



## January Activity Highlights

Monday, Wednesday, and Friday @ 9am - Live 2B Healthy in the dining room

January 3th Birthday Party

January 5th Music Class with John

January 9th Camp Courageous

January 10 Young Readers

January 11 Ask Angie

January 16th Bingo Store

January 17 Cooking Class with Josie

January 25 Winter Olympics

January 27 Happy Hour

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Highlights

*“Embracing*

*Every*

*Moment!”*



## From Our Manager *Brett Ingersoll*

Hello Everyone,



This is the time of year that we look forward to a brand new start. This is the time to set your goals for 2017, whether its to set a budget, loss that extra ten pounds, or just to have a better year than last year. This is the chance to improve yourself and your life, so go out and accomplish that thing you have always wanted to do. There is no time like the present.

Here's to a great 2017!



The 1st of January was highly significant in the medieval superstitions regarding prosperity or Lack of it. A flat cake was made and farmers would put it on the horns of there cow.

They would send and dance around the cow until the cake fell off. If the cake fell forward it meant good luck. If the cake fell backward it meant Bad luck.



### Maintenance

*John Kollman*

Well, we had our first couple bouts of snow and we survived! It is always nice to have a blanket of white around Christmas time.

Hopefully you all had a great Thanksgiving and a meaningful, family filled Christmas. I know that there is nothing better for everyone than to rejoice and to do good in one's lifetime.

New Year is also an opportunity for new things and a time for reflection on the years past. Happy New Years

**From the Culinary**  
*Josie Doudney*

Hey all, I hope your Holidays were great and spent with family. We had a very fun class in December we made fudge and almond bark covered pretzels. I am looking forward to the month of January and our cooking class. We will be making some of our residents favorite salads. We also have a cupcake decorating activity planned in January. Have a warm and safe winter.

**Life Enrichment Coordinator**  
*Shari Vargason*

Hello there,

I can't believe it is January. January is the coldest month of the year. So we will be doing a lot of indoor activities. We have the winter Olympics this month. Along with Beating the winter blues. So make sure you look at your calendar and wear blue that day.

We have recently had some new entertainment and they will be back next this month on the 15<sup>th</sup>. So invite your friend down to enjoy them.

Have A great January.

Health Care Coordinator

*Angie McCann*

With it being so cold out now, and its easy to want to curl up with good blankets, I would like to encourage you to be participating in our Live 2 B Healthy exercise program in the mornings three times a week at 9 am. This activity will encourage good circulation and blood flow, as well as providing strengthening to all your muscles. Inactivity is a significant factor leading to increased falls, weakness, illnesses and pneumonia. Exercise can be fun and releases endorphins in the brain that make you feel good and helps combat those winter time blues! Its a lot of fun, so lets all try filling up the dining room in the upcoming weeks with participants!

Hope you have a healthy happy New Year! We are blessed to have you all here with us!

## January Facts

By Wikipedia.com

January (in Latin, [Januaries](#)) is named after the [Latin](#) word for door (*ianua*) since January is the door to the year. The month is conventionally thought of as being named after [Janus](#), the god of beginnings and transitions in [Roman mythology](#), but according to ancient Roman farmers' almanacs [Juno](#) was the [tutelary deity](#) of the month.<sup>[1]</sup>

Traditionally, the original [Roman calendar](#) consisted of 10 months totaling 304 days, winter being considered a month-less period. Around 713 BC, the semi-mythical successor of [Romulus](#), King [Numa Pompilius](#), is supposed to have added the months of January and [February](#), so that the calendar covered a standard lunar year (354 days). Although [March](#) was originally the first month in the old Roman calendar, January became the first month of the calendar year either under Numa or under the [Decemvirs](#) about 450 BC (Roman writers differ). In contrast, each specific calendar year was identified by the names of the two [consuls](#), who entered office on May 1<sup>[citation needed]</sup> or March 15 until 153 BC, from when they entered office on January 1

### Hearing Aid Clinic



The next hearing aid clinic will be held on  
January, 18th

2017

### January Birthdays

Delbert Wilson 1/5  
Irene Miller 1/5  
Llea Hintz 1/20  
Julie Jones 1/22

## Arlington Place Coordinators

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