



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <h1>January 2025</h1> <h2>Assisting Living</h2> </div>			<div> <div>1</div> <div> 10:00 Morning Exercise, DR 10:30 Shopping- QFC 1:00 Bloody Mary Drinks & Trivia, C 2:00 New Year's Day Bingo, DR 5:30 Evening Movie, LR 6:00 Table Games, C <small>New Year's Day</small> </div> </div>	<div> <div>2</div> <div> Medical Transportation 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, LR 3:00 Exercise & Strength 6:00 Evening Movie, LR </div> </div>	<div> <div>3</div> <div> 10:00 Morning Exercise, DR 1:00 Afternoon Stroll, L 1:00 Nature Hour, LR 2:00 Birthday Celebration Sandra Walker, DR 5:30 Evening Movie, LR </div> </div>	<div> <div>4</div> <div> 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR </div> </div>
<div> <div>5</div> <div> 9:00 Morning Musical Movie, LR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR </div> </div>	<div> <div>6</div> <div> 9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>7</div> <div> 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 1:00 Novari Primary Care 1:00 Wii Bowling, C 3:00 Scattegories Word Games, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>8</div> <div> 10:00 Morning Exercise, DR 10:30 Shopping- Bartells 1:00 Bloody Mary Drinks & Trivia, C 2:00 Entertainment with Memphis Bells, DR 5:30 Evening Movie, LR 6:00 Table Games, C </div> </div>	<div> <div>9</div> <div> Medical Transportation 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, LR 3:00 Exercise & Strength 6:00 Evening Movie, LR </div> </div>	<div> <div>10</div> <div> 10:00 Morning Exercise, DR 11:00 Lunch Outing- Red Robin, L 1:00 Afternoon Stroll. L 1:00 Nature Hour, LR 2:00 Happy Hour with Jim & Beth, DR 5:30 Evening Movie, LR </div> </div>	<div> <div>11</div> <div> 10:00 Morning Exercise, DR 11:00 Morning Musical, LR 2:00 Entertainment with Steve, DR 5:30 Evening Movie, LR </div> </div>
<div> <div>12</div> <div> 9:00 Morning Musical Movie, LR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR </div> </div>	<div> <div>13</div> <div> 9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>14</div> <div> 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 12:00Swing Dance-North Bellevue Senior Center, L 1:00 Novari Primary Care 3:00 Afternoon Musical, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>15</div> <div> 10:00 Morning Exercise, DR 10:30 Shopping- QFC 1:00 Chef Demo With Daniel, DR 2:00 Crafty Creations With Dianna, DR 5:30 Evening Movie, LR 6:00 Table Games, C </div> </div>	<div> <div>16</div> <div> Medical Transportation 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, LR 3:00 Exercise & Strength 6:00 Evening Movie, LR </div> </div>	<div> <div>17</div> <div> 10:00 Morning Exercise, DR 1:00 Afternoon Stroll. L 1:00 Nature Hour, LR 2:00 Happy Hour with C.C, DR 5:30 Evening Movie, LR 6:00 Table Games, C </div> </div>	<div> <div>18</div> <div> 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR </div> </div>
<div> <div>19</div> <div> 9:00 Morning Musical Movie, LR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR <small>Activity Professionals Week</small> </div> </div>	<div> <div>20</div> <div> 9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Scenic Drive, L 3:00 Margarita Monday, LR 5:30 Evening Movie, LR <small>Martin Luther King Jr. Day</small> </div> </div>	<div> <div>21</div> <div> 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 1:00 Novari Primary Care 1:30 Food Community, DR 3:00 Sing Along With Joy, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>22</div> <div> 10:00 Morning Exercise, DR 10:30 Shopping- Bartells 11:00 Traveling Library, L 1:00 Bloody Mary Drinks & Trivia, C 2:00 Bingo, DR 5:30 Evening Movie, LR 6:00 Table Games, C </div> </div>	<div> <div>23</div> <div> Medical Transportation 10:00 Catholic Services, FL 10 to 12 Flu Clinic 1:00 Novari Primary Care 1:00 Foot Care with Dr. Gorey, LE 2:00 Strike up the Band, LR 3:00 Exercise & Strength 5:30 Evening Movie, L </div> </div>	<div> <div>24</div> <div> 10:00 Morning Exercise, DR 1:00 Afternoon Stroll. L 1:00 Nature Hour, LR 2:00 Happy Hour with David & Lynn, DR 5:30 Evening Movie, LR 6:00 Table Games, C </div> </div>	<div> <div>25</div> <div> 10:00 Morning Exercise, DR 2:00 Balloon Volleyball, LR 2:30 Word Games, DR 5:30 Evening Movie, LR </div> </div>
<div> <div>26</div> <div> 9:00 Morning Musical Movie, LR 1:00 Walking Club, L 2:00 Bingo, DR 5:30 Evening Movie, LR <small>Australia Day (Observed)</small> </div> </div>	<div> <div>27</div> <div> 9:00 Hot Mocha Social, LR 10:00 Morning Exercise, DR 1:00 Walking Group, L 1:30 Resident Meeting-Come Share your Ideas,DR 3:00 Margarita Monday, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>28</div> <div> 9:00 Morning Tea, LR 10:00 Exercise & Strength, DR 1:00 Novari Primary Care 1:00 Wii Bowling, C 2:00 Music Lovers, LR 3:00 Scattegories Word Games, LR 5:30 Evening Movie, LR </div> </div>	<div> <div>29</div> <div> 10:00 Morning Exercise, DR 10:30 Shopping- QFC 1:00 Bloody Mary Drinks & Trivia, C 2:00 Bingo Bash, DR 5:30 Evening Movie, LR 6:00 Table Games, C <small>Chinese New Year (Year of the Snake)</small> </div> </div>	<div> <div>30</div> <div> Medical Transportation 10:00 Catholic Services, FL 1:00 Afternoon Stroll, L 2:00 Strike up the Band, LR 3:00 Exercise & Strength 6:00 Evening Movie, LR </div> </div>	<div> <div>31</div> <div> 10:00 Morning Exercise, DR 1:00 Afternoon Stroll. L 1:00 Nature Hour, LR 2:00 Happy Hour with Hank Blumenthal, DR 5:30 Evening Movie, LR 6:00 Table Games, C </div> </div>	<div>  <h1>Happy New Year!</h1> </div>



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

- | | |
|---|---|
| January 1st @ 2:00 PM | New Year's Day Bingo |
| January 3rd @ 2:00 PM | Birthday Celebration with Sandra Walker |
| January 8th @ 2:00 PM | Entertainment with Memphis Bells |
| January 10th @ 11:00 AM | Lunch Outing- Red Robin |
| January 10th @ 2:00 PM | Happy Hour with Jim & Beth |
| January 14th @ 12:00 PM | Swing Dance-North Bellevue Senior Center |
| January 15th @ 2:00 PM | Crafty Creations with Dianna |
| January 17th @ 2:00 PM | Happy Hour with C.C |
| January 24th @ 2:00 PM | Happy Hour with David & Lynn |
| January 29th @ 2:00 PM | Bingo Bash |

Enjoy Scenic drives with Dianna every Monday at 1:30 PM

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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 *alloeh*, 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.