

January 2021

Sunset Park Place

3730 Pennsylvania Ave, Dubuque, IA 52002 | 563-583-7939 | www.sunsetparkplace.net



Celebrating January

Get Organized Month

International Creativity Month

First Foot Day
January 1

Trivia Day
January 4

Bobblehead Day
January 7

Make Your Dream Come True Day
January 13

Martin Luther King Jr. Day
January 18

Compliment Day
January 24

Kazoo Day
January 28

Inspire Your Heart with Art Day
January 31

2021! What's new in the coming year?

Colors for Home Décor and Fashion

Fashion designers, advertisers, and interior decorators pay close attention to Pantone Color Institute's Color of the Year. In 2020, Classic Blue was their pick. They have not announced a single color for 2021 yet, but they are predicting that Terra Cotta and Mossy Green, along with lighter aqua blues, will be popular. The earth tones are soothing—an appealing quality right now. Blue is also calming but a little brighter and lighter.

Jobs Fifty years ago, jobs in the U.S. began to shift from agriculture and production to technology. Computer programming and similar occupations often required college or graduate degrees. In 2021, the jobs with the most openings will be in solar and wind power, especially installation of solar panels and wind turbines, and caregiving. Interestingly, many of the open jobs will require technical training but not necessarily a college education. In fact, in some regions, people with two-year, technical, or trade school degrees are predicted to earn more than people with bachelor's degrees.

Words Every year, Merriam-Webster adds words to the dictionary after a careful vetting process. Usually it takes words years to make the dictionary, but sometimes they get fast-tracked, especially if there is a reason they are suddenly widely used. The COVID-19 pandemic made the following words familiar quickly, so they will be in the latest editions of Merriam Webster:

- [Self-isolate](#) – To isolate or separate oneself from others
- [Physical distancing](#) – The practice of maintaining a greater than usual physical space between oneself and other people or of avoiding direct contact with people or objects in public places during the outbreak of a contagious disease in order to minimize exposure and reduce the transmission of infection
- [Contactless](#) – Not involving contact. Similarly, both the physical and technological meanings of contactless are being used much more frequently.

The Olympics On March 12, 2020, the Olympic torch was lit in Olympus, Greece, and now has reached Tokyo, Japan, where the Summer Games' schedule has been confirmed for 2021. The Games begin on Wednesday, July 21; the Opening Ceremony is on Saturday, July 24.

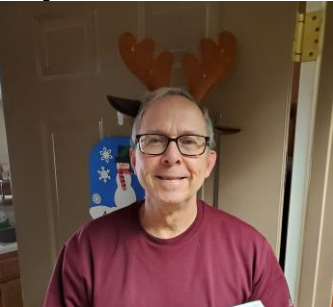
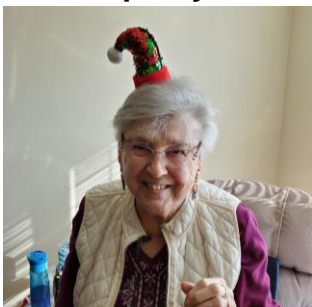
Traditions

One of the greatest things about the holidays is keeping traditions year after year. 2020 made us think out of the box, but keeping traditions was an absolute must!

Decorating Cookies Each resident was given their own cookie decorating kit. Cookies, frosting, and sprinkles! I'm not sure which was more fun – decorating or eating them!



Dress-up Days – Hat Day

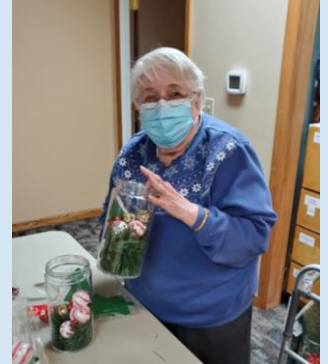


Reflections in the Park – with snow this year!



Christmas Centerpieces

The ladies crafted beautiful centerpieces to make our dining room tables sparkle.



Better Health, Step by Step

New Year, New You! Join us for our virtual **Live 2B Healthy** chair exercise class from the comfort of your own home. All you need is a sturdy chair and the internet. Our personal trainer, Pam Connelly, presents a fun, interactive class on Mondays, Wednesdays, and Fridays at 10:00 a.m. Contact Shelly if you are interested in checking it out.

Call: 563-583-7939 or email her at shelly.gessner@sunsetparkplace.net.



Elf on the Shelf Visit



Elf (Shelly G, Life Enrichment Coordinator)

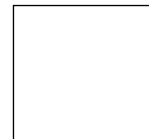
Santa finds everyone on the nice list

*The singing Santa!
Have a Holly Jolly Christmas!*



Santa (Jim H, Maintenance Coordinator)
Elf (Shelly G, Life Enrichment Coordinator)

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Going Cuckoo



Each year beginning on January 11, fans of the comedic duo of Stan Laurel and Oliver Hardy celebrate Cuckoo Dancing Week in honor of Laurel and Hardy's

Cuckoo theme song. Marvin Hatley first composed the tune known as "The Dance of the Cuckoos" as an on-the-hour musical chime for the Hal Roach Studio's radio station in 1930. When Laurel heard the tune, he asked Hatley if he and Hardy could use it in their act. Laurel thought the tune perfectly captured their characters: pompous and dramatic for Hardy, while discordant and goofy for Laurel. The duo's slapstick comedy routines, featured in over 100 short films and features, gave Laurel and Hardy worldwide fame. And everywhere Laurel and Hardy went, "The Dance of the Cuckoos" followed. When they visited Ireland in 1953, the church bells of Cork's Cobh Cathedral rang out "The Dance of the Cuckoos" to welcome them.

January Birthdays

Lynn K 5th Conny M 7th Dorothy B 16th
Grace C 24th Donna C 26th

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are responsible masters of self-control and considered some of the hardest workers in the zodiac. They are practical planners and leaders who value experience and expertise. Those born from January 20–31 are the Water Bearers of Aquarius. These deep-thinking intellectuals have big and original dreams. The world is full of possibilities, and Aquarians seek freedom in order to reach their greatest potential.

Betsy Ross (upholsterer) – January 1, 1752
Diane Keaton (actress) – January 5, 1946
Elvis Presley (musician) – January 8, 1935
Martin Luther King Jr. (minister) – January 15, 1929
Michelle Obama (first lady) – January 17, 1964
Etta James (singer) – January 25, 1938
Oprah Winfrey (TV host) – January 29, 1954
Jackie Robinson (ballplayer) – January 31, 1919