

## Happy January birthdays!!

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. 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.

### Happy Birthday to:

Sally - 12th of January  
Richard S- 30th of January



Beth enjoying her Christmas lunch

## America's Top New Year's Resolutions for 2021

For many, 2020 has been a year, which makes getting a fresh start in 2021 feel very appealing.

The turn of the calendar brings both the opportunity to reflect on the last 12 months and the chance to begin planning for the next dozen.

For 2021, many Americans are making the resolution to adopt healthy habits – concerning their bodies, minds and finances. As the Holiday Season Report from our Statista Global Consumer Survey shows, out of all US participants who said they were making one or several new year's resolutions, 44 percent wanted to exercise more, while 42% planned to eat healthier in 2021.

More popular resolutions for the upcoming year also circled around improving one's health, with weight loss and quit smoking being among the favorite answers.

After almost a year of social distancing, often also from close family members and loved ones, 34 percent said that they wanted to spend more time with family and friends.

Claire Jenik, for Statista.com  
December 18, 2020



Georgie enjoying a game with Chris



Jean helping to take the trim off the tree.

January  
2021

Sierra Ridge Memory  
Care



3265 Blue Oaks Drive  
Auburn, CA 95602

### Sierra Ridge Management Team

**Debra Duval**  
*Executive Director*

**Jennifer Fuston**  
*Associate Executive Director*

**Lynda Murray**  
*Health & Wellness Director*

**Colleen Magda**  
*Senior Lifestyle and Leisure Director*

**Robert Selvester**  
*Culinary Director*

**Barbara Tarlton**  
*Resident Care Director*

**Ryan Countz**  
*Maintenance Director*

**Eileen Bonomo-Kingston**  
*Community Relations Director*



### Community News Happy New Year to You!!

We are very happy to welcome **Debra Duval** as our Regional and **Executive Director** and congratulate **Jennifer Fuston** on her promotion to **Associate Director**. Congratulations and Welcome!!

The Sierra Ridge management team is here for you, and we strive to bring honor and meaningful days to your loved one's life experience.

As we reflect on the past year, with the Corona Virus causing undue stress and separation from those we love, we would like to thank you and your loved ones for allowing us to be a part of your lives. We look forward to a wonderful 2021 and can not wait to host an event and see everyone in person again!



Jennifer Fuston - Associate Executive Director.




