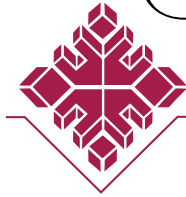


# The Gateway Gardens



**Retirement Housing Foundation**

COMMITTED TO SERVICE • DEDICATED TO EXCELLENCE • ENHANCING QUALITY OF LIFE

12750 Gateway Park Rd. • Poway, CA 92064 • (858) 451-9933

## Our Team

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## January 2019



### Perk Up With a Cup

An estimated 1.6 billion cups of coffee are consumed worldwide each day. Along with the taste, a cup of joe is a favorite for the caffeine buzz it produces. This natural stimulant gets the body's central nervous system percolating within about 15 minutes, and the effects can last up to six hours. Coffee has also been shown to boost mood and memory.

### Make a Difference on MLK Jr. Day



Martin Luther King Jr. Day, Jan. 21, is a federal holiday and also a national day of service. Consider spending some time volunteering and helping out in your community.

### Birthday Rewards

Many national chain restaurants will treat you to a free food item or beverage on your birthday if you're a member of their rewards program. Check their websites in advance for offers.

### A New Start

"A new year ... a fresh, clean start! It's like having a big white sheet of paper to draw on!" —Bill Watterson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* Please note, activities are subject to change.</p>	<p>AR - Activity Room                      B - Bistro                      FC - Fitness Center                      LIB - Library                      LL - Lower Lobby                      L - Lobby                      PDR - Private Dining Room                      T - Theater</p>	<p><b>New Year's Day</b> 1</p> <p>10:30 <span style="color: green;">■</span> Sit and Be Fit (LL)                      1:30 <span style="color: red;">■</span> Wii Games (LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:00 <span style="color: cyan;">■</span> Movie Time (B)</p>	<p>2</p> <p>10:00 <span style="color: blue;">■</span> San Diego Railroad Museum/lunch                      10:30 <span style="color: green;">■</span> Chair Exercises (LL)                      1:15 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)                      2:00 <span style="color: red;">■</span> BINGO (B)                      3:15 <span style="color: blue;">■</span> Current Events (B)</p>	<p>3</p> <p>Dr. Appointments: 8am - 3pm                      10:30 <span style="color: green;">■</span> Let's Get Movin'! (LL)                      1:30 <span style="color: red;">■</span> Wii Games (LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:00 <span style="color: purple;">■</span> Colors and Brushes (AR)</p>	<p>4</p> <p>10:00 <span style="color: olive;">■</span> Poway Rd East Loop                      10:30 <span style="color: green;">■</span> Sit and Be Fit! (LL)                      1:30 <span style="color: olive;">■</span> Poway Rd West Loop                      2:00 <span style="color: teal;">■</span> Happy Hour - Celeste (B)                      3:15 <span style="color: red;">■</span> Trivia! (B)                      6:00 <span style="color: cyan;">■</span> After Dinner Movie Night! (Theater)</p>	<p>5</p> <p>10:30 <span style="color: green;">■</span> Wake up Gateway Exercise(LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:30 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)</p>
<p>6</p> <p>8:30 <span style="color: darkblue;">■</span> Church Transportation                      10:00 <span style="color: darkblue;">■</span> Catholic Services(PDR)                      10:30 <span style="color: green;">■</span> Chair Exercise (LL)                      1:30 <span style="color: blue;">■</span> Scenic Drive                      2:00 <span style="color: red;">■</span> BINGO! (B)                      3:00 Bible Study (AR)                      3:30 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)</p>	<p>7</p> <p>10:00 <span style="color: olive;">■</span> Vons / CVS                      10:30 <span style="color: green;">■</span> Let's Get Movin'! (LL)                      1:00 Banking and Post Office \$                      1:15 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)                      2:00 <span style="color: red;">■</span> BINGO (B)                      2:00 <span style="color: olive;">■</span> Target and Sprouts                      2:15 <span style="color: green;">■</span> Cleaning &amp; Adjustments w/ Clear Choice Hearing Aid (2nd Floor Spa)</p>	<p>8</p> <p>Dr. Appointments: 8am - 3pm                      10:30 <span style="color: green;">■</span> Sit and Be Fit (LL)                      11:00 <span style="color: black;">←</span> Resident Council / Food Forum / Activities (LL)                      1:30 <span style="color: red;">■</span> Wii Games (LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:00 <span style="color: teal;">■</span> History Guy (B)                      3:00 <span style="color: purple;">■</span> Creative Crafts (AR)</p>	<p>9</p> <p>9:15 <span style="color: blue;">■</span> Living Coast Discovery and lunch                      10:30 <span style="color: green;">■</span> Chair Exercises (LL)                      1:15 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)                      2:00 <span style="color: teal;">■</span> A World of Words (B) NEW</p>	<p>10</p> <p>Dr. Appointments: 8am - 3pm                      10:30 <span style="color: green;">■</span> Let's Get Movin'! (LL)                      1:30 <span style="color: red;">■</span> Wii Games (LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:00 <span style="color: purple;">■</span> Colors and Brushes (AR)</p>	<p>11</p> <p>10:00 <span style="color: olive;">■</span> CMR Grocery Loop                      10:30 <span style="color: green;">■</span> Sit and Be Fit! (LL)                      1:30 <span style="color: teal;">■</span> Happy Hour - Peggy (B)                      1:30 <span style="color: olive;">■</span> CMR Shopping Loop                      3:15 <span style="color: red;">■</span> Trivia! (B)                      6:00 <span style="color: cyan;">■</span> After Dinner Movie Night! (Theater)</p>	<p>12</p> <p>10:30 <span style="color: green;">■</span> Wake up Gateway Exercise(LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:30 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)</p>
