

Sunday

Monday

Tuesday

Wednesday



Thursday

Friday

Saturday

# January 2021

**All Activities are subject to change as allowed by the  
State and Health Department Guidelines**

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<div>9:00 Morning Stretch 9:30 P– I Feel Pretty A– Sunday Sing Along R– Familiar Melodies 1:30 Snack Break 2:00 Nail Spa 5:00 Evening Movie Theater</div>	<div>9:00 Morning Exercise 9:30 P– Sing Along A– Word Fun R– Magazines 1:30 Snack Break 2:00 P– Memories &amp; Reminiscing A– Card Games R– Golden Age Music 5:00 Evening Movie Theater</div>	<div>9:00 Morning Exercise 9:30 P– Sing Along A– Reminisce R– Familiar Melodies 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 P– Humor A– Bean Bag Toss R– Aromatherapy 5:00 Evening Movie Theater</div>	<div>9:00 Meet &amp; Greet 9:30 P– Aromatherapy A– Kitchen Table Talk R– Music Connection 1:30 Snack Break 2:00 Arm Chair Traveler 5:00 Evening Movie Theater</div>	<div>9:00 Meet &amp; Greet 9:30 P– Reading Book Club A– Balloon Volleyball R– Hand Massages 10:00 Catholic Visit 1:00 Northwest Geriatrics 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater</div>	<div>9:00 Meet &amp; Greet 9:30 P– Reading Book Club A– Baking Friday R– Familiar Tunes 1:30 Snack Break 2:30 Musical Entertainment, LDR 5:00 Evening Movie Theater</div>	<div>9:00 P– Artist Group A– Art Exploration R– Art Show 1:30 Snack Break 2:00 Viewers Choice 5:00 Evening Movie Theater</div>	
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# January 2021 THE MONTHLY GAZETTE

*"Tell me, what is it you plan to do with your  
one wild and precious life?"*

~ Mary Oliver



## Animal of the Month – Rabbit

Rabbits are small mammals that can be found on every continent except Antarctica. There are over 300 breeds of domesticated rabbits, which are used throughout the world as food, clothing, and pets.

They belong to the order Lagomorpha. Contrary to popular wisdom, rabbits are not rodents. Instead, they diverged from their rodent relatives early on and developed unique traits, such as two extra incisors.

Rabbits are social animals that live in burrows. The males are called bucks and the females are does. The European rabbit



was first domesticated in the Middle Ages and has been bred as livestock ever since. Angora rabbits are renowned for their silky fur that's weaved into yarn.

Rabbits have four to 12 kits in each litter and a gestation period of about a month. Like many prey animals, rabbits often sleep with their eyes open.

## Special Days

### New Year's Day

January 1

### Epiphany

January 6

### Makar Sankranti

(Hindu Festival)

January 14

### Martin Luther King Jr. Day

January 18

### Australia Day

January 26

### Tu B'Shevat

(Begins at sundown)

January 27

## Flower – Carnation



This month's flower is as rich in history and significance as it is diverse—and with around 300 species, that's saying something! Its genus, *Dianthus*, means "flower of the gods." The flower was a favorite among early Romans, who made them into celebratory wreaths. According to legend, these pretty petals first grew from the patches of earth where Mary's tears fell after Christ's crucifixion. Carnations have come to represent a mother's love and were used in the first Mother's Day celebration in 1908.

## Birthstone – Garnet



The birthstone for the month of January is the garnet. This gem is a symbol of friendship, protection, and truth, and also denotes the second wedding anniversary. The name garnet comes from the Latin word *granatum* (which means "pomegranate"), as the stone resembles the rich red color and form of this fruit. Garnets come in a variety of colors, including green, clear, and even black. Green garnets are very rare and thus are the most highly prized. Use any color of this stone in January to celebrate your favorite January birth or anniversary.

January 2021



1640 148<sup>th</sup> Ave SE Bellevue WA 98007 425-373-1161



Patriots Glen Assisted Living and Memory Care is a great place to call home. Our community is constantly changing with new friends and activities. We currently are still dealing with and supporting the Health Department and the State Regulations for Residents safety against Covid. We find this to be challenging at times but we are up to that Challenge. Our Residents hold a special place in our hearts and we together as a team want only the best for them.

Check out our new visiting area for outdoor visits or for more inclement weather window visits.

In Memory Care it is not unusual to smell the aroma of fresh baked bread, hear the sounds of familiar melodies and a great sing along. Our garden patio is alive with fascinating birds and winter foliage. It is wonderful to have a year round garden for our Residents to enjoy.

We look forward to this New Year and wish you and your family the very best.

### Happy Birthday:

Ken M. Fred V.

### Welcome:

### Additional Services Available

#### Hair Salon

Wednesdays

9:00 AM to 1:30 PM

#### Stylist—Oanh

Sign Up at the Front Desk

#### Northwest Geriatrics

Dr. Andy Lai

Tuesdays and Thursdays

1:00 PM to 4:00 PM

Appointments made through Wellness Center

#### Foot Care with Dr. Gorey

January 21<sup>st</sup>

1:00 PM to 3:00

Appointments made through Front Desk