

## The Chinese Zodiac

The Lunar New Year, also called Chinese New Year or the Spring Festival, is celebrated in several Asian countries, and begins Jan. 25. Based on the Chinese lunar calendar, 2020 is the Year of the Rat, one of the symbolic animals of the Chinese zodiac.



Historians say China's zodiac system was likely developed more than 2,000 years ago, but it remains an important part of Lunar New Year festivities. The zodiac consists of 12 animals, including the dog, horse, rooster and tiger, and each represents a different year in a 12-year cycle.

Similar to Western astrological signs, each animal is associated with personality traits, strengths and weaknesses, and one of five elements: wood, fire, earth, metal and water. A person is matched to an animal based on their birth year. You can find your Chinese zodiac sign using charts, easily available online.

In Chinese culture, it's considered bad luck when your zodiac animal's year comes around. However, a popular way to prevent misfortune is to wear red clothing or accessories, since red is a lucky color in China.

## Frosty Figures

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular today.



## Jigsaw Puzzle Pointers

Working jigsaw puzzles can be a relaxing pastime, but sometimes they can leave you ... puzzled. Use these tips to help you piece them together.



### Get set up —

First, spread all the puzzle pieces onto your work surface and turn each one face-side up. This will take some time, but it will make the process easier in the long run.

**Build the border** — Gather the straight-edge pieces and assemble the border. This will give you a defined space to work inside.

**Sort the pieces** — Study the picture on the puzzle's box and identify dominant colors or patterns, such as a blue sky or brick building. Sort and group similar colored pieces into piles. Put the remaining pieces in a miscellaneous pile.

**Work in sections** — Work on a small portion of the puzzle at a time. Completing a section will give you a sense of accomplishment and motivate you to keep going.

**Take a break** — If you get tired or frustrated, take a break. When you come back to the puzzle, you'll be refreshed and may find that piece you're looking for!



## Dear Residents, Families and Friends

Happy New Year, 2020! Gratitude is a word that comes to mind when reviewing this month's activities. As we hope to live a life of grace and gratefulness, it is important to thank those who have been so good to us! It is also with gratitude that we thank you for entrusting your loved ones to us as a partnership in care. We are much more successful in bringing love and joy to those we serve when we join together.

December was a lovely month full of holiday activities. Many school groups caroled throughout our community; what a festive month with all the trees throughout the community! A special thank you to all the vendors who participated in the holiday spirit. January will also be a busy month filled with many outings in the community and our Roaring '20s (main event) Jan. 7, at 6 p.m. A very sincere thanks to each family and resident who donated to our Employee Appreciation Fund. Donations were beyond our expectations. We held a fun-filled party where employees received your gifts, and our staff was and is very appreciative.

As we begin 2020, may we remain thankful for all that we do together to enhance the lives of those who are so precious to us. We are dedicated to enhancing quality of life for all our residents. May 2020 be the best year yet!

Erin Montgomery  
Executive Director





ASSISTED LIVING  
AL#010063

# JANUARY 2020

## Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

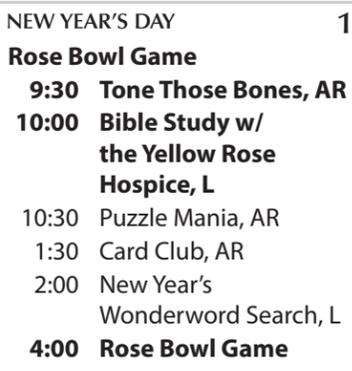
## Birthdays

- Olivia Ozor, 4th (Employee)
- Evelyn Cody, 6th
- John Mark West, 8th (Employee)
- John Oswald, 9th
- Pauline Morrow, 12th
- Michelle Louro, 15th
- Melinda Najdek, 23rd (Employee)
- Neka England, 23rd (Employee)
- Leticia Tot, 26th (Employee)

