



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!



JANUARY 2024

Locations

Parking Lot	PL
Bistro	B
Community Room	CR
Dining Room	DR
Fitness Room	FR
Garden	G
Library	LL
Lobby	L
Outing	O
Route 66	R66
Theater	TH

Transportation

Monday, 10AM (Grocery Stores)
Tuesday & Thursday, 10AM (Walmart)
Wednesday, 10AM (Post Office/Bank)
Thursday, 2:30PM (Misc. Errands)
Friday, 9:30AM

Happy Birthday to You!

3-Carol Schmitt
6-Billy Lane
7-Rex Miller
12-Semadar Barnir
13-Maria Bunderson
16-Diane Smiley
20-Barney Boeder
28-Fran Smith
30-Lana Hawkins

“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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 9:45 Big Lots Shopping (O) <i>10:00 Coffee & News ... (R66)</i> 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades	2 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Nails & Toe Polish Galore 2:00 Hand & Foot (B) 3:00 Corn Hole competition (CR)	3 10:00 Bible Study by Richard N. (Theater) 10:00 Drumming Exercise w/ Jada (CR) 10:00 Post Office/Bank (O) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Finish The Lyrics for prizes ('50s & '60s Music) 3:00 Dominos/42/Mexican Train (CR) 3:30 Senior Volleyball Game	4 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 3:00 Name your Snowman Craft (CR)	5 10:00 Bible Study (CR) 11:00 Fred's Downtown Philly Lunch Outing 11:00 Nails Only 1:30 Hangman 2:00 Hand & Foot (FR) 3:00 New Year's Resolution stories with your choice of wine	6 10:00 Weekend Exercise w/ Allison 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It's Saturday Bingo w/ Allison 2:00 Skip-Bo Crew 2:30 Afternoon Movie
Cowboys VS. Washington 7 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	8 9:45 Dollar Tree (O) <i>10:00 Coffee & News ... (R66)</i> 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades	9 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Corn Hole before Lunch 2:00 Hand & Foot (B) 2:30 Town Hall Meeting (CR) 3:30 Dart throwing	10 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:00 Wake n Shake (Exercise w/ Jada) (CR) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Ring Toss (B) 3:00 Dominos/42/Mexican Train (CR)	11 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 3:30 “Baby, It's Cold Outside” Main Event (CR)	12 9:00 Winstar Casino (IL & AL Trip) 10:00 Bible Study (CR) 11:00 Puzzle Table 1:30 Uno and Snacks 2:00 Hand & Foot (FR) 3:00 Skip-bo (B) 3:30 Cheers to the New Year Main Event	13 10:00 Weekend Exercise w/ Allison 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It's Saturday Bingo w/ Allison 2:00 Skip-Bo Crew 2:30 Afternoon Movie
14 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	15 Martin Luther King Jr. Day 9:45 Target Shopping (O) <i>10:00 Coffee & News ... (R66)</i> 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades	16 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Activities Meeting (TH) 1:30 Hedbanz Challenge (B) 2:00 Hand & Foot (B) 3:00 Song Association (TH)	17 10:00 Bible Study by Richard N. (Theater) 10:00 Musical Chair Exercise w/ Jada 10:00 Post Office/Bank (O) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Hot Cocoa, Marshmallows and music Social (L) 3:00 Dominos/42/Mexican Train (CR)	18 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 3:00 Afternoon Bingo rounds (CR)	19 10:00 Bible Study (CR) 11:00 Nails Only 11:00 Wake n Shake (Exercise w/ Jada) (CR) 1:30 Hedbanz Challenge (B) 2:00 Hand & Foot (FR) 3:00 Outburst Game Social (L)	20 10:00 Weekend Exercise w/ Allison 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It's Saturday Bingo w/ Allison 2:00 Skip-Bo Crew 2:30 Afternoon Movie
21 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	22 9:45 Tom Thumb (O) <i>10:00 Coffee & News ... (R66)</i> 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades	23 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Ambassadors' Meeting 2:00 Hand & Foot (B) 3:00 Valentine's Craft (CR)	24 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:00 Wake n Shake (Exercise w/ Jada) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 3:00 Dominos/42/Mexican Train (CR)	25 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 3:00 Pokeno for Prizes (CR)	26 10:00 Bible Study (CR) 11:00 Nails Only 11:00 Wake n Shake (Exercise w/ Jada) (CR) 1:30 Uno & Friends (B) 2:00 Hand & Foot (FR) 3:00 Same Sound, different Spelling (TH)	27 10:00 Weekend Exercise w/ Allison 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It's Saturday Bingo w/ Allison 2:00 Skip-Bo Crew 2:30 Afternoon Movie
28 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	29 9:45 Aldi Shopping (O) <i>10:00 Coffee & News ... (R66)</i> 11:00 Morning Devotional (CR) 12:00 “Country Store Is Open” (R66) 2:00 Spades	30 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 2:00 Hand & Foot (B) 3:00 Afternoon exercise 3:30 Tuesday movie	31 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:00 Wake n Shake (Exercise w/ Jada) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 3:00 Dominos/42/Mexican Train (CR)			<div>All Events Are Subject to Change</div>



To love, laughter and a happily ever after.



Beat the Winter Blues

Does it seem like winter has been going on forever, and you just want to curl up under the covers and stay there until the daffodils start blooming?

It's not uncommon to feel sad, irritated or less energetic during the winter months. Studies show about 20 percent of adults in America experience seasonal mood changes.

The good news is there are many steps you can take to lift your mood, and remember, spring is right around the corner. Exercise has been proven to reduce symptoms of depression. Bundle up for a walk, swim indoors, do yoga at home or head to the gym. Make an effort to get exposure to sunlight.

Place exercise equipment or your work area near a window. Take a lunchtime stroll outdoors. People in particularly dark regions sometimes purchase special lamps that mimic natural outdoor light.

Start a decluttering project, and clean out closets or purge old paper files. Take up a hobby like knitting, painting or blogging. Plan a movie night for yourself and some friends, and choose a laugh-out-loud comedy. Even just listening to upbeat music has been shown to make people feel happier.

JANUARY

