

The Gateway



Retirement Housing Foundation

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

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Our Team

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>*Activities Are Subject to Change.</p> 	<p>Happy New Year! - Banks Are Closed!</p> <p>9:30 ■ Chair Yoga Flow (AR) 12:30 ■ Gentle Fitness Gym with Tibs from Healthy Living! (FC) 12:45 ■ Bridge (RF) (LIB) 1:00 ■ Skip-Bo (CR) (RF) 3:00 Coffee and Care: Hand Massages (AR) 4:00 TRIVIA (L)</p>	<p>9:30 ■ Chair Exercises (AR) 10:00 ■ SD Railroad Museum & Lunch 1:00 ■ Skip-Bo (CR) 2:00 ■ 25¢ Bingo (AR) 3:00 ■ Mexican Lottery (AR) 4:00 Wine Club (L)</p>	<p>Dr. Appointments: 8am - 3pm</p> <p>9:30 ■ Exercise Medley (AR) 12:45 ■ Bridge (RF) (LIB) 1:00 ■ Kings In The Corner (AR)(RF) 2:00 ■ Jewelry Design with Judy (AR) 2:30 Astronomy with Ken Van Lew (C) 3:00 ■ Penny Blackjack (CR) 3:00 Knitting and Crochet Club (RF) (LIB)</p>	<p>9:30 ■ Let's Get Movin'! (AR) 10:00 Coffee Klatch with Angie! (L) ☕ 10:00 ■ Poway Rd East Loop 1:30 ■ Poway Rd West Loop 1:30 ■ Card Games (CR) (RF) 3:30 Happy Hour with Celeste (L) 6:00 ■ Pinochle (LIB) (RF)</p>	<p>9:30 ■ Stretching & Movin' with Nancy (AR) 1:00 ■ Rummikub with Maxine and Emma (LIB) 2:00 ■ Card Games (RF) (CR)</p>
<p>6</p> <p>8:30 ■ Church Transportation 10:30 ■ Catholic Services (C) 1:00 ■ Rummikub with Maxine and Emma (LIB) 1:30 ■ Scenic Drive with the Gardens 2:00 Bible Study with Mike (C) 6:00 Sunday Night Movie and Popcorn (L)</p>	<p>7</p> <p>9:30 ■ Sit and Be Fit (AR) 10:00 ■ Vons and CVS 1:00 ■ Hand and Foot with Emma & Maxine (LIB) (RF) 1:00 Banking and Post Office \$ 1:00 Cleaning & Adjustments w/ Clear Choice Hearing Aid (AR) 1:00 Food Forum with Roel (L) 2:00 ■ Target and Sprouts 3:00 ■ Penny Blackjack (CR) 6:30 ■ Monday Night Bingo with Skip(AR)</p>	<p>8</p> <p>9:30 ■ Chair Yoga Flow (AR) 10:15 Gary the History Guy (L) 12:30 ■ Gentle Fitness Gym with Tibs from Healthy Living! (FC) 12:45 ■ Bridge (RF) (LIB) 1:00 ■ Skip-Bo (CR) (RF) 3:00 ■ Creative Crafts (AR)</p>	<p>9</p> <p>9:15 ■ Living Coast Discovery & Lunch 9:30 ■ Chair Exercises (AR) 1:00 ■ Skip-Bo (CR) 2:00 ■ 25¢ Bingo (AR) 3:00 ■ Mexican Lottery (AR) 4:00 Wine Club (L)</p>	<p>10</p> <p>Dr. Appointments: 8am - 3pm 9:30 ■ Exercise Medley (AR) 12:45 ■ Bridge (RF) (LIB) 1:00 ■ Left, Right, Center with Nancy! (AR) 2:00 ■ Kings In The Corner (AR)(RF) 3:00 ■ Penny Blackjack (CR) 3:00 Knitting and Crochet Club (RF) (LIB)</p>	<p>11</p> <p>9:30 ■ Let's Get Movin'! (AR) 10:00 ■ CMR Grocery Loop 10:00 Coffee Klatch with Angie! (L) ☕ 1:30 ■ CMR Shopping Loop 1:30 ■ Card Games (CR) (RF) 3:30 Happy Hour with Peggy (L) 6:00 ■ Pinochle (LIB) (RF)</p>	<p>12</p> <p>9:30 ■ Stretching & Movin' with Nancy (AR) 1:00 ■ Rummikub with Maxine and Emma (LIB) 2:00 ■ Card Games (RF) (CR)</p>
