

January Fun Facts...

- Birthstone: Garnet (meaning constancy)
- Birth Flowers: Snowdrop and Carnation
- Zodiac Signs: Capricorn (Dec 22-Jan 19) and Aquarius (Jan 20- Feb 18)
- January is National Soup, Hobby, Hot Tea, and Staying Healthy month
- The Anglo-Saxons called January "Wulfmonath" as it was the month hungry wolves came scavenging at people's doors
- Famous January Birthdays: 1/1 Betsy Ross; 1/8 Elvis Presley; 1/14 Faye Dunaway; 1/15 Martin Luther King, Jr; 1/19 Dolly Parton; 1/21 Benny Hill; 1/24 Neil Diamond; 1/27 Donna Reed; 1/31 Nolan Ryan
- Resident January Birthdays: Barb R. (1/16); Wilbur H. (1/18); Virginia G. (1/30)



Crown Point

HAPPENINGS

Happy New Year! January 2016

A new year often means new year's resolutions! Here are some tips on how to help you keep your resolutions this year!

1. Be Realistic

Resolving to never eat your favorite food again is setting you up to fail. Instead, aim to simply eat less of it.

2. Plan Ahead

Resolutions should be thought out and planned well in advance.

3. Outline Your Plan

Decide how you will deal with the temptations. Ex: calling on a friend for help or journaling.

4. Talk About It

Tell family and friends members who will be there to support you.

5. Reward Yourself

Celebrate your success by treating yourself

to something you enjoy that doesn't contradict your resolution.

6. Track Your Progress

Keep track of each small success. Short-term goals are easier to keep, Instead of focusing on losing 30 pounds, focus on losing the first five and build from there.

7. Don't Beat Yourself Up

Worrying about an occasional slip will not help you achieve your goal. Take it one day at a time.

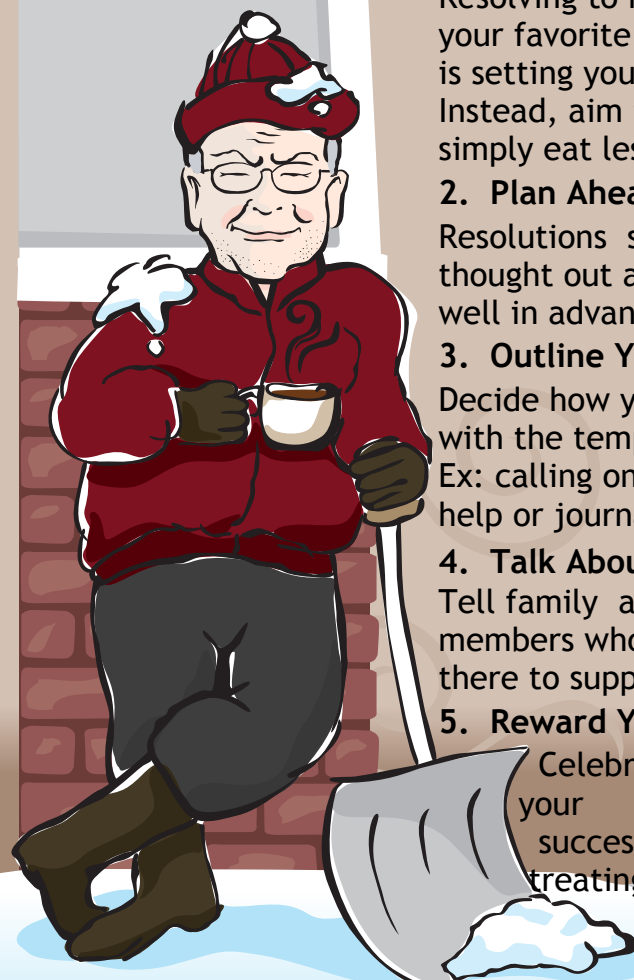
8. Stick to It

Experts say it takes about 21 days for a new activity to become a habit and 6 months to become part of your personality.

We wish you a happy and healthy New Year 2016!!



Bickford
assisted living & memory care



"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."
- Edith Sitwell

New Faces...

Welcome to our New BFM's:
Ashley-Housekeeper
Verlyncia- CNA

We would like to say welcome home to our New Residents...
Dianne H.
Virginia T.
Klaus B.
Marian W.
Nellie T.
Margaret B.
Maria C.



Above: Stories for Seniors with Mary B's!
Upcoming Musical Entertainment:
January 7th @ 2pm-
Ken and Mark
January 19th @ 2pm-
JT Trimmel (January Birthday Party)

Theme Days this month:
January 1st-
New Year's Day

January 12th-
Hat Day- Residents and BFM's--Wear your favorite hat today! There will be prizes for most creative hats!

January 27th-
Chocolate Cake Day- is a chocolate fountain in our future?

Special activities to be scheduled to honor our theme days, stay tuned!



