

NEWSLETTER



The New Year is a great time to set meaningful goals and embrace personal growth. Here's how to make your resolutions achievable and rewarding:

Simple Steps for Success

- **Focus on a few key goals.** Avoid overwhelming yourself by choosing just one or two priorities to start. Once achieved, you can set more.
- **Be realistic and specific.** Set clear, manageable goals. Instead of "exercise more," try "I'll walk 20 minutes three times a week."

- **Make a plan.** Break big goals into smaller steps to stay on track.
- **Find support.** Share your goals with friends or family who will check in with you and cheer you on. Check-ins can make a big difference.
- **Celebrate progress.** Acknowledge and reward small wins to keep your motivation strong.

Need Extra Motivation?

- **Commitment Day (January 1):** Dedicate the day to writing down your goals and creating a plan of action. Reflect on why these goals matter to you. Break down each goal into mini-goals and set a time frame for each.

- **Motivation and Inspiration Day (January 2):**

Find uplifting stories, quotes, memes or groups to fuel your resolve. Share your goals with friends and family, post them on social media, or text a loved one. Publicly committing can boost accountability and help you stay inspired.

Every step, no matter how small, brings you closer to your goals.

With focus, determination, and support, this year can be your best yet!



HAPPY BIRTHDAY

RESIDENTS

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Janette J.	01/26

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Melissa Cisneros	01/14
Nicole Svrcek	01/15
Daleion Israel	01/22

Activity Photo Highlights!



Activity Highlights

Bingo!/Loteria!
Mondays at 3 PM



Tasty Taco Tuesday
Tuesdays @ 9:30 AM



Arts & Crafts
Tuesdays @ 3 PM



Movie & Popcorn
Wednesdays @ 2:30 PM



Bingo!/Loteria!
Thursdays at 3 PM



Elvis Birthday
January 8 @ 2:30PM



Monthly Birthday Bash
January 30 @ 3PM



Mind-Body Wellness Tips for Healthy Aging

As we celebrate International Mind-Body Wellness Day on January 3, it's a great reminder that taking care of both our mind and body is key to aging well. Here are some simple ways to stay healthy and connected that benefit both:



- **Get Up and Get Moving:** Exercise is essential at any age. A brisk 30-minute walk each day can do wonders for both your body and mind. If walking is a challenge, try seated exercises or gentle stretching. Staying active boosts your mood, keeps your body strong, and sharpens your mind.
- **Prioritize Quality Sleep:** A good night's rest is crucial for both physical health and mental clarity. Make sleep a priority, create a calming bedtime routine, and aim for 7-8 hours of sleep to recharge your body and mind.
- **Stay Connected:** Social interaction is key for mental health. Spend time with family, friends, or join group activities at your community.

Remember, be sure to consult with your physician before changing any part of your daily routine, including diet, exercise, and sleep, to know what is right for you.

Martin Luther King Jr. Day

Please join us as we celebrate the life and legacy of Dr. Martin Luther King Jr. on Monday, January 19, 2025. This federal holiday honors Dr. King's remarkable achievements, including his leadership in nonviolent activism and his pivotal role in fighting racial discrimination across the United States. His contributions to equality and justice continue to inspire generations.



Popcorn Mix-In Ideas for National Popcorn Day: January 19

Popcorn is the ultimate easy snack—quick to make, endlessly customizable, and perfect for sharing! Whether you love it plain or loaded with flavors, National Popcorn Day is the perfect time to get creative with your kernels.

No-Frills Classic: Drizzle melted butter over freshly popped popcorn and sprinkle with a touch of salt. Sometimes simple is best!

Sweet Treats: Mix in Reese's Pieces, M&Ms, or mini chocolate chips.

Fun and Fruity: Add dried fruits like raisins and apricots.

Cheesy Goodness: Sprinkle grated Parmesan or your favorite cheese powder for a savory twist.

Crunchy Nuts: Add roasted peanuts, cashews, or walnuts for texture and flavor.

Spicy Kick: Try cayenne pepper, garlic powder, black pepper, or wasabi peas for heat.

Seasoned Snacks: Enhance with garlic powder, black pepper, Italian herbs, or taco seasoning.

Sticky Sweet: Mix in melted marshmallows or a drizzle of honey, or make kettle corn by adding sugar and salt during popping.

Sweet & Savory: Combine your favorite chocolate and nuts together.

With so many options, popcorn can be as simple or as bold as you like. Mix, match, and enjoy!





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WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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

WORD LIST

ACTIVITIES
CONNECT
DONOR
EQUALITY
GAMES
GLAUCOMA
GOALS
HOBBY
JANUARY
KERNEL
POPCORN
RESOLUTION
UNITY
WELLNESS
WORDS