

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
In The Moment – Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January cont'd</div> <div>31</div> <div>9:15 PE Sit and Be Fit</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 SS Sunday Church Service (RR)</div> <div>2:30 AE Fun Crafts</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div>AE Artistic Expression</div> <div>CE Continuing Education</div> <div>LL Lifestyle & Leisure</div> <div>PE Physical Engagement</div> <div>SS Spiritual Support</div>	<div></div> <div></div> <div>Healthy Snacks & Hydration offered throughout each day!</div>	<div>New Year's Day</div> <div>1</div> <div>9:15 PE Stretching Fitness</div> <div>10:30 CE Reading Circle</div> <div>3:00 AE Fancy Friday (Nails & Hair)</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div>	<div>9:15 PE Sit and Be Fit</div> <div>2</div> <div>10:30 CE Reading Circle</div> <div>12:45 LL Music Fun!</div> <div>2:45 AE Pencil Art Coloring</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div>
<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE Reading Circle</div> <div>12:45 SS Sunday Church Service (RR)</div> <div>2:30 AE Fun Crafts</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>3</div>	<div>9:15 PE Fitness Fun Balloons & Noodles</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 PE Game Time</div> <div>2:30 AE Cupcake Decorating</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>4</div>	<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE Pencil Art Coloring</div> <div>12:45 SS Church Services "Live Stream" (Calvary Baptist)</div> <div>2:45 AE Penguin Craft</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>5</div>	<div>9:15 PE Fitness Fun Balloon & Noodles</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 LL Music Videos</div> <div>2:45 AE 3D Hot Air Balloon</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>6</div>	<div>9:15 PE Parachute Fitness</div> <div>12:00 CE Spot The Difference Game</div> <div>12:45 CE Hangman</div> <div>2:45 AE Cupid Arrow Craft</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>7</div>	<div>9:15 PE Stretching Fitness</div> <div>10:30 CE 101 Feel Good Stories</div> <div>3:00 AE Fancy Friday (Nails & Hair)</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>8</div>	<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 LL Music Fun!</div> <div>2:45 AE Pencil Art Coloring</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>9</div>
<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 SS Sunday Church Service (RR)</div> <div>2:30 AE Fun Crafts</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>10</div>	<div>9:15 PE Fitness Fun Balloons & Noodles</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 PE Game Time</div> <div>1:30 CE Taste & Tell W/Anne</div> <div>2:30 LL Musical Moments</div> <div>3:30 CE Valentine Maze</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>11</div>	<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE Pencil Art Coloring</div> <div>12:45 SS Church Services "Live Stream" (Calvary Baptist)</div> <div>2:45 AE 3D Valentines Hearts</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>12</div>	<div>9:15 PE Fitness Fun Balloon & Noodles</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 LL Music Videos</div> <div>2:45 AE Valentines Yarn Art</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>13</div>	<div>9:15 PE Parachute Fitness</div> <div>12:00 CE Spot The Difference Game</div> <div>12:45 CE Hangman</div> <div>2:45 AE Cookie Decorating</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>14</div>	<div>9:15 PE Stretching Fitness</div> <div>10:30 CE 101 Feel Good Stories</div> <div>3:00 AE Fancy Friday (Nails & Hair)</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>15</div>	<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 LL Music Fun!</div> <div>2:45 AE Pencil Art Coloring</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>16</div>
<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 SS Sunday Church Service (RR)</div> <div>2:30 AE Fun Crafts</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>17</div>	<div>Martin Luther King, Jr. Day</div> <div>18</div> <div>9:15 PE Fitness Fun Balloons & Noodles</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 PE Game Time</div> <div>2:30 LL Word Search</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div>	<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE Pencil Art Coloring</div> <div>12:45 SS Church Services "Live Stream" (Calvary Baptist)</div> <div>2:45 AE Valentine Bears</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>19</div>	<div>9:15 PE Fitness Fun Balloon & Noodles</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 LL Music Videos</div> <div>2:45 AE Making Valentines Cards</div> <div>3:45 PE Wild Walkers</div> <div>4:30 LL Waffles for Dinner</div> <div>5:00 LL Evening Movie</div> <div>20</div>	<div>9:15 PE Parachute Fitness</div> <div>12:00 CE Spot The Difference Game</div> <div>12:45 CE Hangman</div> <div>3:00 AE Valentines Door Hanger</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>21</div>	<div>9:15 PE Stretching Fitness</div> <div>10:30 CE 101 Feel Good Stories</div> <div>3:00 AE Fancy Friday (Nails & Hair)</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>22</div>	<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 LL Music Fun!</div> <div>2:45 AE Pencil Art Coloring</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>23</div>
<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 SS Sunday Church Service (RR)</div> <div>2:30 AE Fun Crafts</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>24</div>	<div>9:15 PE Fitness Fun Balloons & Noodles</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 PE Game Time</div> <div>2:30 CE Poetry Reading</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>25</div>	<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE Pencil Art Coloring</div> <div>12:45 SS Church Services "Live Stream" (Calvary Baptist)</div> <div>2:45 AE Valentines Book Marker</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>26</div>	<div>9:15 PE Fitness Fun Balloon & Noodles</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 LL Music Videos</div> <div>2:45 AE Valentines Hearts</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>27</div>	<div>9:15 PE Parachute Fitness</div> <div>12:00 CE Spot The Difference Game</div> <div>12:45 CE Hangman</div> <div>2:45 AE Paper Heart Wreath</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>28</div>	<div>9:15 PE Stretching Fitness</div> <div>10:30 CE 101 Feel Good Stories</div> <div>3:00 AE Fancy Friday (Nails & Hair)</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>29</div>	<div>9:15 PE Sit and Be Fit</div> <div>10:30 CE 101 Feel Good Stories</div> <div>12:45 LL Game Time</div> <div>2:45 AE Pencil Art Coloring</div> <div>3:45 PE Wild Walkers</div> <div>5:00 LL Evening Movie</div> <div>30</div>

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