

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
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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.



Flagstone Senior Living

January
2021

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