



Westminster Village Kentuckiana

Take Time for Thank-Yous

"We must find time to stop and thank the people who make a difference in our lives," said President John F. Kennedy. Start the new year by showing your appreciation to those who are important to you during National Thank You Month.

Not Too Late To Get Fit

It's never too late to gain the benefits of exercising, according to the results of a recent study focused on seniors. Researchers asked a group of men and women in their 60s and 70s to begin regular workouts walking on a treadmill, and after several months, they showed significant improvement in their cardiovascular fitness and their energy levels.

Remember When: TV Lamps

In the 1950s, as TV sets became more commonplace in American homes, there were concerns that watching television in a dark room would cause eyestrain. The solution? Specially designed lamps placed on top of TVs. With a hidden bulb that cast ambient light, these painted ceramic sculptures, most popular in the shape of various animals, became a trendy piece of home décor.

Hoppin' for Good Luck

A traditional meal on Jan. 1 in the South is a bowl of Hoppin' John, a mixture of black-eyed peas, pork and rice. Served with collard greens and cornbread, the dish is said to bring good luck and prosperity in the new year.

January 2020



Feeling Your Oats

Whether they fill your bowl at breakfast or are an ingredient in your favorite breads and cookies, oats can fuel the body and the brain. The grain's trio of fiber, protein and complex carbohydrates gives your body energy, and the carbs may also increase the chemical serotonin in the brain, which has a calming effect.

All Eyes on the Rose Parade

Millions of people will take part in the New Year's Day tradition of watching the Rose Parade. Broadcast live from Pasadena, Calif., the event awes viewers with its elaborate floats. Many are engineering marvels, with past entries featuring spectacles such as a working roller coaster and a water slide. Even more amazing is that every inch of every float must be covered with flowers or other organic material such as leaves, seeds and bark.

Starting a New Chapter

"The new year stands before us, like a chapter in a book, waiting to be written." —Melody Beattie

Happy January Birthdays

1/1 Anna Ruddell
 1/1 Patricia Marr
 1/3 Hassie Dougherty
 1/6 Corine Richmer
 1/9 Deloris Rough
 1/9 Loretta Witt
 1/10 Barbara Smith
 1/10 Loretta Johnson
 1/16 Teresa Bettinger
 1/20 Mary McKercher
 1/22 Gladys McClintock
 1/25 Andrew Gies
 1/27 Roberta Dikes
 1/27 Carol Read
 1/28 Rhoda Hedge
 1/31 David Faith

Resolutions That Stick

When it comes to making New Year's resolutions, be as specific as possible. Instead of simply saying you're going to read more, make a plan to read a certain number of pages per week. "Eat healthier" is a broad concept, but a goal of adding an extra serving of vegetables to your plate each day is attainable.



Year of the Rat

Chinese New Year begins Jan. 25, and 2020 is the Year of the Rat. In Chinese culture, the animal symbolizes vitality and wealth.

Sunday	Monday	Tuesday	
<i>January</i>	ABBREVIATION KEY SC - Social Center RR - Rose Room MRLL - Basement AL - Assisted Living 3rd Floor HC - Health Center DR - Dining Room		
	5	6	7
	8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	9a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 10:30a Games AL 11a Hospitality Comm. RR 1p Finance Comm. Mtg WW3rd FL/TL 2p Harmonics SC 3:15p Exercise SC	9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
	12	13	14
	8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	9a Coffee Social AL 10a Wellness Exercise AL 10:30a Ponderosa Outing 1p Fund Raising Mtg 3rd FL/TL 2p Clarksville Police Information Meeting Re: Scams And Pill Collection SC 3p Exercise SC 6:30p Music W/AI Hilbert SC	9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL
National Activity Week	Martin Luther King Jr. Day	21	
19	20	21	
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Sunday @ The Movies MRLL	9a Coffee Social AL 10a Wellness Exercise AL 10:30a Welcome Wagon AL 11a Mathies Blood Pressure SC 1p Resident Council SC 3p Exercise SC 6:30p Music W/Tari Martin SC 7p Crit Club “Art” MRLL	9a Coffee Social AL 10a Exercise AL 10:30 Games AL 11a Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL	
26	27	28	
8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 6:30p Angel Wings Children’s Choir SC	9a Coffee Social AL 10a Wellness Exercise AL 10:30a Games AL 11a Remembering 2000 SC 1p \$1 Bingo MRLL 1p Veteran’s Council Mtg RR 2:30p AL Resident Council AL 3p Exercise SC 6:30p Freddie George Entertainment SC	9a Coffee Social AL 10a Exercise AL 10:30 Games AL 12p Big Crossword SC 1p HANDS Needlework SC 1:30p Bible Study RR 2p Bingo AL 3p Wellness Exercise SC 6:30p Trivia MRLL 6:30p Cards N 1st FI TL	

Wednesday	Thursday	Friday	Saturday
New Year's Day 1 Happy New Year's Day Offices Closed and No Transportation	2 9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p North Wing FI Mtg 2nd FLTL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	3 9a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 1p West Wing 2nd FL/TL 1:30 - 3:30p Game Day SC 6:30p Music W/Rick McDonald SC	4 2p Bingo W/Sharon AL 6:30 Cards North 1st FL TL 6:30 Music W/John King SC
8 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Wine & Cheese SC 6:30p Music W/Lonnie Bryant SC	9 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 1p Bldg & Grnds Mtg MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	10 9a Coffee Social AL 10a Wellness Exercise AL 11a New Resident Coffee SC 2p Movie Matinee W/popcorn and Soda SC 6:30p Music W/Rick McDonald SC	11 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
15 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 1p Brain Study MRLL 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Sue Loy SC	16 9a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p Dietary Mtg MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	17 9a Coffee Social AL 10a Wellness Exercise AL 10:30 Music W/Sue Loy AL 2p Jan. B-day Party W/Elvis SC 6:30p Music W/Charlie Hornung SC	18 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
22 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Ron McCubbins SC	23 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 1p Administrative Comm. Mtg WW 3rd FL/TL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	24 9a Coffee Social AL 10a Wellness Exercise AL 10:30 Games AL 2p Chinese New Year Bingo MRLL 6:30p Music W/Country Sounds SC	25 2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL
29 9a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 3p Exercise SC 6:30p Music W/Mellow Sounds and Charlie SC	30 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL	31 9a Coffee Social AL 10a Exercise AL 10:30a Games AL 1:30 - 3:30p Game Day SC 6:30p Music W/Lonnie Bryant SC	

Perspective From a New Resident in Independent



To one and all,

You have made a very hard journey for me so lovely. Everyone is kind, friendly and made me find laughter as I turned a new chapter in my life. My husband, Bill, is in all my memories. Being in the Navy 30 years, he always said, "Walk tall, stand proud." I shall continue to do so. The entertainment is grand. These people coming in from rainstorms, etc. never complaining. The food is good, very good. Barbara and her crew work hard. The kids are so polite. They share their dreams, which I like to ask and hear. Anyone who complains is foolish. We have so much and are blessed not to be homeless. After the holidays settle, as well as myself, I hope I can volunteer. Thank you for all you have done for me. I learned a smile goes a long way, and you provide many. May you all have wonderful holiday plans and travel safely.

"This Month In History" JANUARY

1901: The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

1938: Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and black musicians performed together on a U.S. stage.

1943: Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

1953: Chevrolet debuts its new sports car, the Corvette.

1986: James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

1994: American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

2006: An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

2010: Apple introduces its first iPad, a touch-screen tablet computer.

2019: A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.