



Happy New Year!

Whether you choose to frolic with fellow partiers on crowded streets or sleep through the midnight milestone, New Year's Eve will be here before you know it. Are you familiar with the following New Year's trivia?

- *Ancient anniversary.* The first recorded New Year's celebration dates back 4,000 years to ancient Babylon. In 46 B.C., Julius Caesar decreed that the year would start on Jan. 1, establishing what is known as the Julian calendar.
- *Rockin' revelry.* In 1972, Dick Clark hosted his first "New Year's Rockin' Eve." From a rather small beginning, the annual program has grown to become the most-watched New Year's Eve broadcast in the world.
- *Brilliant ball.* Prior to 1907, New Yorkers celebrated the new year with fireworks, but due to a ban on the pyrotechnics that year, Times Square celebration officials marked the occasion by lowering a ball decorated with 100 25-watt light bulbs. The current ball contains over 30,000 lights and weighs more than 11,000 pounds.
- *Sentimental song.* Even if you don't know the words to "Auld Lang Syne," you've probably hummed or, at least, swayed to the unofficial New Year's Eve theme song. Roughly translating to "times gone by," the song encourages us to remember friends and experiences from the past.



JANUARY 2024

Jessy Abraham For Employee of the Month!

Ladies and Gentlemen, we would like to announce Jessy Abraham for Employee of the Month for January! Jessy is our Assisted Living Med Tech and is phenomenal at all that she does. If you know Jessy, you know that she has a tranquil personality, and her relationship with the residents is top tier. One way to start the New Year off right is definitely giving her Employee of the Month. Jessy's drive and passion in being a Med Tech are beyond appreciated! Her attitude and work ethic are commendable. I can't wait to see what the future holds for her! Thank you for all you do and congratulations on being Employee of the Month!



ASSISTED LIVING
AL#010063

JANUARY 2024

Assisted
Living
Locations..

- Activity Room

AL Courtyard

AL Parking Lot

Bistro

Independent Living

Library

Lobby

Outing

Spa

Garden
- AR

ALC

ALPL

B

IL

LL

L

O

Spa

G

Transportation
Schedule..

- Monday,

Grocery Stores

Tuesday,

Walmart

Wednesday,

Post Office/Bank

Thursday,

Walmart

Friday,

Field Trips/Outings
- 10am

9:45

10am

10am

10am

10am

10am

TBA

HAPPY
BIRTHDAY!

Jan.2 Illa Gardner
Jan.4 Sandra Kennemer

“And now let us believe
in a long year that is given
to us, new, untouched,
full of things that have
never been.”
—Rainer Maria Rilke