## Transportation Schedule

- Monday, 10 a.m. Grocery Stores
- Tuesday, 10 a.m. Walmart
- Wednesday, 10 a.m. Post Office/Bank
- Thursday, 10 a.m. Walmart
- Friday, TBA Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>8:30 New Covenant Baptist Church, L</b> <sup>5</sup> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>Three Kings Day</b> <sup>6</sup> <b>9:30 Exercise w/Legacy, AR</b> 10:00 "The Prize Is Right" and Snack Social, L <b>10:00 Dollar Tree, O</b> 10:30 Word of the Day, L <b>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</b> 4:00 Adult Coloring Club, AR	<b>9:30 Senior Fitness, AR</b> <sup>7</sup> <b>9:30 Beauty Salon Is Open</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Therapy Dog <b>10:30 Catholic Communion</b> 10:45 Guess Who? 1:30 Movie & Snack, L <b>2:30 Puzzle Mania, AR</b> <b>3:30 Trivia, L</b> 6:00 Roaring '20s (Main Event), L	<b>NEW YEAR'S DAY</b> <sup>1</sup> <b>Rose Bowl Game</b> <b>9:30 Tone Those Bones, AR</b> <b>10:00 Bible Study w/ the Yellow Rose Hospice, L</b> 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 New Year's Wonderword Search, L <b>4:00 Rose Bowl Game</b>	<b>9:30 Chair Exercise, L</b> <sup>2</sup> <b>10:00 Christian Service w/Rev. Mark, L</b> <b>10:00 Shopping at Walmart, O</b> 10:15 1:1 Session w/Sarah <b>1:30 Memories and Music, L</b> <b>2:30 Art Expression, AR</b> 4:00 Snowball Toss, L	<b>9:30 Senior Fitness, AR</b> <sup>3</sup> <b>11:00 Out to TGI Fridays, O</b> <b>12:45 Bible Study w/Laura</b> 1:30 Wonder Word Search, AR <b>2:00 Trivia w/a Twist Social Hour, L</b> 4:00 Name Your Game!, AR	<b>National Trivia Day</b> <sup>4</sup> <b>9:30 Beauty Salon Is Open</b> <b>9:30 Chair Exercise, L</b> 10:30 Word of the Day 1:00 Fancy Nails <b>2:00 Saturday Bingo, AR</b> 3:30 Roll the Dice, L
<b>8:30 New Covenant Baptist Church, L</b> <sup>12</sup> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise w/Legacy, AR</b> <sup>13</sup> 10:00 "The Prize Is Right" and Snack Social, L <b>10:00 Shopping at Big Lots, O</b> 10:30 Word of the Day, L <b>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</b> 4:00 Wonder Word Search, AR	<b>9:30 Senior Fitness, AR</b> <sup>14</sup> <b>9:30 Beauty Salon Is Open</b> <b>9:45 Blood Pressure Clinic w/ the Yellow Rose Hospice, L</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Therapy Dog <b>10:30 Catholic Communion</b> 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> <b>3:30 Trivia, L</b>	<b>9:30 Tone Those Bones, AR</b> <sup>15</sup> <b>10:00 Post Office/Bank, O</b> <b>10:00 Bible Study w/ the Yellow Rose Hospice, L</b> 10:30 Puzzle Mania, AR 1:30 Card Club, AR <b>2:00 Snack Attack Bingo, L</b> 3:30 White Board Game of Choice, L	<b>9:30 Chair Exercise, L</b> <sup>16</sup> <b>10:00 Christian Service w/Rev. Mark, L</b> <b>10:00 Shopping at Walmart, O</b> 10:15 1:1 Session w/Sarah <b>1:30 Memories and Music, L</b> <b>2:30 Art Expression, AR</b> 4:00 Snowball Toss, L	<b>9:30 Senior Fitness, AR</b> <sup>17</sup> <b>11:00 Happy Hour, L</b> 11:00 Out to the Catch, O <b>12:45 Bible Study w/Laura</b> 1:30 Wonder Word Search, AR <b>2:00 Fun Social Hour, L</b> 4:00 Name Your Game!, AR	<b>9:30 Beauty Salon Is Open</b> <sup>18</sup> <b>9:30 Chair Exercise, L</b> 10:30 Word of the Day 1:00 Fancy Nails <b>2:00 Saturday Bingo, AR</b> 3:30 Roll the Dice, L
