

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

TC = Table Circle
LR = Living Room
CS = Care Staff
LC = Large Circle

Activities
Subject To Change

1
9:00 Meet n' Greet, TC
1:30 Snack Break
2:00 Rose Bowl
5:00 Evening Movie Theater

New Year's Day

2
9:00 Meet & Greet, CS
10:00 Nail Spa, CS
1:25 Seahawk Sunday
1:30 Snack Break
5:00 Evening Movie Theater

3
9:00 Music and Movement, LC
10:00 Library, TC
1:30 Snack Break
1:30 **Music with Larissa, LR**
5:00 Evening Movie Theater

4
9:00 Music and Movement, LC
10:00 Golden Oldies, TC
12:30 Reminiscing with Barb, TC
1:30 Snack Break
2:00 Scenic Bus Ride
5:00 Evening Movie Theater

5
9:00 ~ 1:00 Hair Salon
9:00 Aromatherapy, TC
10:00 Color My World, TC
1:30 Snack Break
2:00 Music Video
5:00 Evening Movie Theater

6
9:00 Music and Movement, LC
10:00 Catholic Prayers
12:30 Strike Up the Band with Barb
1:00 Northwest Geriatrics
1:30 Snack Break
2:00 Arm Chair Traveler, LR
5:00 Evening Movie Theater

7
9:00 Meet n' Greet, TC
10:00 Chef Friday, TC
1:30 Snack Break
2:30 Musical Entertainment, LDR
5:00 Evening Movie Theater

8
9:00 Meet n' Greet, TC
1:30 Snack Break
2:00 Documentary
5:00 Evening Movie Theater

9
9:00 Meet & Greet, CS
10:00 Nail Spa, CS
1:25 Seahawk Sunday
1:30 Snack Break
5:00 Evening Movie Theater

10
9:00 Music and Movement, LC
10:00 Library, TC
1:30 Snack Break
5:00 Evening Movie Theater

11
9:00 Music and Movement, LC
10:00 Golden Oldies, TC
12:30 Art Expression with Barb, TC
1:30 Snack Break
5:00 Evening Movie Theater

12
9:00 ~ 1:00 Hair Salon
9:00 Aromatherapy, TC
10:00 Color My World, TC
1:30 Snack Break
2:00 Music Video
5:00 Evening Movie Theater

13
9:00 Music and Movement, LC
10:00 Catholic Prayers
1:00 Northwest Geriatrics
1:30 Snack Break
2:00 Arm Chair Traveler, LR
5:00 Evening Movie Theater

14
9:00 Meet n' Greet, TC
10:00 Chef Friday, TC
1:30 Snack Break
2:30 Musical Entertainment, LDR
5:00 Evening Movie Theater

15
9:00 Meet n' Greet, TC
1:30 Snack Break
2:00 Documentary
5:00 Evening Movie Theater

16
9:00 Meet & Greet, CS
10:00 Nail Spa, CS
1:30 Snack Break
5:00 Evening Movie Theater

17
9:00 Music and Movement, LC
10:00 Library, TC
1:30 Snack Break
1:30 **Music with Larissa, LR**
5:00 Evening Movie Theater
Martin Luther King Jr. Day

8
9:00 Music and Movement, LC
10:00 Golden Oldies, TC
12:30 Trivia and Conversation with Barb, TC
1:30 Snack Break
5:00 Evening Movie Theater

19
9:00 ~ 1:00 Hair Salon
9:00 Aromatherapy, TC
10:00 Color My World, TC
1:30 Snack Break
2:00 Music Video
5:00 Evening Movie Theater

20
9:00 Music and Movement, LC
10:00 Catholic Prayers
1:00 Northwest Geriatrics
1:30 Snack Break
2:00 Arm Chair Traveler, LR
5:00 Evening Movie Theater

21
9:00 Meet n' Greet, TC
10:00 Chef Friday, TC
12:30 Pet Visit with Anubi
1:30 Snack Break
2:30 Musical Entertainment, LDR
5:00 Evening Movie Theater

22
9:00 Meet n' Greet, TC
1:30 Snack Break
2:00 Documentary
5:00 Evening Movie Theater

23
9:00 Meet & Greet, CS
10:00 Nail Spa, CS
1:30 Snack Break
5:00 Evening Movie Theater

Activity Professionals Week

24
9:00 Music and Movement, LC
10:00 Library, TC
1:30 Snack Break
5:00 Evening Movie Theater

25
9:00 Music and Movement, LC
10:00 Golden Oldies, TC
12:30 Field Day with Barb, TC
1:30 Snack Break
2:00 Scenic Bus Ride
5:00 Evening Movie Theater

26
9:00 ~ 1:00 Hair Salon
9:00 Aromatherapy, TC
10:00 Color My World, TC
1:30 Snack Break
2:00 Music Video
5:00 Evening Movie Theater

Australia Day (observed)

27
9:00 Music and Movement, LC
10:00 Catholic Prayers
12:30 Strike Up the Band with Barb, TC
1:00 Northwest Geriatrics
1:00 Foot Care with Dr. Gorey
1:30 Snack Break
2:00 Arm Chair Traveler, LR
5:00 Evening Movie Theater

28
9:00 Meet n' Greet, TC
10:00 Chef Friday, TC
1:30 Snack Break
2:30 Musical Entertainment, LDR
5:00 Evening Movie Theater

29
9:00 Meet n' Greet, TC
1:30 Snack Break
2:00 Documentary
5:00 Evening Movie Theater

30
9:00 Meet & Greet, CS
10:00 Nail Spa, CS
1:30 Snack Break
5:00 Evening Movie Theater

31
9:00 Music and Movement, LC
10:00 Library, TC
1:30 Snack Break
5:00 Evening Movie Theater



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.



Memory Care

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:

Ken 1/1

Michael 1/15

Special Activities

Music with Larissa ~ January 3rd @ 1:30 pm

Reminiscing with Barb ~ January 4th @ 12:30 pm

Strike Up the Band with Barb ~ January 6th @ 12:30 pm

Cooking Demo and Fresh Baked Goods ~ January 7th @ 10:00 am

Art Expression with Barb ~ January 11th @ 12:30 pm

Cooking Demo and Fresh Baked Goods ~ January 14th @ 10:00 am

Music with Larissa ~ January 17th @ 1:30 pm

Trivia with Barb ~ January 18th @ 12:30 pm

Cooking Demo and Fresh Baked Goods ~ January 21st @ 10:00 am

Field Day with Barb ~ January 25th @ 12:30 pm

Strike Up the Band with Barb ~ January 27th @ 12:30 pm

Cooking Demo and Fresh Baked Goods ~ January 28th @ 10:00 am

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