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>1</div><div></div></div>	<div><div>2</div><div></div></div>	<div><div>3</div><div>4:00 Giant Jenga 9:30 Take a Walk Around L.E. (O) 10:00 Sit and Be Fit! 10:00 Walmart Shopping (O) 12:00 Piece it together 2:00 Bingo Rounds w/ Allison (AR) 3:30 Indoor Golf 4:00 Giant Jenga Competition</div></div>	<div><div>4</div><div>9:00 Convo and Coffee.. 10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Art w/Friends 4:00 Sudoku Challenge!</div></div>	<div><div>5</div><div>10:00 Wake and Shake (Exercise w/Allison) 10:00 Walmart Shopping (O) 1:00 Puzzle Table 2:00 Book Club 3:00 Board Game of Choice 4:00 Word Searches Before Dinner!</div></div>	<div><div>6</div><div>10:00 Chair Zumba! 10:30 National Bird Day /Bird Feeders 1:30 Adult Coloring Club 2:00 Get Your Social On w/ David! 3:30 Skunk Dice Game 4:00 Jeopardy</div></div>	<div><div>7</div><div>10:45 Body, Mind and Soul 1:00 Uno Crew! 3:45 Snack and Chat Social (B)</div></div>
<div><div>7</div><div>7:30 In Search of the Lord’s Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)</div></div>	<div><div>8</div><div>9:30 Men’s & Women’s Coffee Table DR 10:00 Drum Fitness (L Exercise with Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Family Feud 3:30 Sorting Game 4:00 Finish The Lyrics (’50s * ’60s Music)</div></div>	<div><div>9</div><div>9:30 Take a Walk Around L.E. (O) 10:00 Sit and Be Fit! 10:00 Walmart Shopping (O) 12:00 Piece it together 2:00 Bingo Rounds w/ Allison (AR) 3:30 Bowling</div></div>	<div><div>10</div><div>10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Town Hall 4:00 Sudoku Challenge!</div></div>	<div><div>11</div><div>10:00 Wake and Shake (Exercise w/Allison) 10:00 Walmart Shopping (O) 1:00 Puzzle Table 2:00 Book Club 3:00 Card Game Spoons 4:00 Word Searches Before Dinner</div></div>	<div><div>12</div><div>9:00 Winstar Casino (IL & AL Trip) 10:00 Mexican Train Brigade 2:00 Western Cowboy Movie 4:00 Adult Coloring Club 6:00 Uno Crew!</div></div>	<div><div>13</div><div>10:45 Body, Mind and Soul 1:00 Mexican Train Brigade 3:45 Penguin Races!</div></div>
<div><div>14</div><div>7:30 In Search of the Lord’s Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)</div></div>	<div><div>15</div><div>Martin Luther King Jr. Day 9:30 Men’s & Women’s Coffee Table DR 10:00 Grooves and Tunes (L Exercise with Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Lima Bean Auction 3:30 Ring Toss 4:00 Afternoon Outburst!</div></div>	<div><div>16</div><div>9:30 Take a Walk Around L.E. (O) 10:00 Sit and Be Fit! 10:00 Walmart Shopping (O) 12:00 Piece it together 2:00 Bingo Rounds w/ Allison (AR) 3:30 Ring Toss</div></div>	<div><div>17</div><div>10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Art w/Friends 4:00 Sudoku Challenge!</div></div>	<div><div>18</div><div>10:00 Wake and Shake (Exercise w/Allison) 10:00 Walmart Shopping (O) 1:00 Puzzle Table 2:00 Book Club 3:00 Wheel of Fortune! 4:00 Beach Ball Toss</div></div>	<div><div>19</div><div>10:00 Chair Tai Chi 10:30 Mexican Train Brigade 11:00 Babe’s Chicken lunch outing (O) 1:00 Watercolor Magic! 2:00 Cheers to the New Year Main Event 3:30 Group Sing-Along 4:00 Family Feud!</div></div>	<div><div>20</div><div>10:45 Body, Mind and Soul 1:00 Uno Crew! 3:45 Quirkle!</div></div>
<div><div>21</div><div>7:30 In Search of the Lord’s Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)</div></div>	<div><div>22</div><div>9:30 Men’s & Women’s Coffee Table DR 10:00 Drum Fitness (L Exercise with Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Hedbanz Challenge (L) 3:30 FishBowl Game 4:00 Uno Buds</div></div>	<div><div>23</div><div>9:30 Take a Walk Around L.E. (O) 10:00 Sit and Be Fit! 10:00 Walmart Shopping (O) 10:30 National Popcorn Day/Snack and Chat Social 12:00 Piece it together 2:00 Bingo Rounds w/ Allison (AR) 3:30 Corn Hole Competition</div></div>	<div><div>24</div><div>10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Art w/Friends 4:00 Sudoku Challenge!</div></div>	<div><div>25</div><div>10:00 Wake and Shake (Exercise w/Allison) 10:00 Walmart Shopping (O) 1:00 Puzzle Table 2:00 Book Club 3:00 Adult Coloring Club 4:00 Word Searches Before Dinner</div></div>	<div><div>26</div><div>10:00 Conductorcise! 10:30 Word Games/Trivia 1:00 Puzzle Mania 2:00 Movie and Pizza / Happy Hour 4:00 Corn Hole Tournament</div></div>	<div><div>27</div><div>10:45 Body, Mind and Soul 1:00 Mexican Train Brigade 3:45 Roll A Snowman Dice Game</div></div>
<div><div>28</div><div>7:30 In Search of the Lord’s Way, Kdfid Channel 7 (L) 2:00 Church Service w/ The Walk Church 3:00 (Cinema Sundays)</div></div>	<div><div>29</div><div>9:30 Men’s & Women’s Coffee Table DR 10:00 Drum Fitness (L Exercise with Jada) 10:30 Rosary w/ Renna 1:30 Bible Study w/ Yellow Rose (L) 2:30 Valentine’s Craft 3:30 Indoor Golf 4:00 Spelling Bee Contest</div></div>	<div><div>30</div><div>9:30 Take a Walk Around L.E. (O) 10:00 Sit and Be Fit! 10:00 Walmart Shopping (O) 12:00 Piece it together 2:00 Bingo Rounds w/ Allison (AR) 3:30 Fly Swatter Balloon Volley Ball</div></div>	<div><div>31</div><div>10:00 Fab! Fit! and Fun! (Exercise with Allison) 10:00 Post Office/Bank (O) 1:30 Bible Study (AR) 2:30 Art w/Friends 4:00 Sudoku Challenge!</div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div></div>



A Cook-Off of Regional Chili Recipes

Every cook has their own way of making chili, and so do many states and regions in America. Which is your favorite?

Texas chili. True Texas chili, called "bowl of red" or "Texas red," has no beans whatsoever, though some folks say tomatoes are OK. Stewed meat or ground beef is slow-simmered in a spicy sauce that's given its signature color by whole dried chili peppers.

Cincinnati chili. Seasoned with a spice blend that includes cinnamon and cumin, the signature chili of Ohio is a tomato-based meat sauce that's served over spaghetti and covered with shredded cheese. Add beans or onions to make it a "five-way."

Springfield "chilli." Illinois embraces the extra "L" in their style of stew, created in 1909 at the Dew Chilli Parlor in the state's capital city. The original recipe consisted of spiced ground meat in tomato sauce, with no beans or diced tomatoes.

Chili verde. Travel to New Mexico to taste-test the best version of this green chili, made with smoked Hatch chili peppers, tomatillos and stewed pork.

Hoosier chili. Key ingredients make Indiana's otherwise typical chili recipe stand out: brown sugar for extra sweetness and broken spaghetti or elbow macaroni for a hearty serving of comforting carbs.