<b>8:30 New Covenant Baptist Church, L</b> <sup>19</sup> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>MARTIN LUTHER KING JR. DAY</b> <sup>20</sup> <b>9:30 Exercise w/Legacy, AR</b> 10:00 "The Prize Is Right" and Snack Social, L <b>10:00 Dollar Tree, O</b> 10:30 Word of the Day, L <b>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</b> 4:00 Adult Coloring Club, AR	<b>9:30 Senior Fitness, AR</b> <sup>21</sup> <b>9:30 Beauty Salon Is Open</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Therapy Dog <b>10:30 Catholic Communion</b> 10:45 Guess Who? 1:30 Movie & Snack, L <b>2:30 Puzzle Mania, AR</b> <b>3:30 Trivia, L</b>	<b>9:30 Tone Those Bones, AR</b> <sup>22</sup> <b>10:00 Post Office/Bank, O</b> <b>10:00 Bible Study w/ the Yellow Rose Hospice, L</b> 1:30 Card Club, AR <b>2:00 Snack Attack Bingo, L</b>	<b>9:30 Chair Exercise, L</b> <sup>23</sup> <b>10:00 Christian Service w/Rev. Mark, L</b> <b>10:00 Shopping at Walmart, O</b> 10:15 1:1 Session w/Sarah <b>12:45 General Store, L</b> <b>2:30 Art Expression, AR</b> <b>3:30 Activity Meeting and Snack Social w/Sarah, L</b>	<b>9:30 Senior Fitness, AR</b> <sup>24</sup> <b>10:15 Coffee and Checkers, L</b> <b>12:45 Bible Study w/Laura</b> 1:30 Wonder Word Search, AR 2:00 Let It Snow Social Hour, L 4:00 Name Your Game!, AR	<b>9:30 Beauty Salon Is Open</b> <sup>25</sup> <b>9:30 Chair Exercise, L</b> 10:30 Word of the Day 1:00 Fancy Nails <b>2:00 Saturday Bingo, AR</b> 3:30 Roll the Dice, L
<b>National Bible Study Sunday</b> <sup>26</sup> <b>8:30 New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L <b>2:00 Church Service w/ Rob Harrison, L</b> <b>3:00 Cinema Sundays, L</b>	<b>9:30 Exercise w/Legacy, AR</b> <sup>27</sup> 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L <b>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</b> 4:00 Wonder Word Search, AR	<b>9:30 Senior Fitness, AR</b> <sup>28</sup> <b>9:30 Beauty Salon Is Open</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Therapy Dog <b>10:30 Catholic Communion</b> 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L <b>2:00 Fancy Nails &amp; Hand Massage, AR</b> <b>3:30 Trivia, L</b>	<b>National Puzzle Day</b> <sup>29</sup> <b>9:30 Tone Those Bones, AR</b> <b>10:00 Post Office/Bank, O</b> <b>10:00 Bible Study w/ the Yellow Rose Hospice, L</b> 1:30 Card Club, AR <b>2:00 Snack Attack Bingo, L</b> <b>3:30 Puzzle Mania Social</b>	<b>9:30 Chair Exercise, L</b> <sup>30</sup> <b>10:00 Christian Service w/Rev. Mark, L</b> <b>10:00 Shopping at Walmart, O</b> 10:15 1:1 Session w/Sarah <b>2:30 Art Expression, AR</b>	<b>9:30 Senior Fitness, AR</b> <sup>31</sup> <b>12:45 Bible Study w/Laura</b> 1:30 Wonder Word Search, AR <b>3:30 Birthday Bash, L</b> 4:00 Name Your Game!, AR	