

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022

1
10:00 Morning Movie, L
2:00 **Rose Bowl, LR**
6:00 Evening Movie, LR

New Year's Day

2
9:00 Morning Musical Movie, LR
1:25 **Seahawk Sunday, LR**
6:00 Bingo, L

3
9:00 Bible Study with Carla, AR
10:00 Morning Exercise, DR
2:00 Sing Along with Joy, LR
6:00 Evening Movie, LR

4
10:00 Morning Exercise, DR
1:00 **Northwest Geriatrics**
1:00 Wii Bowling, IC
2:00 Game Time with Barb, LR
3:00 Strike up the Band Barb, LR
6:00 Evening Movie, LR

5
10:00 Strength Exercise, DR
1:00 Walking Group, L
2:00 **Cooking with Shellie, DR**
3:30 Walking Group With Joy, L
6:00 Evening Movie, LR

6
Medical Transportation**
10:00 Catholic Services, AR
1:00 Documentary, LR
1:00 **Northwest Geriatrics**
2:00 Social Connection, LR
3:00 Afternoon Exercise, DR
6:00 Evening Movie, LR

7
10:00 Morning Exercise, DR
1:00 Walking Group With Joy, L
2:30 **Birthday Celebration With Hank Blumenthal, DR**
6:00 Evening Movie, LR

8
10:00 Morning Exercise, DR
1:30 **Pet Visit with Sophie, LR**
2:30 Word Games, DR
6:00 Evening Movie, LR

9
9:00 Morning Musical Movie, LR
1:25 **Seahawk Sunday, LR**
6:00 PO KE NO, L
6:00 Evening Movie, LR

10
9:00 Bible Study with Carla, AR
10:00 Morning Exercise, DR
2:00 Scenic Drive, L
6:00 Evening Movie, LR

11
10:00 Morning Exercise, DR
1:00 **Northwest Geriatrics**
1:00 Wii Bowling, IC
2:00 Game Time with Barb, LR
3:00 Strike up the Band Barb, LR
6:00 Evening Movie, LR

12
10:00 Strength Exercise, DR
2:00 **Red Hats, DR**
3:30 Walking Group With Joy, L
6:00 Evening Movie, LR

13
Medical Transportation**
10:00 Catholic Services, AR
1:00 Documentary, LR
1:00 **Northwest Geriatrics**
2:00 Social Connection, LR
3:00 Afternoon Exercise, DR
6:00 Evening Movie, LR

14
10:00 Morning Exercise, DR
1:00 Walking Group With Joy, L
2:30 **Happy Hour with Jim & Beth Wulff, DR**
6:00 Evening Movie, LR

15
10:00 Morning Exercise, DR
2:00 Chicken Soup for the Soul Stories, ICP
2:30 Word Games, DR
6:00 Evening Movie, LR

16
9:00 Morning Musical Movie, LR
6:00 Bingo, L
6:00 Evening Movie, LR

17
9:00 Bible Study with Carla, AR
10:00 Morning Exercise, DR
2:00 Scenic Drive, L
6:00 Evening Movie, LR

Martin Luther King Jr. Day

18
10:00 Morning Exercise, DR
1:00 **Northwest Geriatrics**
1:00 Wii Bowling, IC
2:00 Game Time with Barb, LR
3:00 Strike up the Band Barb, LR
6:00 Evening Movie, LR

19
10:00 Strength Exercise, DR
2:00 **Bingo Bash, DR**
3:30 Walking Group With Joy, L
6:00 Evening Movie, LR

20
Medical Transportation**
10:00 Catholic Services, AR
1:00 Documentary, LR
1:00 **Northwest Geriatrics**
2:00 Social Connection, LR
3:00 Afternoon Exercise, DR
6:00 Evening Movie, LR

21
10:00 Morning Exercise, DR
1:00 Walking Group With Joy, L
1:00 **Pet Visit with Anubi, LR**
2:30 **Happy Hour with Jon Pressman, DR**
6:00 Evening Movie, LR

22
10:00 Morning Exercise, DR
1:30 **Pet Visit with Sophie, LR**
2:30 Word Games, DR
6:00 Evening Movie, LR

23
9:00 Morning Musical Movie, LR
6:00 PO KE NO, L
6:00 Evening Movie, LR

Activity Professionals Week

24
9:00 Bible Study with Carla, AR
10:00 Morning Exercise, DR
2:00 Scenic Drive, L
6:00 Evening Movie, LR

