

NEW YEAR, NEW YOU!

Kick-off 2019 with healthy habits!

Tips to try:

Laugh More – Studies have shown that the health benefits of laughter can help relieve pain, bring greater happiness, reduce short-term memory loss, enhance learning and even increase immunity. The simple act of laughing helps benefit our mind, body and spirit.

Challenge Your Brain – Give it a workout, the more you use your mind, the better it will work. Keep it in shape with games, puzzles and brain teasers. These rely on logic, word skills, math and more; all impacting the brain's speed and memory. For maximum benefits, spend 30 minutes a day on brain-related activities.

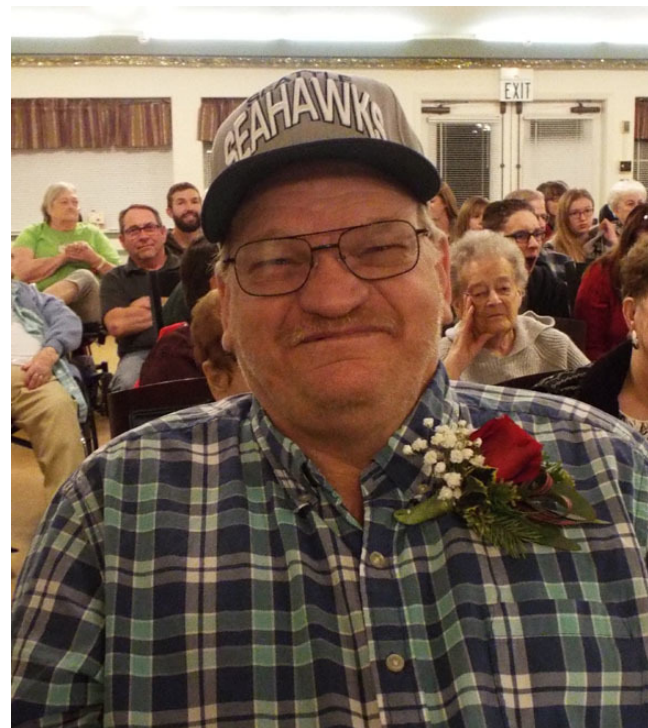
Meditate – Meditation reduces stress by teaching you to switch off from the worries that can plague you through the day. It is an opportunity to spend time by yourself, reconnecting with your inner spirit. Just 15 minutes a day meditating will help you reap the rewards of a relaxed and calm mind.

Become More Active – Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility. It will also help guard you against falls. Don't be discouraged by low or limited mobility as there is a large variety of regular fitness you can take advantage of.

Celebrate – By allowing yourself to celebrate your successes while on your journey, it will boost your happiness which gives you the momentum to keep moving forward. Don't give up too easily. On average, it takes 66 days to form a new habit.

A Red Christmas Rose is given to each resident who has lived at Wellsprings for five years or longer.

This years list includes: John, Margaret, Roxanne, Gerry, Evalyn, Molly, Judy, Janice R., Betty A., and Geneva.



John has been a resident for ten years.

ROASTED CREAMY CAULIFLOWER DIP




Unique & Tasty for the New Year!

Ingredients:

1 head of cauliflower, florets, and stem cut into 1-inch pieces
1 garlic clove, peeled
4 tablespoon olive oil
1 teaspoon kosher salt mixed with 1 teaspoon cumin
3/4 cup plain Greek yogurt
1 teaspoon finely grated lemon zest
3 tablespoons fresh lemon juice

Directions:

Toss cauliflower and whole garlic clove in bowl with 2 tbsp. oil, and salt mixed with cumin, arrange on cookie sheet. Bake in 350° oven for 30 minutes or until toasted and tender. Let cool. Transfer to a food processor, add yogurt, lemon zest and juice, purée until smooth. Add remaining oil in a steady stream until well combined. If dip is too thick, blend in 1 tbsp. water at a time to reach desired consistency. Serve with fresh vegetables.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>2104 W. Idaho Avenue Ontario, OR 97914 541-889-3020</p>		New Year's Day 1 8:00 Coffee & Chat 2 10:15 CC Book Mobile 3:30 CE Book Club-Short stories	8:00 Coffee & Chat 2 10:15 CC Book Mobile 3:30 CE Book Club-Short stories	8:00 Coffee & Chat 3 9:30 Dominoes 1:30 Undecorate 2:45 Farkle with John	8:00 Coffee & Chat 4 9:30 CE Current Events & Dominoes 1:30 Bingo 2:30 LL Friday Matinee	3:00 LL Popcorn & Movie 5 7:00 Lawrence Welk	
	3:00 SS Pilgrim Lutheran Church 6	8:00 Coffee & Chat 7 9:30 CE Current Events & Dominoes 1:30 LL Bingo 2:45 PE Golf 3:30 AE Art to Share	8:00 Coffee & Chat 8 9:30 PE Fitness Fun 1:30 Manicures 2:45 AE Door Craft	8:00 Coffee & Chat 9 10:30 In room visits 3:30 CE Book Club-Short stories	8:00 Coffee & Chat 10 9:30 Dominoes 1:30 Farkle with John 2:45 Ladderball	8:00 Coffee & Chat 11 9:30 CE Current Events & Dominoes 1:30 Bingo 2:30 LL Friday Matinee	3:00 LL Popcorn & Movie 12 7:00 Lawrence Welk
	3:00 SS Pilgrim Lutheran Church 13	8:00 Coffee & Chat 14 9:30 CE Current Events & Dominoes 1:30 LL Bingo 2:45 PE Beanbag Baseball 3:30 AE Art to Share	8:00 Coffee & Chat 15 9:30 PE Fitness Fun 1:30 Farkle/Resident choice 2:45 Cooking Club - Onion Soup	8:00 Coffee & Chat 16 10:30 In room visits 1:30 Activity Dir Mark & Prep 2:45 CC Gem State Fiddlers	8:00 Coffee & Chat 17 9:30 Dominoes 1:30 Beanbag Toss 2:45 Farkle	8:00 Coffee & Chat 18 9:00 CC Shopping at Walmart 1:30 Bingo 2:30 LL Friday Matinee	3:00 LL Popcorn & Movie 19 7:00 Lawrence Welk
	3:00 SS Pilgrim Lutheran Church 20	Martin Luther King, Jr. Day 21 8:00 Coffee & Chat 9:30 CE Resident Council 1:30 LL Bingo 2:45 PE Golf 3:30 AE Art to Share	8:00 Coffee & Chat 22 9:30 PE Fitness Fun 11:30 Out to Lunch 1:30 Manicures 2:45 Farkle	8:00 Coffee & Chat 23 10:30 In room visits 1:30 Activity Dir Mark & Prep 3:30 CE Book Club-Short stories	Happy Birthday 24 8:00 Coffee & Chat 9:30 Dominoes 1:30 Horseshoe Toss 2:45 Farkle	8:00 Coffee & Chat 25 9:30 CE Current Events & Dominoes 1:30 Bingo 2:30 LL Friday Matinee	3:00 LL Popcorn & Movie 26 7:00 Lawrence Welk
	3:00 SS Pilgrim Lutheran Church 27	8:00 Coffee & Chat 28 9:30 CE Current Events & Dominoes 1:30 LL Bingo 2:45 PE Golf 3:30 AE Meals on Wheels Craft	8:00 Coffee & Chat 29 9:30 PE Balloon Toss 1:30 Manicures 2:45 Dance	8:00 Coffee & Chat 30 10:30 In room visits 1:30 Activity Dir Mark & Prep 3:30 CE Book Club-Short stories	8:00 Coffee & Chat 31 9:30 Dominoes 1:30 Bingo 2:45 Farkle/w John	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	