<p>13</p> <p>8:30 <span style="color: darkblue;">■</span> Church Transportation                      10:00 <span style="color: darkblue;">■</span> Catholic Services(PDR)                      10:30 <span style="color: green;">■</span> Chair Exercise (LL)                      2:00 <span style="color: red;">■</span> BINGO! (B)                      3:00 Bible Study (AR)                      3:30 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)</p>	<p>14</p> <p>10:00 <span style="color: olive;">■</span> Vons / CVS                      10:30 <span style="color: purple;">■</span> Garden Club (B)                      10:30 <span style="color: green;">■</span> Let's Get Movin'! (LL)                      1:00 Banking and Post Office \$                      1:15 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)                      2:00 <span style="color: olive;">■</span> Target and Sprouts                      2:00 <span style="color: red;">■</span> BINGO (B)                      3:30 <span style="color: red;">■</span> Penny Game (B) NEW</p>	<p>15</p> <p>Dr. Appointments: 8am - 3pm                      10:30 <span style="color: green;">■</span> Sit and Be Fit (LL)                      1:30 <span style="color: red;">■</span> Wii Games (LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:15 <span style="color: teal;">■</span> What a Wonderful World (B) - Skip</p>	<p>16</p> <p>10:30 <span style="color: green;">■</span> Chair Exercises (LL)                      10:30 <span style="color: blue;">■</span> Casa Guadalajara Lunch/Shopping                      1:15 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)                      2:00 <span style="color: red;">■</span> BINGO (B)                      3:15 <span style="color: blue;">■</span> Current Events (B)</p>	<p>17</p> <p>Dr. Appointments: 8am - 3pm                      10:30 <span style="color: green;">■</span> Let's Get Movin'! (LL)                      1:30 <span style="color: red;">■</span> Wii Games (LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:00 <span style="color: purple;">■</span> Colors and Brushes (AR)</p>	<p>18</p> <p>10:30 <span style="color: green;">■</span> Sit and Be Fit! (LL)                      11:00 <span style="color: olive;">■</span> North County Mall &amp; Lunch                      1:30 <span style="color: teal;">■</span> Happy Hour - Peter S (B)                      3:15 <span style="color: red;">■</span> Trivia! (B)                      6:00 <span style="color: cyan;">■</span> After Dinner Movie Night! (Theater)</p>	<p>19</p> <p>10:30 <span style="color: green;">■</span> Wake up Gateway Exercise(LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:30 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)</p>
<p>20</p> <p>8:30 <span style="color: darkblue;">■</span> Church Transportation                      10:00 <span style="color: darkblue;">■</span> Catholic Services(PDR)                      10:30 <span style="color: green;">■</span> Chair Exercise (LL)                      1:30 <span style="color: blue;">■</span> Scenic Drive                      1:30 <span style="color: red;">■</span> BINGO! (B)                      2:30 <span style="color: teal;">■</span> Children's Piano recital (B)                      3:00 Bible Study (AR)</p>	<p>21</p> <p><b>Martin Luther King Jr. Day</b>                      10:00 <span style="color: olive;">■</span> Vons / CVS                      10:30 <span style="color: green;">■</span> Let's Get Movin'! (LL)                      1:15 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)                      2:00 <span style="color: olive;">■</span> Target and Sprouts                      2:00 <span style="color: red;">■</span> BINGO (B)                      3:30 <span style="color: red;">■</span> Penny Game (B)</p>	<p>22</p> <p>Dr. Appointments: 8am - 3pm                      10:30 <span style="color: green;">■</span> Sit and Be Fit (LL)                      1:00 <span style="color: olive;">■</span> Gardens Market Opens (B) NEW                      1:30 <span style="color: red;">■</span> Wii Games (LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:00 <span style="color: purple;">■</span> Creative Crafts (AR)</p>	<p>23</p> <p>10:00 <span style="color: blue;">■</span> Movie / lunch                      10:30 <span style="color: green;">■</span> Chair Exercises (LL)                      1:15 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)                      1:45 <span style="color: teal;">■</span> Music by Jessie (B)</p>	<p>24</p> <p>Dr. Appointments: 8am - 3pm                      10:30 <span style="color: green;">■</span> Let's Get Movin'! (LL)                      1:30 <span style="color: red;">■</span> Wii Games (LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:00 <span style="color: purple;">■</span> Colors and Brushes (AR)</p>	<p>25</p> <p>10:00 <span style="color: olive;">■</span> CMR Grocery Loop                      10:30 <span style="color: green;">■</span> Sit and Be Fit! (LL)                      1:30 <span style="color: olive;">■</span> CMR Shopping Loop                      2:00 <span style="color: teal;">■</span> Happy Hour - Vincent (B)                      3:15 <span style="color: red;">■</span> Trivia! (B)                      5:00 <span style="color: black;">★</span> Birthday Cake Celebration (Dining Room)                      6:00 <span style="color: cyan;">■</span> After Dinner Movie Night! (Theater)</p>	<p>26</p> <p>10:30 <span style="color: green;">■</span> Wake up Gateway Exercise(LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:30 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)</p>
<p>27</p> <p>8:30 <span style="color: darkblue;">■</span> Church Transportation                      10:00 <span style="color: darkblue;">■</span> Catholic Services(PDR)                      10:30 <span style="color: green;">■</span> Chair Exercise (LL)                      2:00 <span style="color: red;">■</span> BINGO! (B)                      3:00 Bible Study (AR)                      3:30 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)</p>	<p>28</p> <p>10:00 <span style="color: olive;">■</span> Vons / CVS                      10:30 <span style="color: green;">■</span> Let's Get Movin'! (LL)                      1:00 Banking and Post Office \$                      1:15 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)                      2:00 <span style="color: red;">■</span> BINGO (B)                      2:00 <span style="color: olive;">■</span> Target and Sprouts                      3:30 <span style="color: red;">■</span> Penny Game (B)</p>	<p>29</p> <p>Dr. Appointments: 8am - 3pm                      10:30 <span style="color: green;">■</span> Sit and Be Fit (LL)                      1:30 <span style="color: red;">■</span> Wii Games (LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:00 <span style="color: teal;">■</span> Current Events (B)                      4:30 <span style="color: teal;">■</span> Sounds of Piano (DR)</p>	<p>30</p> <p>10:00 <span style="color: blue;">■</span> Harrah's Casino &amp; Lunch                      10:30 <span style="color: green;">■</span> Chair Exercises (LL)                      1:15 <span style="color: red;">■</span> Skip-Bo/ Rummikub! (B)                      2:00 <span style="color: red;">■</span> BINGO (B)                      3:00 <span style="color: teal;">■</span> A World of Words (B) NEW</p>	<p>31</p> <p>Dr. Appointments: 8am - 3pm                      10:30 <span style="color: green;">■</span> Let's Get Movin'! (LL)                      1:30 <span style="color: red;">■</span> Wii Games (LL)                      2:00 <span style="color: red;">■</span> Penny Blackjack (AR)                      3:00 <span style="color: purple;">■</span> Colors and Brushes (AR)</p>	 	

