



Westminster Village Kentuckiana

Laugh Away the Winter Blahs

If you find yourself with a case of the winter blahs, try watching a comedy or chatting with a funny friend. Studies show that laughter causes your brain to release mood-lifting endorphins.

Remember When: Party Lines

Up until the 1950s, many homes had a party line, a telephone line shared among several households. Each home was assigned a unique ring pattern so that residents could determine if an incoming call was intended for their house. Those with party lines quickly learned that conversations weren't always private, since anyone could pick up their phone and listen in on someone else's call.

'Tender' Tune

Celebrate Elvis Presley's birthday on Jan. 8 with a look back at his movie debut in 1956's "Love Me Tender." His biggest box-office hit, the film also gave Presley a No. 1 single, the title song, which had 1 million advance orders, making it a gold record before it was released.

On the Menu: Clean Eating

The term "clean eating" is likely to be heard a lot this month as people make New Year's resolutions focused on improving health. The trend focuses on eating natural, whole foods as much as possible, while avoiding highly processed foods with artificial ingredients. Clean eating usually favors plant-based foods, especially fruits, vegetables, beans and whole grains.

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

Happy Birthday

01/01 Sigrid Haertel
 01/01 Patricia Marr
 01/01 Anna Louise Ruddel
 01/03 Hassie Dougherty
 01/09 Loretta Witt
 01/20 Mary McKercher
 01/21 Ruth McAfee
 01/21 Linda Shabazz
 01/22 Gladys McClintock
 01/25 Andrew Gies
 01/27 Roberta Dikes
 01/27 Ruby Ramey
 01/28 Rhonda Hedge
 01/31 David Faith

Brainteaser

Question: By deleting the "p" and rearranging the remaining letters in "cordially present," can you form another two-word phrase that refers to a rags-to-riches fairy tale?
 Answer: "Cinderella story."

Be a Mentor

January is National Mentoring Month, a timely reminder to consider mentoring a youngster for one of your New Year's resolutions. Research shows that being a mentor helps both seniors and children thrive, while also benefiting the local community.

Exercise With a Friend

Exercising regularly can help you fight off seasonal colds. But if you need motivation to get moving, get a little help from a friend. Working out with a companion provides encouragement to stick with the commitment and helps take your focus off the physical exertion.

Sunday	Monday	Tuesday
<p>SHUTTLE BUS Leaves WVK at 10 a.m. Tuesday Walmart Thursday Kroger Car Transportation 8:15 - 3:30 p.m</p>	<p>ABBREVIATION KEY SC - Social Center RR - Rose Room MRLL - Basement AL - Assisted Living 3rd Floor HC - Health Center DR - Dining Room</p>	<p>New Year's Day 1</p> <p>Enjoy the New Year with your family and friends! Offices Closed and no Transportation today!</p>
<p>6</p> <p>8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Communion Music W/David Lamb SC</p>	<p>7</p> <p>9:45a Coffee Social AL 10a Wellness Exercise AL 10a Catholic Mass HC 11a Hospitality Comm Mtg RR 1p Resident Council Members RR 2p Harmonics SC 3p Exercise W/Jan SC 6:30p Forest Ridge Band SC</p>	<p>8</p> <p>9:45a Coffee Social AL 10a Exercise 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</p>
<p>13</p> <p>8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Rick McDonald SC 4:30p Memorials for Our Loved Ones Who Have Past in 2018 SC</p>	<p>14</p> <p>9:45a Coffee Social AL 10a Wellness Exercise AL 10:30 Welcome Wagon AL 2p SC Reminiscing SC 3P Exercise W/Jan SC 6:30p Music W/Al Hilbert SC</p>	<p>15</p> <p>9:45a Coffee Social AL 10a Exercise 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 FL TL</p>
<p>20</p> <p>8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers Music W/Shirley Owens SC</p>	<p>Martin Luther King Jr. Day 21</p> <p>9:45a Coffee Social AL 10a Wellness Exercise AL 1p Veteran's Comm. Mtg RR 2p Resident Assoc Mtg RR 3p Exercise W/Jan SC 6:30p Music W/Tari Martin SC 7p Crit Club "Art" MRLL</p>	<p>22</p> <p>9:45a Coffee Social AL 10a Exercise 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 FL TL</p>
<p>27</p> <p>8:30a Trinity Methodist Bus 9:30a Southern Baptist Bus 11:30a Catholic Comm RR 3:30p Vespers W/Rick Mc Donald SC 6:30p Music W/Angel Wings Children's Choir SC</p>	<p>28</p> <p>9:45a Coffee Social AL 10a Wellness Exercise AL 1p \$1.00 Bingo MRLL 2:30p Resident Council AL 6:30p Music W/Sue Loy C</p>	<p>29</p> <p>9:45a Coffee Social AL 10a Exercise 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 FL TL</p>

