

NEWSLETTER

January 2022

Golden Hills Lodge- 403 443 5333



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Editor's Desk

Hello Residents, Families and Friends!

Happy New Year!

Hope everyone had an awesome and safe Christmas with loved ones. I still can't believe we are in 2022! Time is just flying by!

Please note that the activity calendar is subject to change, to keep up to date please look at the daily activity posters. I look forward to this upcoming year and all the fun we will have! Be sure to keep an eye on the calendar, so you don't miss out!

Keep Safe!

Morgan



January Trivia

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**
Birthstone: **Garnet**
Flower: **Carnations**

Quote of the Day

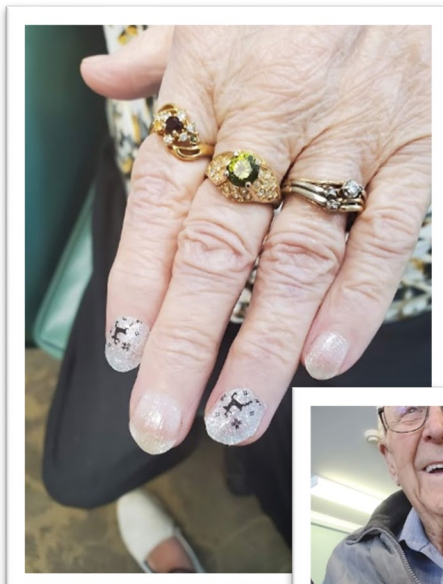
Life is what happens to us while we are making other plans.

– Allen Saunders

Month in Review

Christmas Card Making

We started the month off with some homemade Christmas cards!



Christmas Manicures

We had a special lady from the community, volunteer her time and efforts to do these fun Christmas Nails for us! What a great community we live in!

Month in Review



Morning Exercises

Come on out and join our exercise class every morning at 9:15am!



Christmas Cookie Decorating

Thank you to our wonderful kitchen staff for making these cookies for us. I think we laughed more than decorated!!

Upcoming Events

Coloring & Coffee Club

Wednesday, January 19th at 2:00pm

Manicures

Tuesday, January 11th at 2:00pm

Meet and Greet with the Mayor of Three Hills

(Subject to change)

Thursday, January 27th at 2.00pm

Explore the Volcanos of Hawaii

Tuesday, January 25th at 2:00

Armchair Travel to Paris!

Friday, January 28th at 2:00pm



Special Days

- 1st Hot Tea Day
- 3rd J.R.R. Tolkien's Birthday
- 6th Epiphany
- 8th Elvis Presley's Birthday
- 17th Martin Luther King Day
- 19th International Flower Day
- 20th Inauguration Day (US)
- 21st International Hug Day
- 23rd Sundance Film Festival
- 25th Robert Burns Day
- 26th Australia Day
- 27th Mozart's Birthday
- 28th Jackson Pollock's Bday

Regular Events

Reading with June Every Friday at 11am

Three Hills Ministerial Service Every Sunday at 4pm

Card Games in $\frac{3}{4}$ coffee room every morning at 10am

Library every 2nd and 4th Thursday at 10:00-11:30am

Listen to a Bible Study every Saturday at 10:00am

Watch the Prairie Tabernacle Church Service at 10:30am every Sunday

January Birthdays

In January we don't have any birthdays!



- Elvis Presley, Singer, 8th January 1935
- Stephen Hawkins, Physicist, 8th January 1942
- David Bowie, Singer, 8th January 1947
- Martin Luther King Jr., Activist, 15th January 1929
- Muhammad Ali, Boxer, 17th January 1942
- Betty White, Actress, 17th January 1922
- Michelle Obama, First Lady, 17th January 1964
- Kevin Costner, Actor, 18th January 1955
- Janis Joplin, Singer, 19th January 1943
- Neil Diamond, Rock Singer, 24th January 1941
- Virginia Woolf, Novelist, 25th January 1882

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

WOW!

McDonald's once created bubblegum-flavored broccoli!

McDonald's is always introducing new items for their loyal customers. Their bubblegum-flavored broccoli, which the fast-food chain developed in 2014 as a tastier version of the leafy green for children, was a complete failure. McDonald's later admitted that kids were confused by the taste.

Poem to Share

Shall I Compare Thee To A Summer's Day?

by William Shakespeare

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate.
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date.

Sometime too hot the eye of heaven shines,
And often is his gold complexion dimmed;
And every fair from fair sometime declines,
By chance, or nature's changing course, untrimmed;

But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st,
Nor shall death brag thou wand'rest in his shade,
When in eternal lines to Time thou grow'st.

So long as men can breathe, or eyes can see,
So long lives this, and this gives life to thee.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Judy C**
- **Doris and Larry K**
- **Ken K**

NEW STAFF

A warm welcome also goes to the people who joined our team in the past few months!

- **Patsy – Business Office Assistant**
- **Hilary- Kneehill Housing Coordinator**

RESIDENT CONTRIBUTION

If you have an idea for an activity or task that we should try out, please come and talk to Morgan!

I love to try out new things, so any contribution is appreciated!

CONTINUOUS IMPROVEMENT

We will be doing another month of resident bucks to encourage activity attendance!

Just a reminder that Birthday Teas and Resident Meetings do not count towards Resident Bucks

I hope you continue to come out to activities to gain more bucks to spend at the end of each month!

COLORING & COFFEE CLUB

You may have noticed this event in your calendar, and it would be fun to have it as a monthly club.

Here are some benefits of coloring that you may not have known!

- Coloring is proven to help with dexterity.
- Concentration
- Problem-solving skills
- Partaking of this simple activity helps engage the mind in a creative and natural way

Laughing Matters



The Pearly Gates

A woman died and found herself standing outside the Pearly Gates, being greeted by St. Peter.

She asked him, "Oh, is this place what I really think it is? It's so beautiful. Did I really make it to heaven?"

To which St. Peter replied, "Yes, my dear, these are the Gates to Heaven. But you must do one more thing before you can enter."

The woman was very excited and asked St. Peter what she must do to pass through the gates.

"Spell a word," St. Peter replied.

"What word?" she asked.

"Any word," answered St. Peter. "It's your choice."

The woman promptly replied, "Then the word I will spell is love. L-o-v-e."

St. Peter congratulated her on her good fortune to have made it to Heaven and asked her if she would mind taking his place at the gates for a few minutes while he took a break.

"I'd be honored," she said, "but what should I do if someone comes while you are gone?"

St. Peter reassured her and instructed the woman simply have any newcomers to the Pearly Gates to spell a word as she had done.

So the woman is left sitting in St. Peter's chair and watching the beautiful angels soaring around her, when low and behold, a man approaches the gates, and she realizes it is her husband.

"What happened?" she cried, "Why are you here?"

Her husband stared at her for a moment, then said, "I was so upset when I left your funeral, I was in an accident. And now I am here? Did I really make it to Heaven?"

To which the woman replied, "Not yet. You must spell a word first."

"What word?" he asked.

The woman responded, "Czechoslovakia"