



A NEW YEAR

A new year has begun,
January is month number 1,
It is the start of a whole new year,
There is nothing to fear!
A new year for trying,
not for sighing.
What goals can you make,
for your own sake.
For a better you,
for a year that is new!

Sioux City

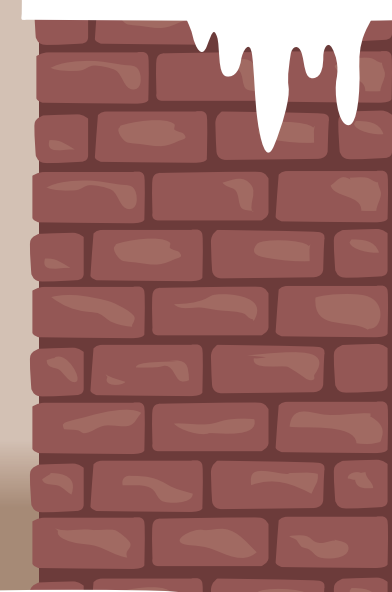
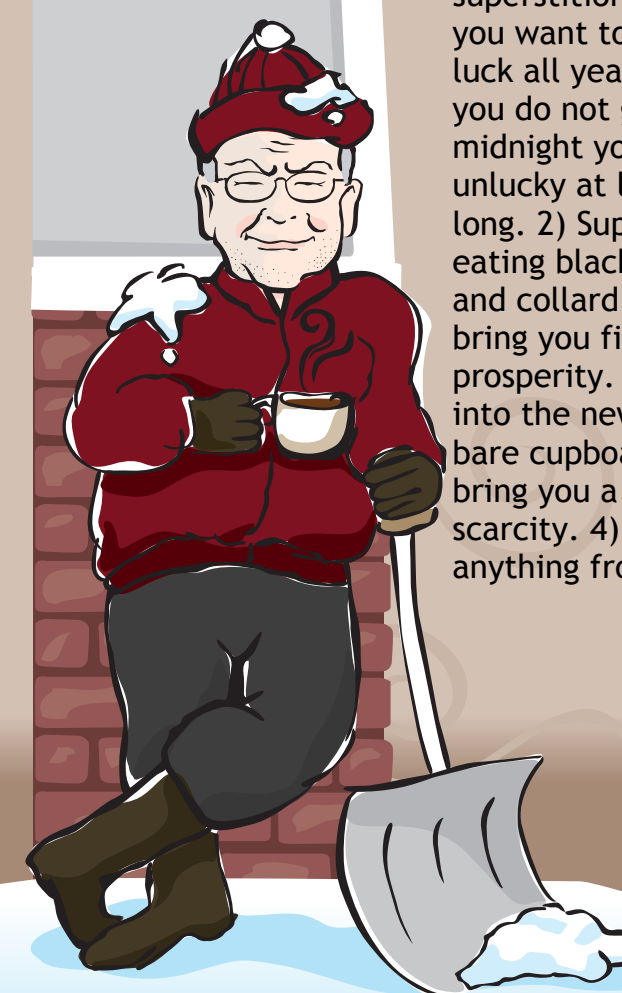
HAPPENINGS

JANUARY



New Year's Eve Superstitions

The New Year is a chance to start over with a clean slate. With that being said the last thing we need is bad luck hanging over our heads! The following are some superstitions to avoid if you want to have good luck all year long. 1) If you do not get kissed at midnight you will be unlucky at love all year long. 2) Supposedly eating black eyed peas and collard greens will bring you financial prosperity. 3) Heading into the new year with bare cupboards could bring you a year of scarcity. 4) Removing anything from your home, even trash, could mean you will lose things throughout the next year. 5) Do not do any cleaning or you may "sweep" away your good fortune. 6) Open the door before midnight to let the old year out and welcome the new year in. 7) Eat 12 grapes at midnight, one for each month, to bring you good luck. 8) If you loan or pay back money it could mean a year of paying. 9) If you cry you could have a year of sadness. 10) Eat lucky foods such as cornbread and you will have luck all year long. I think #5 is my favorite! Happy New Year! Mary Beth Braunger, AD



Winter Activities for Seniors

The weather outside may be cold but that doesn't mean our residents need to cut down on their activities. Seniors have many options to keep busy such as Arts and Crafts- either by yourself or with a group of friends. It does not have to be expensive to do.

Indoor sports such as the Wii can be fun as well. Card games are always a fun way to spend the afternoon. A fan favorite is hopping aboard the Bickford Bus for a tour of the city.