## Happy New Year to All of You!



Who has made or started a New Year's resolution?

A New Year's resolution is a promise a person makes for the New Year. Regardless of what resolution you may commit to, the goal is to improve life in the coming year. Resolutions can come in many forms. Some people make a promise to change a habit, such as eating less junk food or exercising more. You may decide to be more patient or more forgiving.

Regardless of what you decide or whether you adopt a resolution or not, on behalf of the staff and management of Gateway and Gateway Gardens, we would like to take this opportunity to wish you and your Families a New Year rich with the blessings of love, joy, warmth, and laughter. Wishing you good health, happiness, and success in the coming year and always.

**Happy New Year!**

## Food for Thought - January in History



1914 Henry Ford introduces \$5.00 per day wages for all his Ford workers.

1926 Pontiac Automobile introduced.

1929 Martin Luther King Jr. was born.

1935 First Canned Beer Sold.

1938 March of Dimes Foundation Created.

1948 Mahatma Gandhi assassinated in New Delhi.

1954 U.S. launched the world's first atomic submarine, Nautilus.

1959 Alaska became the 49th state of the United States of America.

1977 Apple Computer is incorporated.

1997 Princess Diana angers defense ministers around the world after calling for an immediate international ban on land mines.

2009 Flight 1549 Crashes in the Hudson River.