# January 2021

## In The Moment - Memory Support



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January cont'd</b> <b>31</b> 9:30 Art/Folding 11:15 <b>PE</b> Stretch and Flex 1:00 Baking/Busy Hands 2:00 Puzzle Perfect 3:00 Snacks and Chats 6:00 Aromatherapy		<b>Location Keys</b> Dining Room DR	<b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support	Healthy Snacks & Hydration offered throughout each day!	<b>New Year's Day</b> <b>1</b> 9:00 <b>CE</b> Mind Joggers 11:15 Tap your Toes 3:00 <b>LL</b> Snacks and Chats 3:30 Balloon Toss 6:00 <b>LL</b> Reminisce	<b>2</b> 9:30 <b>AE</b> Creative corner 10:15 <b>CE</b> Reading Roundtable 1:00 Spa Time 3:30 Sing-a-Long 6:30 Games 6:30 <b>CE</b> Trivia
<b>3</b> 9:30 Busy Hands 11:15 <b>PE</b> Light and Lively 1:00 Baking/Busy Hands 2:30 <b>AE</b> Artistic Moments 6:00 Evening Stroll	<b>4</b> 10:30 <b>CE</b> Reading Round table 11:30 Fitness Fun 1:00 Puzzle Perfect 2:00 <b>LL</b> Whistle while you work. 3:45 Sittercise 6:00 Reminisce	<b>5</b> 9:30 <b>LL</b> Famous Quotes 10:30 <b>CC</b> Service Project 11:30 <b>PE</b> Fitness Fun 1:00 Kitchen crafts 2:30 Puzzle Perfect 6:00 Finish the Phrase	<b>6</b> 9:30 Art Therapy 11:15 <b>PE</b> Exercise 12:00 <b>Family Council</b> 1:00 <b>CE</b> Word Games 3:30 Let's Sing 6:00 Aromatherapy	<b>7</b> 9:00 Coffee and Crossword 10:15 <b>SS</b> Spiritual Moments 11:15 Tap your Toes 2:30 Cards/Games 4:15 <b>PE</b> Sittercise 6:00 Games	<b>8</b> 9:30 Folding 11:15 <b>PE</b> Let's move it! 1:00 Puzzles/Spa Time 3:45 Fitness Fun 4:15 <b>AE</b> Sing-a-Long 6:30 <b>LL</b> Spa Time	<b>9</b> 9:30 <b>AE</b> Art fun 10:15 <b>CE</b> Reading Roundtable 1:30 Kitchen Crafts 3:15 Busy Hands 4:00 Rhythm & Motion 6:30 Games
<b>10</b> 9:30 Art fun 10:30 <b>SS</b> <b>Mike &amp; Friends</b> 1:00 Baking/Busy Hands 3:00 Snacks and Chats 6:00 <b>LL</b> Games	<b>11</b> 9:00 Art Time 10:30 <b>CE</b> Reading Round table 1:00 Spa Time 3:30 <b>CC</b> <b>Alvin Entertains</b> 4:15 Stretch and Flex 6:00 <b>CE</b> Arm Chair Travels	<b>12</b> 9:30 <b>CE</b> Positive Quotes 10:00 Snacks and Chats 10:30 Busy Hands 1:00 Desert Making [DR] 3:30 <b>AE</b> Sing-a-Long 6:00 Ball Toss	<b>13</b> 9:00 Folding 9:45 <b>CE</b> <b>Taste and Tell</b> 11:15 Sittercise 1:00 Music Therapy 3:30 Rhythms & Motion 6:00 <b>LL</b> Movie Time	<b>14</b> 9:00 Puzzles 10:15 <b>SS</b> Spiritual Moments 11:30 Let's move it! 2:30 Cards/Games 3:00 Ice Cream Sandwiches 6:00 Mind Joggers	<b>15</b> 9:00 Morning Motivation 10:00 Snacks and Chats 1:00 <b>LL</b> Cooking Fun 3:00 Puzzles 4:00 <b>PE</b> Rhythms & Motion 6:00 Reminisce	<b>16</b> 9:30 <b>LL</b> Busy Hands 10:15 <b>CE</b> Reading Roundtable 11:15 Silver Sneakers 1:00 Magazines 4:00 <b>AE</b> Singing 6:30 Games
<b>17</b> 9:30 Busy Hands 11:00 <b>PE</b> Move and Groove 1:00 Baking/Busy Hands 3:00 <b>LL</b> Lemonade Time 4:00 Singing 6:00 Catch that Ball	<b>Martin Luther King, Jr. Day</b> <b>18</b> 9:30 <b>AE</b> Artistic Moments 10:30 <b>CE</b> Reading Round table 1:00 Watercolors 3:00 <b>CC</b> <b>Curt Entertains</b> 7:00 Snacks and Chats	<b>19</b> 9:30 <b>LL</b> Busy Hands 10:00 Tea Time 10:30 <b>CC</b> Service Project 1:30 Spa Time 4:15 <b>PE</b> Tap your Toes 6:00 Hand Massages	<b>20</b> 9:00 Artistic Moments 9:45 Travel Talks 11:15 <b>PE</b> Flexible Stretch 2:00 <b>CC</b> Sewing Circle 3:30 Musical Moments 6:00 <b>CE</b> Finish the Phrase	<b>21</b> 9:00 Word games 9:30 Artistic Moments 10:15 <b>SS</b> Spiritual Moments 2:00 <b>CC</b> <b>Diana Entertains</b> 2:30 Cards/Games 6:00 Tall Tales	<b>22</b> 9:00 Folding 10:00 Snacks and Chats 1:00 <b>CE</b> Puzzle Perfect 3:30 <b>AE</b> Sing-a-Long 4:15 Sit and be Fit 6:00 Ring Toss	<b>23</b> 9:30 <b>AE</b> Artistic Moments 10:15 <b>CE</b> Reading Roundtable 1:00 <b>LL</b> Spa Time 3:30 Music Time 6:00 Matinee
<b>24</b> 9:30 Art fun 10:00 Coffee time 11:15 <b>PE</b> Light and Lively 1:00 Baking/Busy Hands 2:30 Art fun 6:00 <b>CE</b> Finish the Phrase	<b>25</b> 9:00 Folding 10:30 <b>CE</b> Reading Round table 11:15 Stretch and Flex 1:00 Craft Fun 2:30 <b>LL</b> Whistle while you work 3:30 Music Time 6:00 Evening Stroll	<b>26</b> 9:00 Artistic Moments 9:30 Puzzle Perfect 10:30 Artistic Moments 10:30 Busy Hands 11:30 Tap your Toes 3:30 <b>AE</b> Musical Moments 6:00 Ball Toss	<b>27</b> 9:00 Busy Hands 9:45 <b>CE</b> <b>Taste and Tell</b> 11:15 Light and Lively 1:00 Music Therapy 3:00 <b>LL</b> <b>Birthday Bash</b> 7:00 Snacks and Chats	<b>28</b> 9:00 Puzzles 10:15 <b>SS</b> Spiritual Moments 1:00 <b>LL</b> Kitchen crafts 2:30 Cards/Games 4:15 <b>PE</b> Simple Stretches 7:00 Conversations	<b>29</b> 9:30 Busy Hands 10:00 Snacks and Chats 11:15 Fitness fun 1:00 <b>AE</b> Crafty Corner 3:00 Snacks and Chats 6:30 Matinee	<b>30</b> 9:30 Art fun 10:15 <b>CE</b> Reading Roundtable 11:15 <b>PE</b> Stretch and Flex 1:00 Travel Talks 4:00 Rhythm & Motion 6:30 Games

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