOSTERS



What Happens When You Learn

New Words

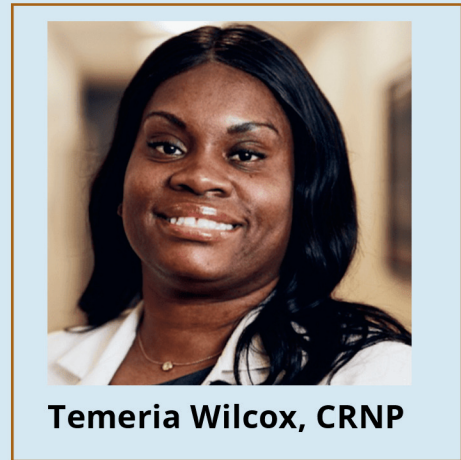
Each new word you learn strengthens your memory. Your brain gets better at both quick recall and long-term storage.

Learning words also improves your focus. As you practice using new terms, your attention span grows stronger.

Your problem-solving skills get sharper too. The brain becomes better at spotting patterns when you expand your vocabulary.

Join Penny every Tuesday at 12:30 pm, Wednesday at 10:00 am, and Thursday at 10:00 am in the Activities room for more fun learning activities.

YOUR FAVORITE FAMILY NURSE PRACTITIONER



Jumpstart Your Health & Wellness Goals Today

Your health is your greatest wealth! Start small, stay consistent, and watch the magic happen. Whether it's clean eating, moving more, or prioritizing self-care, **YOU** are worth the effort. Let's crush those 2025 goals together!

4 Tips to Jumpstart Your Health Goals

1. Start small & be consistent
2. Prioritize sleep
3. Set realistic goals
4. Don't forget to check-in with your health care provider

Need guidance? I'm here to help!

Ms. Wilcox is located on the 2nd floor of the Church building.

TENANT

SPOTLIGHT



Aqela Khaleq with grandson

We're excited to shine the spotlight on your neighbor, Ms. Aqela Khaleq in this issue! Ms. Khaleq has been wonderfully open about her experiences with the American holidays she's experienced since being in the USA. Originally from Afghanistan, Ms. Khaleq is really embracing her new home and getting to know her neighbors. Joining in on the Halloween festivities and the Thanksgiving meal were fantastic opportunities for her to try some delicious new foods and deserts.

"This was my first time attending such an event in America, and I was amazed by the beautiful decorations for Halloween. My neighbors did an incredible job explaining and guiding me through all the day's events. It was a lovely reminder of how kind and generous this community is." - Aqela Khaleq

Thank you, Ms. Khaleq for sharing your story with us.

If you would like to share an experience or a story, please reach out to Unique Carter in the Occupancy office.

COMMUNITY

UPDATE



FRIENDS OF CEDAR LANE GOLF TOURNAMENT

Wicomico Shores Golf Course

\$20,000**

HOLE IN
ONE
CONTEST!

FRIDAY, 9 MAY 2025 || 9:00 AM SHOTGUN

\$100* Entry Fee



Register Now

- Starter Bags & Donuts
- Lunch Provided
- Beverages Provided
- Games
- Prizes!

RAIN OR SHINE

*Registrants will incur a 3.9% administrative fee when registering

**\$10K to the winner and \$10K to Cedar Lane Senior Living Community

QUESTIONS?

301-475-8966 ex 32

Cedarlanegolftournament.com

ALL ABOARD



The Cedar Lane Shuttle makes scheduled weekly trips to Walmart, Target, and Food Lion.

Single rides purchase or Multiple rides purchase with a punch card (worth five rides).

Single round trip - \$2.50/ea

Punch card (five rides) - \$8.00/ea

*punch card expires at the end of each month

RECIPE

CORNER



Lemon Blueberry Tart

Now is the time to celebrate the vibrant and refreshing fruits that brighten up the winter season. Citrus fruits are flavorful and rich in vitamins and nutrients that boost your health. Try this easy and quick desert recipe and share with your family and friends.