<p>13</p> <p>8:30 ■ Church Transportation 10:30 ■ Catholic Services (C) 1:00 ■ Rummikub with Maxine and Emma (LIB) 2:00 Bible Study with Mike (C) 6:00 Sunday Night Movie and Popcorn (L)</p>	<p>14</p> <p>9:30 ■ Sit and Be Fit (AR) 10:00 ■ Vons and CVS 1:00 Banking and Post Office \$ 2:00 ■ Target and Sprouts 3:00 ■ Penny Blackjack (CR) 6:30 ■ Monday Night Bingo with JoAnn! (AR)</p>	<p>15</p> <p>Dr. Appointments: 8am - 3pm 9:30 ■ Chair Yoga Flow (AR) 10:00 Merry Hearts Club (L) 10:30 Activities Meeting with Adrienn (L) 12:30 ■ Gentle Fitness Gym with Tibs from Healthy Living! (FC) 12:45 ■ Bridge (RF) (LIB) 1:00 ■ Skip-Bo (CR) (RF) 2:00 Historical Travels with Adrienn! (AR) 4:00 Coffee and Care: Hand Massages (AR)</p>	<p>16</p> <p>9:30 ■ Chair Exercises (AR) 10:30 ■ Casa Guadalajara Lunch/Shopping in Old Town 1:00 ■ Skip-Bo (CR) 2:00 ■ 25¢ Bingo (AR) 3:00 ■ Mexican Lottery (AR) 4:00 Wine Club (L)</p>	<p>17</p> <p>Dr. Appointments: 8am - 3pm 9:30 ■ Exercise Medley (AR) 12:45 ■ Bridge (RF) (LIB) 1:00 ■ Arts with Adel (AR) 1:00 ■ Card Games! (CR)(RF) 2:30 ■ Kings In The Corner (AR)(RF) 3:00 ■ Penny Blackjack (CR) 3:00 Knitting and Crochet Club (RF) (LIB)</p>	<p>18</p> <p>9:30 ■ Let's Get Movin'! (AR) 10:00 Coffee Klatch with Angie! (L) ☕ 11:00 ■ North County Mall & Lunch! 1:30 ■ Card Games (CR) (RF) 3:30 Happy Hour with Peter Seltzer (L) 6:00 ■ Pinochle (LIB) (RF)</p>	<p>19</p> <p>9:30 ■ Stretching & Movin' with Nancy (AR) 1:00 ■ Rummikub with Maxine and Emma (LIB) 2:00 ■ Card Games (RF) (CR)</p>
<p>20</p> <p>8:30 ■ Church Transportation 10:30 ■ Catholic Services (C) 1:00 ■ Rummikub with Maxine and Emma (LIB) 1:30 ■ Scenic Drive with the Gardens 2:00 Bible Study with Mike (C) 3:00 ■ Children's Piano Recital 6:00 Sunday Night Movie and Popcorn (L)</p>	<p>21</p> <p>Martin Luther King Jr. Day 9:30 ■ Sit and Be Fit (AR) 10:00 ■ Vons and CVS 1:00 ■ Hand and Foot with Emma & Maxine (LIB) (RF) 2:00 ■ Target and Sprouts 3:00 ■ Penny Blackjack (CR) 6:30 ■ Monday Night Bingo with Adrienn (AR)</p>	<p>22</p> <p>Dr. Appointments: 8am - 3pm 9:30 ■ Chair Yoga Flow (AR) 12:30 ■ Gentle Fitness Gym with Tibs from Healthy Living! (FC) 12:45 ■ Bridge (RF) (LIB) 1:00 ■ Skip-Bo (CR) (RF) 3:00 NEW YEAR - NEW YOU (AR) 4:00 TRIVIA (L) 6:30 Book Club (LIB) (RF)</p>	<p>23</p> <p>9:30 ■ Chair Exercises (AR) 10:00 ■ Angelika Film Center & Lunch 1:00 ■ Skip-Bo (CR) 2:00 ■ 25¢ Bingo (AR) 3:30 ■ Music by Jessie (L) 4:00 Wine Club (L)</p>	<p>24</p> <p>Dr. Appointments: 8am - 3pm 9:30 ■ Exercise Medley (AR) 12:45 ■ Bridge (RF) (LIB) 1:00 ■ Left, Right, Center with Nancy! (AR) 2:00 ■ Kings In The Corner (AR)(RF) 3:00 Knitting and Crochet Club (RF) (LIB) 3:00 ■ Penny Blackjack (CR)</p>	<p>25</p> <p>9:30 ■ Let's Get Movin'! (AR) 10:00 ■ CMR Grocery Loop 10:00 Coffee Klatch with Angie! (L) ☕ 1:30 ■ Card Games (CR) (RF) 1:30 ■ CMR Shopping Loop 3:30 Happy Hour with Vincent Young (L) 5:00 Birthday Celebration Dinner! (PDR)🍴 6:00 ■ Pinochle (LIB) (RF)</p>	<p>26</p> <p>9:30 ■ Stretching & Movin' with Nancy (AR) 1:00 ■ Rummikub with Maxine and Emma (LIB) 2:00 ■ Card Games (RF) (CR)</p>