Abbie Susie, CRD

The Power of Touch

Touch is perhaps the most powerful sense of all. From the moment we are born a gentle touch calms us and lets us know someone cares. The need for constant touches may fade away as we grow older but the feelings certain touches invoke do not. As we grow older, touch is a communication that transcends age and time. No matter how old we are, we all love to have our hand held, our backs rubbed, or the feel of a warm embrace. Seniors who live alone often do not experience the simple act of touch on a daily basis. The reasons vary:

spouses and close friends have passed away, families live in other states, or physical limitations may affect activity and contact with others. Remember this when spending time with the senior in your life. A simple, encouraging arm around a shoulder or a momentary grasp of a hand conveys a message of affection. Feelings of affection from a caregiver can make a big difference in the lives of seniors.

Bonnie Gilliland, RN



Healthy Creamy Avocado Cilantro Lime Dressing

- 1 Avocado
- 1 clove garlic
- 1/4 cup chopped cilantro
- 1/4 cup low-fat sour cream
- 1 tbsp fresh lime juice
- 3 tbsp of olive oil
- 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
- 1/3 cup water

Place all the ingredients in food processor or blender, blend till smooth, stopping to scrape down the side a few times. Thin the salad dressing out with about 1/3 cup of water until it reaches a desired consistency
Keep in air tight container for 1-2 weeks
ENJOY!



S	M	T	W	T	F	S
Happy Birthday Bob 1/10	New Year's Day 10:00 New Year Trivia 2:00 Make Donuts 3:00 Walk	10:00 Manicures 11:00 Functional Fitness 2:00 Make Snow Flakes 6:00 F.G.N. ²	10:00 Men's Club 11:00 Functional Fitness 1:30 Sing-a-Long w/Darla 3:00 Funny Jokes ³	9:00 Beauty Shop 10:30 Bible Study 2:00 Bake Cookies ⁴	10:00 Around The World 11:00 Walk 2:00 Denny Feauto Singing Country ⁵	10:00 Morning Tea 2:00 Manicures 3:00 Walk 7:00 Lawrence Welk ⁶
10:00 In The News 2:00 Church 2:30 Social Time 3:00 Walk 3:30 Rummy ⁷	9:00 Popcorn 10:00 Sit n Sip w/Mid Step 2:00 Pinterest Pals 3:00 Walk ⁸	10:00 Pet Therapy w/Roberta 10:15 Catholic Mass 2:00 Bingo ⁹	10:00 Men's Club 11:00 Functional Fitness 1:30 Sing-a-Long w/Darla 3:00 Funny Jokes	9:00 Beauty Shop 10:30 Bible Study 2:00 Make Donuts ¹¹	10:00 Around The World 11:00 Walk 2:00 Howie Ride 3:00 KerPlunk 4:00 Massages ¹²	10:00 Morning Tea 2:00 Yahtzee 3:00 Walk 7:00 Lawrence Welk ¹³
10:00 In The News 2:00 Church 2:30 Social Time 3:00 Walk 3:30 UNO ¹⁴	9:00 Popcorn 10:00 Creative Coloring 2:00 Pinterest Pals 4:00 Walk ¹⁵	10:00 Manicures 11:00 Functional Fitness 2:00 Crafts 3:00 Walk 6:00 F.G.N. ¹⁶	10:00 Men's Club 11:00 Functional Fitness 1:30 Sing-a-Long w/Darla 3:00 Funny Jokes	9:00 Beauty Shop 10:30 Bible Study 2:00 Bake Cookies ¹⁸	10:00 Around The World 11:15 Out To Eat 2:00 Walk 3:00 Movie Matinee ¹⁹	10:00 Morning Tea 2:00 Rummy 3:00 Walk 7:00 Lawrence Welk ²⁰
10:00 In The News 2:00 Church 2:30 Social Hour 3:00 Walk 3:00 Rummy ²¹	9:00 Popcorn 10:00 Creative Coloring 2:00 Pinterest Pals 3:30 Walk ²²	10:00 LampLighters 10:30 Resident Council 2:00 Bingo 3:30 Walk ²³	9:30 CornerStone 1:00 Sing-a-Long w/Darla 2:30 LUAU Party 4:00 Walk ²⁴	9:00 Beauty Shop 10:30 Bible Study 1:00 Piano w/LARRY ²⁵	10:00 Around The World 11:00 Walk 2:00 Resident Birthday Party 4:00 Trivia ²⁶	10:00 Morning Tea 2:00 UNO 3:00 Walk 7:00 Lawrence Welk ²⁷
10:00 In The News 2:00 Church 2:30 Social Time 3:00 Walk 3:30 UNO ²⁸	9:00 Popcorn 10:00 Creative Coloring 2:00 Pinterest Pals 3:30 Walk ²⁹	10:00 Manicures 11:00 Fuctional Fitness 2:00 Crafts 3:00 Walk 6:00 F.G.N. ³⁰	10:00 Men's Club 11:00 Fitness 1:30 Sing-a-Long w/Darla 3:45 Cowboy Jim Singing Country ³¹			

January

