



Garden Square of Greeley

Assisted Living & Memory Care

1663 29th Avenue Place • Greeley, CO 80634 • (970) 576-7200

New Year Quote

If I didn't bring you joy just leave it behind. Let's ring in the new year with good things in mind. Let's forget past mistakes making amends for this year. Sending you these greetings to bring you hope and cheer.

Fun Facts

In Colombia, Cuba and Puerto Rico, families stuff a large doll, which is called **Mr. Old Year**, with memories from the past year. They dress him in clothes from the outgoing year. At midnight, he is set ablaze, thus burning away the bad memories.

Cruise Around the World

We are going to be doing a "cruise around the world" here at Garden Square of Greeley and seeing what kind of ideas we can come up with that we can do for activities by picking a different country every week in the month of January. We will randomly be picking a country and then get information on different activities that that particular country has done.

Brainteaser

Question: How do you change the word "cold" to the word "warm" in just four steps, changing only one letter at a time?

Answer: cold, cord, word, worm, warm; or cold, cord, card, ward, warm

Birthdays!

Irene Elliott- Jan 10th

Anniversaries!

Carolyn Sitton will be here for 15 years on the 28th!

January 2020





New Year, New Challenge

When it comes to a better brain boost, it's best to get out of your comfort zone, say doctors. That may mean learning to speak a new language or play a musical instrument, or taking on another activity that's new to you. Doing something challenging that requires being mentally and socially engaged and uses a high level of cognitive processes helps maintain the connections between brain cells. Researchers say pursuits that require continuous challenges showed the biggest benefits.

Happy New Year!

Another fresh New Year is here... Another year to live! To banish worry, doubt, and fear. To love, and laugh and give!

January 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|--|
| <p>"Cruise Around the World" Is an activity we are going to try this month to see what kind of different activities can be done in different countries.</p> |  | | <p>New Year's Day 1</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Painting 3:00 DR Bingo</p> | <p>2</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR "Cruise Around The World" 2:30 DR Puzzles 3:00 DR Bingo</p> | <p>3</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Word Search 2:00 DR Crafts 3:00 DR Bingo</p> | <p>4</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Coloring/Painting 3:00 DR Bingo</p> |
| <p>5</p> <p>1:00 DR Puzzles 2:30 CA Pet Collective 4:00 CA Watch a Historical Movie</p> | <p>6</p> <p>1:00 DR Puzzles 2:30 CA Pet Collective 4:00 CA YouTube</p> | <p>7</p> <p>10:00 CA Exercises 10:30 CA Reading 1:30 DR Scrapbooking with Leota 3:00 DR Bingo</p> | <p>8</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Crafts 3:00 DR Bingo</p> | <p>9</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR "Cruise Around The World" 2:30 DR Puzzles 3:00 DR Bingo</p> | <p>10</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Crafts 2:30 CA Funniest Home Videos 3:00 DR Bingo</p> | <p>11</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Movie and Popcorn 3:00 DR Bingo</p> |
| <p>12</p> <p>1:00 DR Puzzles 2:30 CA Pet Collective 4:00 CA Watch a Historical Movie</p> | <p>13</p> <p>1:00 DR Puzzles 2:30 CA Pet Collective 4:00 CA YouTube</p> | <p>14</p> <p>10:00 CA Exercises 10:30 CA Reading 1:30 DR Scrapbooking with Leota 3:00 DR Bingo</p> | <p>15</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Crafts 2:30 CA Funniest Home Videos 3:00 DR Bingo</p> | <p>16</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR "Cruise Around The World" 3:00 DR Bingo</p> | <p>17</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 CA Inside Bowling 3:00 DR Bingo</p> | <p>18</p> <p>10:00 CA Exercises 10:30 CA Reading 1:30 DR Movie and Popcorn 3:00 DR Bingo</p> |
| <p>19</p> <p>1:00 DR Puzzles 2:30 CA Pet Collective 4:00 CA Watch a Historical Movie</p> | <p>Martin Luther King Jr. Day 20</p> <p>1:00 DR Puzzles 2:30 CA Pet Collective 4:00 CA YouTube</p> | <p>21</p> <p>10:00 CA Exercises 10:30 CA Reading 1:30 DR Scrapbooking with Leota 3:00 DR Bingo</p> | <p>22</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Noodle Ball 3:00 DR Bingo</p> | <p>23</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR "Cruise Around The World" 3:00 DR Bingo</p> | <p>24</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Crafts 3:00 DR Bingo</p> | <p>25</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Movie and Popcorn 3:00 DR Bingo</p> |
| <p>26</p> <p>1:00 DR Puzzles 2:30 CA Pet Collective 4:00 CA Watch a Historical Movie</p> | <p>27</p> <p>1:00 DR Puzzles 2:30 CA Pet Collective 4:00 CA YouTube</p> | <p>28</p> <p>10:00 CA Exercises 10:30 CA Reading 1:30 DR Scrapbooking with Leota 3:00 DR Bingo</p> | <p>29</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Crafts 3:00 DR Bingo</p> | <p>30</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR "Cruise Around The World" 3:00 DR Bingo</p> | <p>31</p> <p>10:00 CA Exercises 10:30 CA Reading 1:00 DR Noodle Ball 3:00 DR Bingo</p> |  |



"Then & Now"

Champions of the Ice

Each January, the country's best skaters take to the ice for the U.S. Figure Skating Championships. Give a round of applause to some previous gold medal winners.

| <u>Year</u> | <u>Men's Champion</u> | <u>Ladies' Champion</u> |
|-------------|-----------------------|-------------------------|
| 1946 | Dick Button | Gretchen Merrill |
| 1957 | David Jenkins | Carol Heiss |
| 1968 | Tim Wood | Peggy Fleming |
| 1976 | Terry Kubicka | Dorothy Hamill |
| 1984 | Scott Hamilton | Rosalynn Summers |
| 1997 | Todd Eldredge | Tara Lipinski |
| 2003 | Michael Weiss | Michelle Kwan |
| 2019 | Nathan Chen | Alysa Liu |

"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.