25
10:00 Morning Exercise, DR
1:00 **Northwest Geriatrics**
1:00 Wii Bowling, IC
2:00 Game Time with Barb, LR
6:00 Evening Movie, LR

26
10:00 Strength Exercise, DR
2:00 **Presentation with Kent Morgan, DR**
3:30 Walking Group With Joy, L
6:00 Evening Movie, LR

Australia Day (observed)

27
Medical Transportation**
10:00 Catholic Services, AR
1:00 Documentary, LR
1:00 **Northwest Geriatrics**
1:00 **Foot Care with Dr. Gorey**
2:00 Social Connection, LR
3:00 Afternoon Exercise, DR
6:00 Evening Movie, LR

28
10:00 Morning Exercise, DR
1:00 Walking Group With Joy, L
2:30 **Happy Hour with Kristin Fletcher, DR**
6:00 Evening Movie, LR

29
10:00 Morning Exercise, DR
2:00 Chicken Soup for the Soul Stories, ICP
2:30 Word Games, DR
6:00 Evening Movie, LR

30
9:00 Morning Musical Movie, LR
6:00 Bingo, L
6:00 Evening Movie, LR

31
9:00 Bible Study with Carla, AR
10:00 Morning Exercise, DR
2:00 Resident Meeting, DR
6:00 Evening Movie, LR



January 2022 THE MONTHLY GAZETTE

*"Winter came down to our home one night, quietly
pirouetting in on silvery-toed slippers of snow;
And we, we were children once again."*

~ Bill Morgan Jr.



Dog of the Month – Siberian Husky

Siberian huskies are thick-coated, medium-sized dogs that were bred by the Chukchi people in Northeast Asia to pull dog sleds. While still used in the sport of mushing, they are also popular as family pets. Huskies are excellent hunters, runners, and sled-pullers, but they're also extremely friendly, affectionate, and loyal.



white, black, and gray to red, sable, and tan.

To keep warm in subzero temperatures, these often blue-eyed dogs have a double coat of fur—one short, dense layer for extra warmth, plus a longer, water-resistant coat. Their fur ranges in color from

These energetic, highly vocal dogs also have long, fluffy tails that double as scarves on super cold nights. Despite their similar appearance, they are not part wolf. Some cultural traditions associate huskies with protection and prosperity.

Special Days

New Year's Day
January 1

Epiphany
January 6

**Makar Sankranti
(Hindu Harvest Festival)**
January 14

Orthodox New Year
January 14

**Tu B'Shevat
(Jewish Arbor Day)**
January 16–17

Martin Luther King Day
January 17

Flower – Carnation



The carnation is the flower for January. Also known as a clove pink, this versatile flower is a species of the genus *Dianthus*, a term that means "divine flower" in Greek. Carnations are native to the Mediterranean and have been cultivated for over 2,000 years. The festive, sweet-scented blooms were used in ancient Greek and Roman ceremonial crowns and now come in a rainbow of colors, including pink, purple, blue, yellow, green, orange, white, and striped.

Birthstone – Garnet



The garnet is both the birthstone for January and the gem to celebrate a second anniversary. Though it's most frequently known for its brilliant red coloration, the garnet also grows—as crystals inside metamorphic rock—in a range of colors, including orange, fuchsia, yellow, and even blue. According to the Gemological Institute of America, rarer still is the green garnet, known as a *tsavorite*, found outside a national park in Kenya in 1967. Use any color of this stone to celebrate your favorite January birth or anniversary.



Assisted Living

A Great Place to Call Home

Hair Salon
Wednesdays 9:00 AM -1:30 PM
Stylist—Oanh
Sign Up at the Front Desk

Happy Birthday:

Sandra J. 1/09 **Dave A. 1/11** **Susy O. 1/13**
Barbara B. 1/13 **Norene M. 1/24** **Katherine L. 1/31**

Welcome:

Virginia N.

Happy New Year!

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| January 1 st @2:00 PM | Rose Bowl |
| January 5 th @2:00 PM | Cooking with Shellie |
| January 7 th @2:30 PM | Birthday Celebration with Hank Blumenthal |
| January 12 th @2:00 PM | Red Hats |
| January 14 th @2:30 PM | Happy Hour with Jim & Beth Wulff |
| January 19 th @2:00 PM | Bingo Bash |
| January 21 st @2:30 PM | Happy Hour with Jon Pressman |
| January 26 th @2:00 PM | Presentation with Kent Morgan |
| January 28 th @2:30 PM | Happy Hour with Kristin Fletcher |