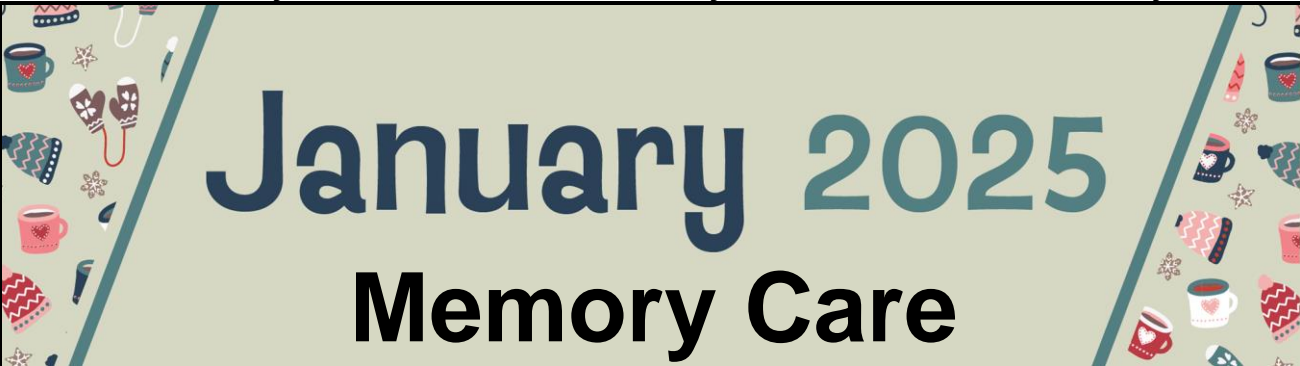



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div> <div>1</div> <div> 9:00 ~ 1:30 Hair Salon 9:30 Aromatherapy 10:00 Molly Time 1:00 Afternoon Exercise 1:30 Snack Break 2:00 Art Time 3:30 Afternoon Stroll 5:00 Evening Movie New Year's Day </div> </div>	<div> <div>2</div> <div> 9:00 Music and Movement 10:00 Catholic Prayers 1:00 Novari Primary Care 1:00 Strike Up the Band 1:30 Snack Break 2:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>3</div> <div> 9:00 Meet n' Greet 9:30 Morning Exercise 10:00 Art Time 1:00 Sensory Time 1:30 Snack Break 2:00 Birthday celebration With Sandra Walker, DR 3:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>4</div> <div> 9:00 Music and Movement 10:30 Molly Time 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Color my World 3:30 Afternoon Walk 4:30 Evening Movie </div> </div>
<div> <div>5</div> <div> 9:00 Music Time 9:30 Morning Exercise 10:00 Nail Care 1:00 Snack Break 3:00 Table Games & Puzzles 3:30 Folding Laundry Shelby 4:30 Evening Movie </div> </div>	<div> <div>6</div> <div> 9:00 Music Time 9:30 Music and Movement 1:00 Color my World 1:30 Music with Larissa, MC 1:30 Snack Break 2:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>7</div> <div> 9:00 Music and Movement 10:00 Sensory Time 12:30 Color my World, DR 1:30 Snack Break 2:00 Walking Club 5:00 Evening Movie </div> </div>	<div> <div>8</div> <div> 9:00 ~ 1:30 Hair Salon 9:30 Aromatherapy 10:00 Molly Time 1:00 Afternoon Exercise 1:30 Snack Break 2:00 Art Time 3:30 Afternoon Stroll 5:00 Evening Movie </div> </div>	<div> <div>9</div> <div> 9:00 Music and Movement 10:00 Catholic Prayers 1:00 Novari Primary Care 1:00 Strike Up the Band 1:30 Snack Break 2:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>10</div> <div> 9:00 Meet n' Greet 9:30 Morning Exercise 10:00 Art Time 1:00 Sensory Time 1:30 Snack Break 2:00 Happy Hour with Jim & Beth, DR 3:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>11</div> <div> 9:00 Music and Movement 10:30 Molly Time 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Color my World 3:30 Afternoon Walk 4:30 Evening Movie </div> </div>
<div> <div>12</div> <div> 9:00 Music Time 9:30 Morning Exercise 10:00 Nail Care 1:00 Snack Break 3:00 Table Games & Puzzles 3:30 Folding Laundry Shelby 4:30 Evening Movie </div> </div>	<div> <div>13</div> <div> 9:00 Music Time 9:30 Music and Movement 1:00 Color my World 1:30 Snack Break 2:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>14</div> <div> 9:00 Music and Movement 10:00 Sensory Time 12:30 Color my World, DR 1:30 Snack Break 2:00 Walking Club 5:00 Evening Movie </div> </div>	<div> <div>15</div> <div> 9:00 ~ 1:30 Hair Salon 9:30 Aromatherapy 10:00 Molly Time 1:00 Afternoon Exercise 1:30 Snack Break 2:00 Art Time 3:30 Afternoon Stroll 5:00 Evening Movie </div> </div>	<div> <div>16</div> <div> 9:00 Music and Movement 10:00 Catholic Prayers 1:00 Novari Primary Care 1:00 Strike Up the Band 1:30 Snack Break 2:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>17</div> <div> 9:00 Meet n' Greet 9:30 Morning Exercise 10:00 Art Time 1:00 Sensory Time 1:30 Snack Break 2:00 Happy Hour with C.C , DR 3:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>18</div> <div> 9:00 Music and Movement 10:30 Molly Time 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Color my World 3:30 Afternoon Walk 4:30 Evening Movie </div> </div>
<div> <div>19</div> <div> 9:00 Music Time 9:30 Morning Exercise 10:00 Nail Care 1:00 Snack Break 3:00 Table Games & Puzzles 3:30 Folding Laundry Shelby 4:30 Evening Movie Activity Professionals Week </div> </div>	<div> <div>20</div> <div> 9:00 Music Time 9:30 Music and Movement 1:00 Color my World 1:30 Music with Larissa, MC 1:30 Snack Break 2:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>21</div> <div> 9:00 Music and Movement 10:00 Sensory Time 12:30 Color my World, DR 1:30 Snack Break 1:30 Music with Randy 2:00 Walking Club 5:00 Evening Movie </div> </div>	<div> <div>22</div> <div> 9:00 ~ 1:30 Hair Salon 9:30 Aromatherapy 10:00 Molly Time 1:00 Afternoon Exercise 1:30 Snack Break 2:00 Art Time 3:30 Afternoon Stroll 5:00 Evening Movie </div> </div>	<div> <div>23</div> <div> 9:00 Music and Movement 10:00 Catholic Prayers 1:00 Novari Primary Care 1:00 Strike Up the Band 1:30 Snack Break 2:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>24</div> <div> 9:00 Meet n' Greet 9:30 Morning Exercise 10:00 Art Time 1:00 Sensory Time 1:30 Snack Break 2:00 Happy Hour with David & Lynn, DR 3:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>25</div> <div> 9:00 Music and Movement 10:30 Molly Time 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Color my World 3:30 Afternoon Walk 4:30 Evening Movie </div> </div>
<div> <div>26</div> <div> 9:00 Music Time 9:30 Morning Exercise 10:00 Nail Care 1:00 Snack Break 3:00 Table Games & Puzzles 3:30 Folding Laundry Shelby 4:30 Evening Movie Australia Day (Observed) </div> </div>	<div> <div>27</div> <div> 9:00 Music Time 9:30 Music and Movement 1:00 Color my World 1:30 Snack Break 2:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>28</div> <div> 9:00 Music and Movement 10:00 Sensory Time 12:30 Color my World, DR 1:30 Snack Break 1:30 Music with Randy 2:00 Walking Club 5:00 Evening Movie </div> </div>	<div> <div>29</div> <div> 9:00 ~ 1:30 Hair Salon 9:30 Aromatherapy 10:00 Molly Time 1:00 Afternoon Exercise 1:30 Snack Break 1:30 Music with Carol 2:00 Art Time 3:30 Afternoon Stroll 5:00 Evening Movie Chinese New Year (Year of the Snake) </div> </div>	<div> <div>30</div> <div> 9:00 Music and Movement 10:00 Catholic Prayers 1:00 Novari Primary Care 1:00 Strike Up the Band 1:30 Snack Break 2:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div> <div>31</div> <div> 9:00 Meet n' Greet 9:30 Morning Exercise 10:00 Art Time 1:00 Sensory Time 1:30 Snack Break 2:00 Happy Hour with Hank, DR 3:00 Afternoon Walk 5:00 Evening Movie </div> </div>	<div>  </div>

