



January 2020

124 Liberty Court • Dixon, IL 61021 • (815) 285-2000

### Meet Your Management Team

- Community Director- Melissa Jones
  - Community Relations Coordinator- Kelly Shroyer
  - Health Care Coordinator- Stephanie Herwig
  - Life Enrichment- Amanda Richardson
  - Maintenance Coordinator- Rick Shroyer
  - Culinary Coordinator- Dorothy Spratt
  - Lead CNA- Dawn Hooper
- Office Hours Monday-Friday  
8am-4:30pm**

### Not Too Late To Get Fit

It's never too late to gain the benefits of exercising, according to the results of a recent study focused on seniors. Researchers asked a group of men and women in their 60s and 70s to begin regular workouts walking on a treadmill, and after several months, they showed significant improvement in their cardiovascular fitness and their energy levels.

### 'Scarf' Is One

How many words can you come up with using the letters in "forecast"?

### Hoppin' for Good Luck

A traditional meal on Jan. 1 in the South is a bowl of Hoppin' John, a mixture of black-eyed peas, pork and rice. Served with collard greens and cornbread, the dish is said to bring good luck and prosperity in the new year.



### Feeling Your Oats

Whether they fill your bowl at breakfast or are an ingredient in your favorite breads and cookies, oats can fuel the body and the brain. The grain's trio of fiber, protein and complex carbohydrates gives your body energy, and the carbs may also increase the chemical serotonin in the brain, which has a calming effect.

### Starting a New Chapter

"The new year stands before us, like a chapter in a book, waiting to be written."  
—Melody Beattie



Beauty Shop open Tuesdays





## Trivia Whiz

### About Oranges

Winter is the prime season for one of the most popular citrus fruits. Peel into these tidbits about oranges.

- They originated about 6,000 years ago in Southeast Asia.
- Christopher Columbus brought orange seeds to the New World on his second voyage in 1493.
- The color orange was named after the fruit, not the other way around.
- There are about 600 varieties of oranges worldwide.
- Juicy and seedless, the navel orange is the most popular variety for eating.
- Florida grows the most oranges in the U.S.
- Oranges are high in fiber and an excellent source of vitamin C.



We always end our fitness class on Fridays with free style dancing. Kelly joined in today and busted out some moves with our Community members. We love dancing and having fun.



### Live 2B Healthy

Our program is in full swing now. We offer exercise classes on Monday, Wednesday and Friday for 45 mins. The program is conducted by a certified personal trainer. Each participant is assessed twice a year against a baseline test.







### Music Speaks

Liberty Court is excited to now be offering music speaks, a music therapy program for our memory care community members on Tuesdays and Thursdays. This program is facilitated by a licensed music therapist and the benefits are incredible. Promotes engagement, lessens anxiety, and the love of music is always incorporated.



### Holidays at Liberty Court

We enjoyed the holidays here at Liberty Court. We had a beautiful open house that filled our place with lots of cheer. We had dancers, music of all kinds and lots of new faces stop in. We can't thank everyone enough for your generosity during this special time of year. We are very excited to bring in the new year.



### Wit & Wisdom

"There's only one thing more precious than our time, and that's who we spend it on."  
—Leo Christopher

"You can't make up for lost time. You can only do better in the future."  
—Ashley Ormon

"All we have to decide is what to do with the time that is given us."  
—J.R.R. Tolkien

"They always say that time changes things, but you actually have to change them yourself."  
—Andy Warhol

"The way we spend our time defines who we are."  
—Jonathan Estrin

"You can't have a better tomorrow if you are thinking about yesterday all the time."  
—Charles F. Kettering

## January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>January</i>			New Year's Day 1 Happy Birthday Dwayne	2 Happy Birthday Claudia	3 Live 2B Healthy 10am	4
5	6 10am Live 2B Healthy	7 2:00pm Bingo 2:15pm Music Speaks	8 10am Live 2B Healthy	9 2:00pm Bingo 2:15pm Music Speaks	10 Happy Birthday Daisy	11
12	13 10am Live 2B Healthy	14 2:00pm Bingo 2:15pm Music Speaks	15 10am Live 2B Healthy	16 2:00pm Bingo 2:15pm Music Speaks	17 10am Live 2B Healthy	18
19 Martin Luther King Jr. Day	20 Happy Birthday Mabel & Beverly H.	21 2:00pm Bingo 2:15pm Music Speaks	22 10am Live 2B Healthy	23 2:00pm Bingo 2:15pm Music Speaks	24 10am Live 2B Healthy	25 Happy Birthday Bob W.
26	27 10am Live 2B Healthy Happy Birthday Wilma	28 2:00pm Bingo 2:15pm Music Speaks	29 10am Live 2B Healthy	30 2:00pm Bingo 2:15pm Music Speaks	31 10am Live 2B Healthy	

## "This Month In History" JANUARY

**1901:** The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

**1938:** Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and black musicians performed together on a U.S. stage.

**1943:** Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

**1953:** Chevrolet debuts its new sports car, the Corvette.

**1986:** James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

**1994:** American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

**2006:** An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

**2010:** Apple introduces its first iPad, a touch-screen tablet computer.

**2019:** A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.