<p>27</p> <p>8:30 ■ Church Transportation 10:30 ■ Catholic Services (C) 1:00 ■ Rummikub with Maxine and Emma (LIB) 2:00 Bible Study with Mike (C) 6:00 Sunday Night Movie and Popcorn (L)</p>	<p>28</p> <p>9:30 ■ Sit and Be Fit (AR) 10:00 ■ Vons and CVS 1:00 Banking and Post Office \$ 2:00 ■ Target and Sprouts 3:00 ■ Penny Blackjack (CR) 6:30 ■ Monday Night Bingo with JoAnn! (AR)</p>	<p>29</p> <p>Dr. Appointments: 8am - 3pm 9:30 ■ Chair Yoga Flow (AR) 10:30 Activities Meeting with Adrienn (L) 12:30 ■ Gentle Fitness Gym with Tibs from Healthy Living! (FC) 12:45 ■ Bridge (RF) (LIB) 1:00 ■ Skip-Bo (CR) (RF) 3:00 ■ Creative Crafts (AR) 4:00 Coffee and Care: Hand Massages (AR) 5:30 ■ Sounds of Piano (L)</p>	<p>30</p> <p>9:30 ■ Chair Exercises (AR) 10:00 ■ Harrah's Casino & Lunch! 1:00 ■ Skip-Bo (CR) 2:00 ■ 25¢ Bingo (AR) 3:00 ■ Mexican Lottery (AR) 4:00 Wine Club (L)</p>	<p>31</p> <p>Dr. Appointments: 8am - 3pm 9:30 ■ Exercise Medley (AR) 12:45 ■ Bridge (RF) (LIB) 1:00 ■ Game Day! (CR)(RF) 2:00 ■ Kings In The Corner (AR)(RF) 3:00 Knitting and Crochet Club (RF) (LIB) 3:00 ■ Penny Blackjack (CR)</p>	<p>Key AR - Activity Room CR - Card Room C - Chapel FC - Fitness Room LIB - Library L - Lobby PDR - Private Dining Room RF - Resident Facilitated</p>	

Some Thoughts About the New Year...



Did you know that on average, only 8% of people actually keep their New Year's resolutions? We view January 1st as our only start date instead of realizing that every single day offers us a new beginning.

So, try something different in the coming year! Set goals that are **achievable, forgiving, open-ended, and realistic.**

View every day as an opportunity to live life to the fullest, treat your body and people around you kindly, and open your heart to all the wonderful things life has to offer.

"Your success and happiness lies in you.

**Resolve to keep happy, and your joy
and you shall form an invincible host
against difficulties."**

Helen Keller

"This Month In History" JANUARY

1906: The sport of football is forever changed when a new game rule makes the forward pass a legal play.

1912: New Mexico joins the union as the 47th state.

1924: The first Winter Olympics are held in Chamonix, France.

1943: Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

1955: Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African-American to perform a leading role with the company.

1968: Country music star Johnny Cash records a live album by playing two concerts at California's Folsom State Prison.

1972: U.S. President Richard M. Nixon orders the development of a "new type of space transportation system," the space shuttle program.

1986: The first national Martin Luther King Jr. holiday is observed.

1994: A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

2000: Celebrations worldwide mark the turn of the new millennium.

2011: Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

2015: At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.