

RESOLUTIONS

The Power of the Resolution

It's the beginning of the new year and perhaps the perfect time for a clean slate, a fresh start, a new goal. New Year's resolutions have a lousy reputation. Maybe that's because, according to the Business Insider, up to 80% of people fail to keep their resolutions longer than six weeks. This begs the question, why bother to resolve at all? While not everyone succeeds at resolutions, sometimes the simple act of reflection and goal setting can bring self-awareness and focus on our habits and wellness. Perhaps this year, when you sit down to make your list of resolutions, instead of focusing on what you don't do, should do, or could do differently, you could focus on your strengths. Please stick with me here. I know you may be thinking if I am focusing on my strength, how is that a resolution? Let me tell you.

Resolve to be your best you. What if you were determined to use your strengths to help your neighbor, your community, or a friend? Wouldn't it feel good to resolve to be better at what you are already good at? So, this year when you sit down to make your list, forget about all the things you want to change or don't do well and instead focus on the positive and resolve to use your natural gifts in powerful ways.

Anniversaries Residents Employees

Laverne B.-----4 Years	Anne M.-----15 Years
Dexter W.-----2 Years	Jennifer D.-----6Years
Carol M.-----2 Years	DJ D.-----2 Years
Richard "Al" B.----1 Year	
Patricia W.-----1 Year	

*Happy Anniversaries to
you all and thank you for
being part of
Flagstone.*



January
2021

Flagstone Senior
Living

3325 Columbia View Drive
The Dalles, OR 97058

*Winners of our Christmas
Light Contest!*



**Congratulations
to
Tim and Erica**

*Every Year Debbie (Activity Director)
takes the Resident out to look at all the
wonderful Christmas lights around The
Dalles. This Year Karees (Marketing
Director) brought Christmas lights
home to Flagstone for the Residents to
watch on our Lobby TV and vote for the
best Light Show. It was a hit!*

January Birthdays

Residents Employees

Dolores C.-----5th	Tim H.-----1st
Shirley W.-----6th	Sharon N.-----6th
Audrey M.-----13th	Jody B.-----15th
Jean K.-----15th	
Virginia J.-----17th	
Michael P.-----18th	
Barbara C.-----19th	
Dexter W.-----20th	Happy Birthday!
Nancy B.-----22nd	
Yvonne H.-----30th	



Thank you to
The Dalles
Area Chamber
of Commerce
for the FREE
PPE! You are
such a
blessing to our
community
and to many
other
businesses in
our area. We
appreciate
your support
through this
year.