Ingredients

- 2 cups graham cracker crumbs
- 3 tablespoons plus 2/3 cup sugar
- 6 tablespoons unsalted butter; melted
- 1 1/2 (8-ounce) packages cream cheese; room temperature
- 1/4 teaspoon vanilla
- 4 teaspoons lemon juice
- 1/2 cup heavy cream
- 2 cups blueberries

Instructions

1. Preheat oven to 375 degrees
2. Combine cookie crumbs, 3 tablespoons sugar, and butter in a large bowl. Press mixture into a 9-inch tart pan with a removable base. Place on a rimmed baking sheet.
3. Bake 10-12 minutes until just golden brown. Allow to cool.
4. Combine cream cheese, vanilla, lemon juice, and remaining 2/3 cup sugar in a medium bowl. Beat with a hand mixer until smooth.
5. Beat heavy cream in a large bowl until stiff peaks form. Fold into the cream cheese mixture and transfer to the crust. Cover and chill two hours or until ready to serve.
6. To serve, remove from pan and place on a serving platter. Cut and serve with blueberries.

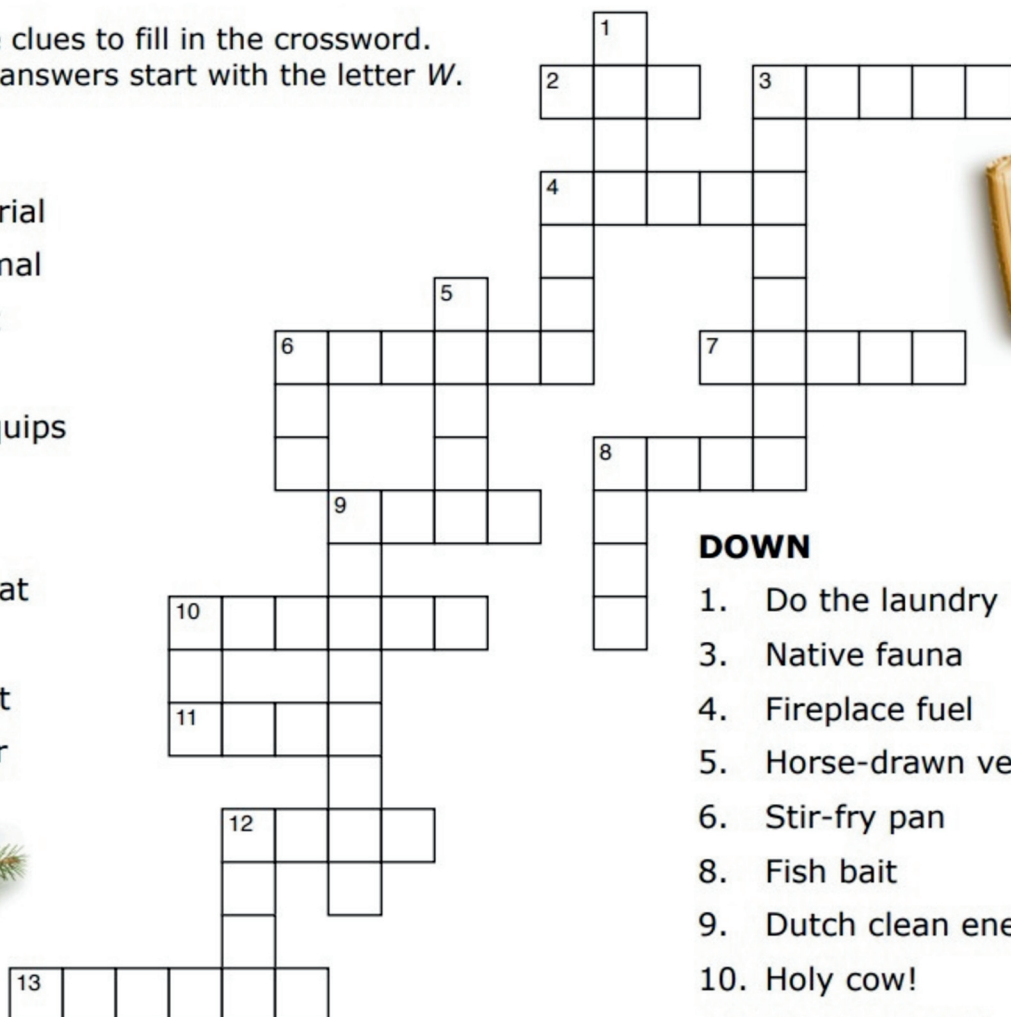
*makes 10-12 servings

W is for *WINTER*

Use the clues to fill in the crossword.
All of the answers start with the letter W.

ACROSS

2. Crayon material
3. Ocean mammal
4. Unicycle part
6. Sorcerer
7. Clever with quips
8. Cellar stock
9. Bird part
10. Squirrel's treat
11. Not cool
12. Travel on foot
13. Money holder



DOWN

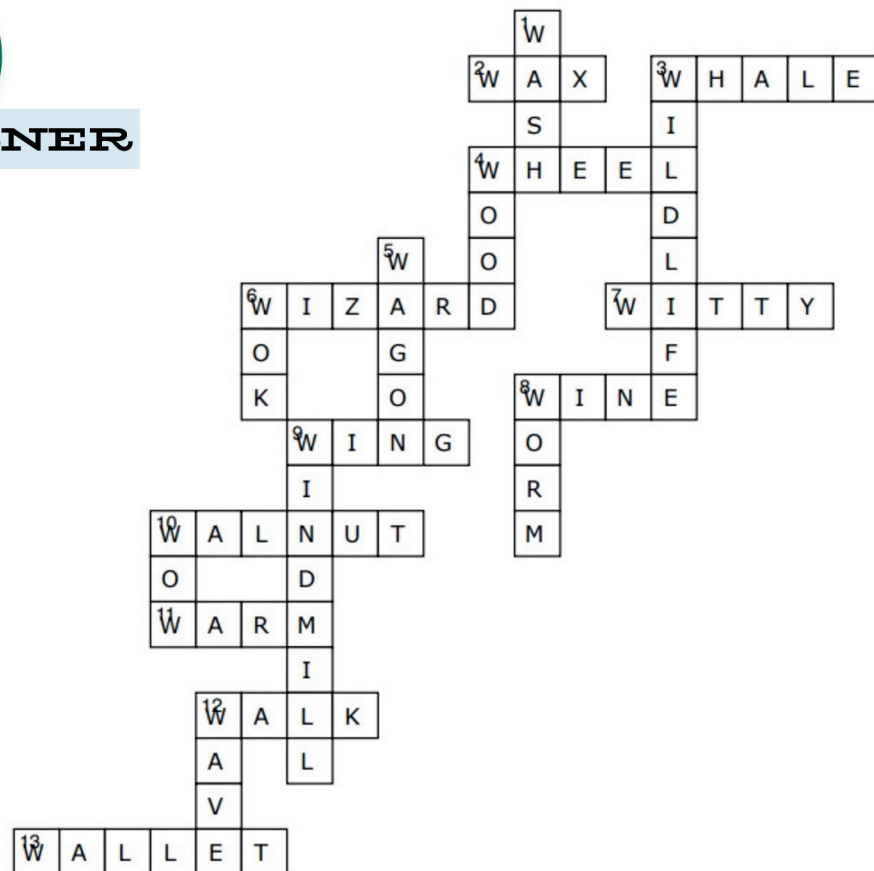
1. Do the laundry
3. Native fauna
4. Fireplace fuel
5. Horse-drawn vehicle
6. Stir-fry pan
8. Fish bait
9. Dutch clean energy source
10. Holy cow!
12. Silent greeting

SOLUTIONS

CORNER

W Is for Winter

(solution)



Thank you for taking the time to read the latest issue of Strollings. If you would like to submit a recipe, a fun story, or an article to be featured in a future issue, please send your suggestions to Unique Carter in the Occupancy Office. We look forward to hearing from you! - Your Strollings Newsletter Team