

ON THIS DAY IN JANUARY...

- 1, 1890- The first Rose Bowl parade was held. The first Rose Bowl football game was played to help cover the cost of the parade.
- 4, 1790- President George Washington delivers the first State of the Union Address.
- 6, 1975- Game show *The Wheel of Fortune* debuts.
- 10, 1863- The world's first underground passenger railway system opens in London.
- 12, 1971- *All in the Family* premieres on television.
- 13, 1943- Germany's Adolf Hitler declares "Total War" against the allies.
- 14, 1973- The Miami Dolphins defeat the Washington Redskins in Superbowl VII, and become the first undefeated team in NFL history.
- 15, 1943- The Pentagon opens, it is the world's largest office building at 6.5 million square feet.
- 21, 1799- Edward Jenner introduces the smallpox vaccine, which eventually leads to wiping out this deadly disease.
- 24, 1935- Beer first sold in cans.
- 28, 1986- U.S. space shuttle Challenger explodes 72 seconds after liftoff, killing the seven crew members. Among the crew was school teacher Christa McAuliffe.
- 30, 1969- The Beatles held their last concert on the roof of their Apple Studio in London. It was interrupted when police received noise complaints from neighbors.
- 31, 1865- U.S. House of Representatives approves a constitutional amendment



Caregiver Support Group

Supporting you while
you care for your loved
one.

Isabelle from activities is
beginning a caregiver
support group. The first
session is January 30th, 4-
5 pm in the Northstar
room. See the concierge
for sign up information.

WORD SCRAMBLE ANSWERS

parka	snowplow
blanket	windchill
blustery	icicles
gloves	long johns
ice fishing	hot chocolate

Welcome to our newest
friends and residents-

Bev K.- 220
Jack B.- 219
Arlene A.- 2
Tom R.- 16
Jim & Kaaren H.- 117



Riddle answers

Icicles
Snowbanks
Snowsuits
Brrr-itos
Puddle
Ice caps
A snowball
Cold cream

A group of talented ladies have
given us a bunch of "walker
bags" they lovingly sewed. If
you would like one, please see
someone in activities.



SNOW- Who knew?

*Each year, at
least 1 septillion
snowflakes fall.
That's 1 followed
by 24 zeros.
*Dirt is needed to
make snow- tiny
ice crystals form
on tiny bits of dirt
in the air to form
snowflakes.
*It takes about 1
hour for a flake to
reach the ground.
Most flakes fall at
the rate of 1-4
mph. The largest,
heaviest flakes
can reach speeds
up to 9 mph.
*Snow is not
white; it is clear.
It appears white
due to the way
sun reflects off
the ice crystals.
*The most snow
to fall in a 24-
hour period was
in Capracotta,
Italy on March 5,
1951 when 100.8
inches fell.

January 2024

Keystone Chronicle

14602 Finale Ave N, Hugo MN 55038 651-888-6557

Welcome to 2024!

ACTIVITIES

- 5th- 10:30 Are you hungry for some seafood? Join us for lunch at Red Lobster. Sign-up at the concierge desk.
- 26th- 9:30 Are you ready to hit the jackpot? If so, sign up with the concierge for the trip to Grand Casino Hinkley.
- 30th- 4:00 Caregiver Support Group with Isabelle in Northstar.
- 30th- 1:30 Festival of Tables in the Northstar room.
- 31st- 3:30 Get entertained by a very special Happy Hour guest- *Keith's Variety Troupe*.

Some of our holiday fun



ALL FUN AND GAMES

Brrrrr, it's January!

S	H	R	E	S	N	O	W	M	E	N	L
L	L	O	S	N	O	W	B	A	L	L	S
G	N	I	L	E	V	O	H	S	L	B	G
M	I	T	T	E	N	S	T	O	O	B	N
L	E	S	N	O	W	F	L	A	K	E	I
E	N	N	R	E	T	A	E	W	S	F	Z
A	T	S	F	A	W	I	N	T	E	R	E
T	I	L	F	A	T	E	K	C	A	J	E
T	S	E	T	T	N	M	N	M	A	L	R
L	N	D	S	S	K	A	T	I	N	G	F
F	S	D	S	B	L	I	Z	Z	A	R	D
M	O	I	E	T	I	B	T	S	O	R	F
N	O	N	Z	S	C	A	R	F	A	T	E
S	S	G	E	T	S	O	I	B	I	O	E

SNOWFLAKE
SLEDDING
SHOVELING
FROSTBITE
SNOWBALLS
FREEZING
JACKET
MITTEN
SCARF
BOOTS
WINTER
SKATING
SWEATER
SNOWMEN
BLIZZARD



Snowman Riddles

- What kind of bike do snowmen ride?
- Where do snowmen put their money?
- What do snowmen wear to work?
- What is a snowman's favorite food?
- What do you call a snowman in the summer?
- What do snowmen wear on the heads?
- Where do snowmen go to dance?
- What do snowmen put on their faces at night?

WINTER WORD SCRAMBLE											
aakpr	oowwnslp										
tenkalb	wndi hlcil										
utresbyl	lcciise										
oglevs	goln shojn										
cie ingsihf	tho oocclehat										

Perhaps the coldest windchill the Twin Cities has ever seen was -67 degrees F (-87 degrees F with the old formula) back on January 22, 1936. The temperature was -34 degrees F with a wind speed of 20mph. That's a bit chilly!

How many words can you make from the letters in "SNOWFLAKES"

THE NURSES' OFFICE

ARE YOU ADDICTED TO JUNK FOOD?

Junk food is addictive because it is ultra processed with flavoring agents, preservatives, food dyes and other additives. From candy bars to chips, cookies, and pastries, these foods have been created in factory settings to keep you coming back for more. And they are cheap compared to healthy foods.

Almost 60% of calories consumed by Americans come from ultra processed foods, which is why the U.S. has the world's highest obesity rate. When a group of people eat the same number of calories, those who eat ultra processed foods over high-fiber foods absorb more calories. Ultra processed foods are digested so quickly that their calories never make it to the large intestine. It only takes an extra 200-300 calories a day to see risk for excessive weight gain and diet related diseases. Because ultra processed foods are digested so quickly, the brain's response to a candy bar or potato chips is more like what we see with nicotine and alcohol.

Junk food survival plan:

1. Wait it out. Cravings build and then subside.
2. Avoid triggers. Be aware of what environments or situations trigger your food cravings, such as binge-watching TV, and try to avoid them.
3. Don't skip meals. Hunger will make you more vulnerable to cravings.

SUNNY COVE CORNER



Cookie Decorating



Holiday Party



Egg Nog Social

Happy Birthday to...

- Residents
- Sheila P.- 5th
 - Janet J.- 5th
 - Louise P, - 12th
 - Maureen D.- 14th
 - Ruth R.- 15th
 - MaryAnn V.-15th
 - Tonee M.-19th
 - Velda B.- 23rd
 - Frances S.- 28th
 - Kathy E.- 28th

- Staff
- Yusra A.-1st
 - Sue G.- 2nd
 - Maddy R.- 11th
 - Floyd P.- 13th
 - Cindy P.- 16th
 - Taylor K.- 27th

NOW SHOWING

Ed Sullivan Theater- 2:00

6th- Rebecca

13th- What About Bob?

20th- Paint Your Wagon

27th- Queen Bees