S

10:30a Colored Pencil Art
2p Play Dominoes-Activity Room
Game Basket in Bistro

31

M

Salon open Thursdays and Fridays- sign up to get your hair done!



T

Activities subject to change.

Please sign up for outings in advance on the sign up sheet in the Activity Room.

W



T

January

F

New Year's Day
10:30a Bingo w/BFM's
2p Sing Along on Big Screen
6p Friday Night Movie and Popcorn

S

9:30a Worship Service - Bistro
10:30a Silver Sneakers
2p Travel Video-'Festivals of Europe' on Big Screen
Game Basket in Bistro

10:30a Group Crossword Puzzle
12p Bears Game -(FOX)
2p Play Dominoes-Activity Room
Game Basket in Bistro

3

10:15a Devotion & Daily Chronicles
10:30a Spelling Bee
11a Senior Stretches
2:30p Card Game: Rummy

4

10:15a Devotion & Daily Chronicles
10:30a Big Word Small Word w/Linda
11a Silver Sneakers
11:30a Lunch at Pappas Island
3p Bingo

5

10a Bible Study
11a Senior Stretches
11:30a Rosary
2p Game Time w/Megan
6p Movie Night

6

10a Communion
10:15a Devotion & Daily Chronicles
10:30a Hangman
11a Senior Stretches
2p Musical Entertainment w/ Trilly

7

10:15a Devotion & Daily Chronicles
10:30a Bingo w/Linda
2:30p Resident Council
3p Happy Hour!
6p Friday Night Movie and Popcorn

8

9:30a Worship Service - Bistro
10:30a Silver Sneakers
2p Sing Along on Big Screen
Game Basket in Bistro

9

10:30a Jigsaw Puzzles
2p Play Dominoes-Activity room
Game Basket in Bistro

10

10:15a Devotion & Daily Chronicles
10:30a Category Game
11a Senior Stretches
2p Shopping Outing
3:30p Card Game: Uno

11

Hat Day-Wear Your Favorite Hat Today!
10:15a Devotion & Daily Chronicles
10:30a Hat Trivia w/Linda
11a Silver Sneakers
2:30p Hat Cookies

12

10a Bible Study
11a Senior Stretches
11:30a Rosary
2p Red Hat Social w/Megan
6p Movie Night

13

10a Communion
10:15a Devotion & Daily Chronicles
10:30a Wheel of Fortune
11a Senior Stretches
1:15p Pinochle Club
2p Bingo

14

10:15a Devotion & Daily Chronicles
10:30a Chat w/Linda
1:15p Food Committee
2p Play Dominoes
6p Friday Night Movie and Popcorn

15

9:30a Worship Service - Bistro
10:30a Silver Sneakers
2p 'Travel to China' Video on Big Screen
Game Basket in Bistro

16

10:30a Sunday Newspaper
2p Play Dominoes-Activity Room
Game Basket in Bistro

17

Martin Luther King Jr. Day
10:15a Devotion & Daily Chronicles
10:30a Spelling Bee
11a Senior Stretches
2:30p Singing Club

18

10:15a Devotion & Daily Chronicles
10:30a Hangman w/Linda
11a Silver Sneakers
2p Resident Birthday Party w/Music by JT Trimmel

19

10a Bible Study
11a Senior Stretches
11:30a Rosary
2p Fun and Games w/Megan
3p Stories for Seniors
6p Movie Night

20

9:30a Craft w/Donna
10a Communion
11a Senior Stretches
1:15p Pinochle Club
2p Bingo

21

10:15a Devotion & Daily Chronicles
10:30a Coffee Clutch w/Linda
3p Happy Hour!
6p Friday Night Movie and Popcorn

22

9:30a Worship Service - Bistro
10:30a Silver Sneakers
2p Sing Along on Big Screen
Game Basket in Bistro

23

10:30a Color by Number Art
2p Play Dominoes-Activity Room
Game Basket in Bistro

24

10:15a Devotion & Daily Chronicles
10:30a Category Game
11a Senior Stretches
2:30p Get Crafty

25

10:15a Devotion & Daily Chronicles
10:30a Reminisce w/Linda
11a Silver Sneakers
11:30 Lunch at Cracker Barrel
3p Bunco

26

Chocolate Cake Day
10a Bible Study
11a Senior Stretches
11:30a Rosary
2p Chocolate Fountain w/Megan
6p Movie Night

27

10a Communion
10:15a Devotion & Daily Chronicles
10:30a Wheel of Fortune
11a Senior Stretches
1:15p Pinochle Club
2p Bingo

28

10:15a Devotion & Daily Chronicles
10:30a Basketball Toss w/Linda
2p Shopping Outing
3:30p Play Rummy
6p Friday Night Movie and Popcorn

29

9:30a Worship Service - Bistro
10:30a Silver Sneakers
2p 'Travel to Scotland' Video on Big Screen
Game Basket in Bistro

30