January 2025 THE MONTHLY GAZETTE

*"You are never too old to set another goal
or to dream a new dream."*

~ Les Brown



Plant of the Month – Aloe Vera

Aloe vera is a cactus-like plant that thrives in hot, dry desert climates. Amazingly, this bright-green plant is 99.5 percent water. It can grow up to 30 inches tall and have up to 21 leaves. The word *aloe* comes from the Arabic word *alloe*, meaning "shining bitter substance." *Vera* comes from *veritas*, which means "truth" in Latin. This spiky succulent's leaves have a fibrous outer layer filled with aloe gel, which has cooling properties. It has been used for centuries to treat a range of ailments, including fever, insomnia, burns, and wounds. It is said to improve blood flow and



boost the immune system. The healing properties of the plant have been well documented, particularly for speeding wound healing, soothing sunburns, and other skincare applications. Some say Cleopatra used the aloe gel as a cosmetic. The inner layer of the plant's skin, called aloe latex, is also used as a laxative.

Special Days

New Year's Day
January 1

Last Day of Hanukkah
January 2

**National Dress Up
Your Pet Day**
January 14

**Martin Luther
King Jr. Day**
January 20

Belly Laugh Day
January 24

**Chinese New Year
(Lunar New Year)**
January 29

Flower – Carnation



Carnations are as rich in history and significance as they are diverse—and with around 300 species, that's saying something! Their genus, *Dianthus*, means "flower of the gods." They were a favorite among early Romans, who made them into celebratory wreaths. According to legend, these pretty petals first grew from the patches of earth where Mary's tears fell after Christ's crucifixion. Because of this, carnations have come to represent a mother's love.

Birthstone – Garnet



The birthstone for the month of January is the garnet. It's also the gem that denotes the second wedding anniversary. The name *garnet* comes from the Latin word *granatum*, which means "pomegranate," since the stone resembles the color and form of this deep-red fruit. Garnets come in a variety of other colors, too, including green, clear, and even black. Green garnets are very rare and thus are the most highly prized. Select any color of this stone in January 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

Special Activities

Music with Larissa ~ January 6th @ 1:30 PM

Molly Time ~ January 8th @ 10:00 AM

Sensory Time ~ January 10th @ 1:00 PM

Color my World ~ January 14th @ 12:30 PM

Art Fun ~ January 17th @ 10:00 AM

Music with Larissa ~ January 20th @ 1:30 PM

Music with Randy Rogers ~ January 21st @ 1:30 PM

Sensory Time ~ January 24th @ 1:00 PM

Balloon Volleyball ~ January 25th @ 1:00 PM

Music with Randy Rogers ~ January 28th @ 1:30 PM

Music with Carol ~ January 29th @ 1:30 PM

Art Fun ~ January 31st @ 10:00 AM