January 2021
Assisted Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January cont'd</div> <div>31</div> <div>7:30 LL Breakfast</div> <div>10:00 SS Church Services "Live Stream" (Calvary Baptist)</div> <div>11:15 LL Lunch</div> <div>12:30 AE Crafts Valentines Craft (LAR)</div> <div>1:30 SS Church Service "Live Stream" (Calvary Baptist)</div> <div>4:30 LL Dinner</div>	<div></div> <div></div> <div><div>AE Artistic Expression</div><div>CC Community Connections</div><div>LL Lifestyle & Leisure</div><div>PE Physical Engagement</div><div>SS Spiritual Support</div></div>				<div>Happy Birthday Tim H.</div> <div>New Year's Day</div> <div>7:30 LL Breakfast</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>10:30 CC Bus Adventure Drive- Must Sign Up</div> <div>11:15 LL Lunch</div> <div>1:00 LL Bus Adventure Drive- Must Sign Up</div> <div>3:00 LL Movie- Where the Red Fern Grows "Must Sign Up" (RR)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:00 LL Hallway Bingo (Rooms 101-128)</div> <div>11:15 LL Lunch</div> <div>1:00 LL BINGO (RR)</div> <div>4:30 LL Dinner</div>
<div>7:30 LL Breakfast</div> <div>10:00 SS Church Services "Live Stream" (Calvary Baptist)</div> <div>11:15 LL Lunch</div> <div>12:30 AE Crafts Watercolor Painting (LAR)</div> <div>1:30 SS Church Service "Live Stream" (Calvary Baptist)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:00 LL Manicures By Appointment Only (LAR)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL BINGO (RR)</div> <div>2:30 AE Making Jewelry (LAR)</div> <div>4:30 LL Dinner</div>	<div>Happy Birthday Dolores C.</div> <div>7:30 LL Breakfast</div> <div>9:30 LL Dollar Store (Room to Room)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 PE One on One Activities</div> <div>2:00 CC Hallway Happy Hour</div> <div>2:45 AE Knitting & Crocheting (RR)</div> <div>4:30 LL Dinner</div>	<div>Happy Birthday Shirley W. & Sharon N.</div> <div>7:30 LL Breakfast</div> <div>9:30 LL Dollar Store (Room to Room)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL Cozy Cart- Hot Drinks</div> <div>2:00 LL Tea with Friends (RR)</div> <div>3:00 AE Tie Dye Scarves (LAR)</div> <div>4:30 LL Dinner</div>	<div>Happy Birthday Barbara E.</div> <div>7:30 LL Breakfast</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL Tea with Friends</div> <div>2:45 LL Movie- Where the Red Fern Grows "Must Sign Up" (RR)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>10:30 CC Bus Adventure Drive- Must Sign Up</div> <div>11:15 LL Lunch</div> <div>1:00 LL Bus Adventure Drive- Must Sign Up</div> <div>3:00 LL Movie- The Proud Rebel "Must Sign Up" (RR)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:00 LL Donuts, Coffee & Cappuccino (Activity Room)</div> <div>11:15 LL Lunch</div> <div>1:00 LL BINGO (RR)</div> <div>4:30 LL Dinner</div>
<div>7:30 LL Breakfast</div> <div>10:00 SS Church Services "Live Stream" (Calvary Baptist)</div> <div>11:15 LL Lunch</div> <div>12:30 AE Crafts Painting (LAR)</div> <div>1:30 SS Church Service "Live Stream" (Calvary Baptist)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:00 LL Manicures By Appointment Only (LAR)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL BINGO (RR)</div> <div>2:30 AE Wood Painting (LAR)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>9:30 LL Dollar Store (Room to Room)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 PE One on One Activities</div> <div>1:00 CC Terrace Bus Rides- Must Sign up</div> <div>2:00 CC Hallway Happy Hour</div> <div>2:45 AE Knitting & Crocheting (RR)</div> <div>4:30 LL Dinner</div>	<div>Happy Birthday Audrey M.</div> <div>7:30 LL Breakfast</div> <div>9:30 LL Dollar Store (Room to Room)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL Cozy Cart- Hot Drinks</div> <div>2:00 LL Tea with Friends (RR)</div> <div>3:00 AE Resident Council Meeting (RR)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL Tea with Friends</div> <div>2:45 LL Movie- Against a Crooked Sky "Must Sign Up" (RR)</div> <div>4:30 LL Dinner</div>	<div>Happy Birthday Jean K. & Jody B.</div> <div>7:30 LL Breakfast</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>10:30 CC Bus Adventure Drive- Must Sign Up</div> <div>11:15 LL Lunch</div> <div>1:00 CC Town Hall With Lisa</div> <div>3:00 LL Movie- The Missouri Traveler (RR)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:00 LL Hallway Bingo (Rooms 101-128)</div> <div>10:00 PE WII Bowling- Must Sign Up (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL BINGO (RR)</div> <div>4:30 LL Dinner</div>
<div>Happy Birthday Virginia J.</div> <div>7:30 LL Breakfast</div> <div>10:00 SS Church Services "Live Stream" (Calvary Baptist)</div> <div>11:15 LL Lunch</div> <div>12:30 AE Crafts Wool Heart Wreath (LAR)</div> <div>1:30 SS Church Service "Live Stream" (Calvary Baptist)</div> <div>4:30 LL Dinner</div>	<div>Happy Birthday Michael P.</div> <div>Martin Luther King, Jr. Day</div> <div>7:30 LL Breakfast</div> <div>10:00 LL Manicures By Appointment Only (LAR)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL BINGO (RR)</div> <div>2:30 AE Heart String Art (LAR)</div> <div>4:30 LL Dinner</div>	<div>Happy Birthday Barbara C.</div> <div>7:30 LL Breakfast</div> <div>9:30 LL Dollar Store (Room to Room)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 PE One on One Activities</div> <div>2:00 CC Hallway Happy Hour</div> <div>2:45 AE Knitting & Crocheting (RR)</div> <div>4:30 LL Dinner</div>	<div>Happy Birthday Dexter W.</div> <div>7:30 LL Breakfast</div> <div>9:30 LL Dollar Store (Room to Room)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL Cozy Cart- Hot Drinks</div> <div>2:00 AE Heart Garland Craft (LAR)</div> <div>2:00 LL Tea with Friends (RR)</div> <div>4:30 LL Waffles for Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL Tea with Friends</div> <div>2:45 LL Movie- Seven Alone "Must Sign Up" (RR)</div> <div>4:30 LL Dinner</div>	<div>Happy Birthday Nancy B.</div> <div>7:30 LL Breakfast</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>10:30 CC Bus Adventure Drive- Must Sign Up</div> <div>11:15 LL Lunch</div> <div>1:00 LL Bus Adventure Drive- Must Sign Up</div> <div>3:15 LL Movie- Residents Choice (RR)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:00 LL Hallway Bingo (Rooms 101-128)</div> <div>10:00 PE WII Bowling- Must Sign Up (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL BINGO (RR)</div> <div>4:30 LL Dinner</div>
<div>7:30 LL Breakfast</div> <div>10:00 SS Church Services "Live Stream" (Calvary Baptist)</div> <div>11:15 LL Lunch</div> <div>12:30 AE Crafts Tissue Paper Art (LAR)</div> <div>1:30 SS Church Service "Live Stream" (Calvary Baptist)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:00 LL Manicures By Appointment Only (LAR)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL BINGO (RR)</div> <div>2:30 AE Beaded Heart Hanger (LAR)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>9:30 LL Dollar Store (Room to Room)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 PE One on One Activities</div> <div>1:00 CC Terrace Bus Rides- Must Sign up</div> <div>2:00 CC Hallway Happy Hour</div> <div>2:45 AE Knitting & Crocheting (RR)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>9:30 LL Dollar Store (Room to Room)</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL Cozy Cart- Hot Drinks</div> <div>2:00 LL Tea with Friends (RR)</div> <div>3:00 AE Making Valentines Cards (LAR)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL Tea with Friends</div> <div>2:45 LL Movie- Long Road Home "Must Sign Up" (RR)</div> <div>4:30 LL Dinner</div>	<div>7:30 LL Breakfast</div> <div>10:15 PE Sit and Be Fit (RR)</div> <div>10:30 CC Bus Adventure Drive- Must Sign Up</div> <div>11:15 LL Lunch</div> <div>1:00 LL Bus Adventure Drive- Must Sign Up</div> <div>3:15 LL Movie- Residents Choice "Must Sign Up" (RR)</div> <div>4:30 LL Dinner</div>	<div>Happy Birthday Yvonne H.</div> <div>7:30 LL Breakfast</div> <div>10:00 LL Hallway Bingo (Rooms 101-128)</div> <div>10:00 PE WII Bowling- Must Sign Up (RR)</div> <div>11:15 LL Lunch</div> <div>1:00 LL BINGO (RR)</div> <div>4:30 LL Dinner</div>
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