

January 2022

Sunset Park Place

3730 Pennsylvania Ave, Dubuque, IA 52002 | 563-583-7939 | www.sunsetparkplace.net



Celebrating January

**International Creativity
Month**

Mentoring Month

New Year's Day
January 1

Bird Day
January 5

**Make Your Dream Come
True Day**
January 13

Martin Luther King Jr. Day
January 17

**World Snow Sculpting
Championship**
January 18-23

Compliment Day
January 24

Activity Professionals Day
January 28

Celebrating a Merry Christmas...



Wishing you a



Holiday Traditions!

Deck the Halls



Service with a Smile

We look forward to most holidays as a day off from work, but Martin Luther King Jr. Day on Monday, January 17, is considered a "day on, not a day off." People all over the country are asked to volunteer in their communities on this National Day of Service.

King's legacy is one of selfless service for the betterment of society. He gave his life fighting for justice and equality for all Americans. To honor this sacrifice, spend Martin Luther King Day making an impact in your community. Volunteer to help clean up a local park or beach, act as a lunch monitor or crossing guard for a community school, or work at a soup kitchen or shelter to feed the homeless. If you are unsure what volunteering opportunities are available in your area, contact your local AmeriCorps chapter. AmeriCorps is a federal agency that mobilizes more than five million volunteers. Volunteerism not only helps your community but it also imparts volunteers with an incredible sense of accomplishment and satisfaction.

**Live2B
HEALTHY**

January is a time of **New Year, New You!** If you live at Sunset Park Place, join our trainer, Pam Connolly, in the Activity Room! If you live in Dubuque or anywhere across the miles... you can join us on ZOOM from the comfort of your own home! Strength, Flexibility and Balance are the goals – fun is how we do it! Live online every Monday, Wednesday, and Friday at 10:00 am.



Contact Shelly, Life Enrichment Coordinator for your personal invitation! Ph: 563-483-7939
Email: shelly.gessner@sunsetparkplace.net

Silly Sketch by Isaih Hessling

Happy Hour with giggles guaranteed! Isaih is a caricature artist and owner of Silly Sketch, a studio in Galena, Illinois. He is not only gifted at drawing but also conversation! The residents enjoyed a fun afternoon visiting and watching the magic of pen on paper right before their eyes!



The Best Medicine

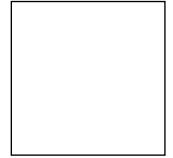
On January 24, at 1:24 p.m., be sure to let out a great big laugh, for it is Global Belly Laugh Day. Laughter truly is the best medicine. Research shows that laughter is a proven stress-reducer. It stimulates circulation and promotes muscle relaxation. It also acts as a short, full-body workout. The quick influx of oxygen stimulates your lungs, heart, and muscles, and increases endorphins released by the brain. Laughter even prompts the release of body chemicals that relieve pain and boost our immune systems. The only question that remains is, "How do I make myself laugh at exactly 1:24 p.m.?"

Most of us know what makes us laugh. Put on a favorite funny movie or television show. Share a funny story from your past with friends. Dress up in a funny costume and entertain your buddies. And if you still don't crack a smile, don't worry. Even fake laughter provides health benefits! Our bodies do not know the difference between fake laughter and spontaneous laughter. Perhaps this is why laughing clubs, where groups get together and force belly laughs out loud, are so popular in India?

Crazy Christmas Sock Day!



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Little Libraries

We will be taking a collection of winter accessories to keep kids warm all winter. We will be collecting mittens, gloves, hats, scarves, individual packaged snacks, and books. Picture Books and Chapter Books for kids are very popular. Thank you, Janet Walker, Little Library Lady, for your tireless efforts to bring joy to so many people all year long!



Mittens

Gloves

Hats

Scarves

Socks

Handmade or Purchased, Any Color, Any Size

After school snacks

(Allergy Free, Individual factory packaged)

Pretzels, animal crackers, cookies, chips, etc.

January Birthdays

Conny M 7th

Dorothy B 16th

In astrology, those born from January 1–19 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals. Those born from January 20–31 are the Water Bearers of Aquarius. Just as water gives life to the land, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need.

Betsy Ross (upholsterer) – Jan. 1, 1752

Diane Keaton (actress) – Jan. 5, 1946

Soupy Sales (comedian) – Jan. 8, 1926

Jeff Bezos (Amazon exec) – Jan. 12, 1964

Regina King (director) – Jan. 15, 1971

Muhammad Ali (boxer) – Jan. 17, 1942

Ernest Borgnine (actor) – Jan. 24, 1917

Oprah Winfrey (talk show host) – Jan. 29, 1954

Jackie Robinson (ballplayer) – Jan. 31, 1919