Calendar of Events

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">2</p> <p>10a Wellness Exercise AL 11a Tai Chi SC 12:30 Non Denominational Communion SC 2p Bunco SC 3p Rosary RR 3:15p Wine & Cheese SC 6:30p Music W/Bill Riley SC</p>	<p style="text-align: right;">3</p> <p>9:45a Coffee Social AL 10a Exercise AL 10:30a Red Cross Dog Visit 1p North FI Mtg 2nd FL TL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL</p>	<p style="text-align: right;">4</p> <p>9:45a Coffee Social AL 10a OLPH Service RR 10a Exercise AL 10:30a Cracker Barrel Outing 1p Mex Train Dominoes W2TL 1p Game Day SC 6:30p Music W/Rick McDonald SC</p>	<p style="text-align: right;">5</p> <p>2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL</p>
<p style="text-align: right;">9</p> <p>9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 6:30p Music W/Lonnie Bryant SC</p>	<p style="text-align: right;">10</p> <p>9:45a Coffee Social AL 10a Exercise AL 1p Bldg & Grds Mtgs MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL</p>	<p style="text-align: right;">11</p> <p>9:45a Coffee Social AL 10a Exercise AL 10:30 New Resident Coffee SC 1p Mex Train Dominoes W2TL 2p Popcorn Party SC 6:30p Music SC</p>	<p style="text-align: right;">12</p> <p>2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL</p>
<p style="text-align: right;">16</p> <p>9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 6:30p Music SC</p>	<p style="text-align: right;">17</p> <p>9:45a Coffee Social AL 10a Exercise AL 1p Dietary Mtg MRLL 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL</p>	<p style="text-align: right;">18</p> <p>9:45a Coffee Social AL 10a Music W/Sue Loy AL 1p Mex Train Dominoes W2TL 1p Game Day SC 6:30p Music W/Charles Hornung SC</p>	<p style="text-align: right;">19</p> <p>2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL</p>
<p style="text-align: right;">23</p> <p>9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 6:30p Music W/Ron McCubbins SC</p>	<p style="text-align: right;">24</p> <p>9:45a Coffee Social AL 10a Exercise AL 1p Focus on Your Health Topic Tremors SC 2p Bingo AL 2p Bible Study RR 3p Wellness Exercise SC 6:30p Bingo MRLL</p>	<p style="text-align: right;">25</p> <p>9:45a Coffee Social AL 10a Exercise AL 1p Mex Train Dominoes W2TL 2p Ice Cream Social SC 6:30p Music W/Country Sounds SC</p>	<p style="text-align: right;">26</p> <p>2p Bingo W/Sharon AL 6:30 Night at the Movies MRLL 6:30 Cards North 1st FL TL</p>
<p style="text-align: right;">30</p> <p>9:45a Coffee Social AL 10a Wellness Exercise AL 11a Tai Chi SC 2p Bunco SC 3p Rosary RR 6:30p Music W/Mellow Sounds SC</p>	<p style="text-align: right;">31</p> <p>9:45a Coffee Social AL 10a Exercise AL 10:30 Red Cross Dog Visits 11:30 Tea Party DR 2p Bingo AL 2p Bible Study MRLL 3p Wellness Exercise SC 6:30p Bingo MELL</p>	<p style="font-size: 2em; font-family: cursive;">January</p>	



Word Gets Around

New words make their way into our language all the time, often based on trends, inventions, new technology and slang. See when these now-common terms were first talked about.

Decade	Words
1940s	country music, TV, jeep, cook-off, jet stream
1950s	action figure, bumper sticker, videotape, TV dinner
1960s	junk food, fender bender, vibe, carpool, ZIP code
1970s	retro, ATM, shopaholic, comfort food, gas-guzzler
1980s	photo op, couch potato, mouse pad, cardio, email
1990s	World Wide Web, brain freeze, spoiler alert, bestie
2000s	bucket list, podcast, cornhole, sudoku, selfie

"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.