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January 2024

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# Pheasants Ridge Press

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2024  
HAPPY NEW YEAR



**NEW YEAR'S  
RESOLUTION**

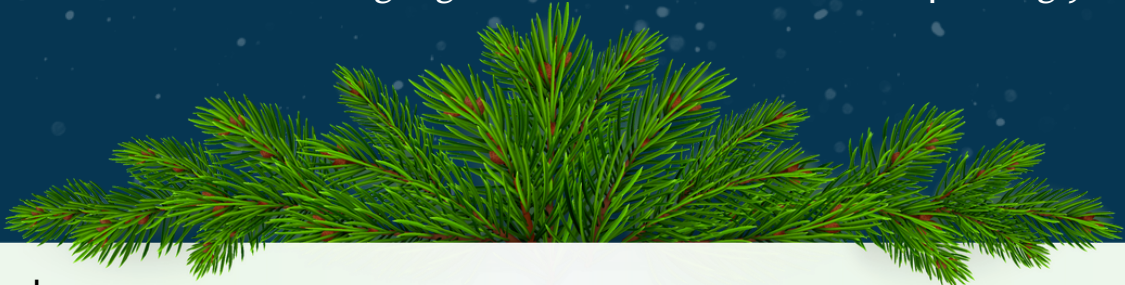
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Lets make a goal  
for the new year!  
Write a goal in  
the blank space  
below & show  
Nat.

The Full Wolf Moon  
This January, the full Moon  
reaches peak illumination on  
Thursday the 25



Earn a red ticket for making a goal, & even more for accomplishing your goal!



My Goal:



Happy  
Birthday,

MAVIS!



Warm Welcomes!! To our newest team members!  
TAYLOR is the name of our new Activities Aid!  
ALICIA will be taking care of your housekeeping needs.  
BECCA will be starting as an RA on evenings.  
...and SAVANNAH, who has already begun her RA  
journey on overnights!  
Check for their pictures on the wall, coming soon!

### Nurse News Bluestone rounding 1/22/2024



Last month we said congratulations to Victoria on her retirement! Victoria was our Director of Nursing for the last 4.5 years.

This month we congratulate our NEW Director of Nursing, Laura! She is a Registered Nurse with a background in Geriatric health care. Give her a high five next time you see her in the halls for this exciting news!



*Congratulations*



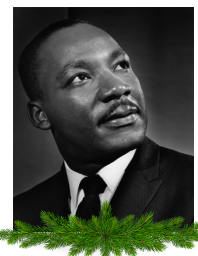
January 19th is Dolly Parton's Birthday! The larger-than-life singer/songwriter who gained international fame and whose folksy presence looms over modern country music.

January 8th was Elvis Presley's Birthday! Known as the "King of Rock and Roll", he is regarded as one of the most significant cultural figures of the 20th century.



January 17th was Betty White's birthday! A pioneer of early television, with a career spanning over nine decades, White was noted for her vast work in the entertainment industry.

January 15 was Martin Luther King Jr.'s birthday! This national holiday honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence. MLK Jr made the "I Have A Dream" speech.







VERY SERIOUS EMPLOYEE TRAINING



GINGERBREAD HOUSES



CHRISTMAS FESTIVITIES



Happy New Year

With Love,  
your team



# JANUARY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>HAPPY NEW YEAR!</b> <b>2024</b> →	10:30- BALLOON BAT 1:30 MATCH GAME	10:30- CHAIR EXERCISE 1:30- BINGO!!!!	10:30- TARGET PRACTICE 1:30- SUNCATCHER CRAFT	10:30- CHAIR STRETCHES 1:30- MOVIE: JERSEY BOYS	HALLWAY/ OUTSIDE WALKING
7 RESIDENT CHOICE	10:30- CHAIR EXERCISE 1:30- BINGO!!!!	10:30- BALLOON BAT 1:30- Pictionary	10:30- CHAIR STRETCHES 1:30- BINGO!!!!	10:30- TARGET BALL 1:30- COFFE FILTER SNOWFLAKES CRAFT	10:30- PARCHUTE 1:30- KARAOKE HOUR	HALLWAY/ OUTSIDE WALKING
14 RESIDENT CHOICE	10:30- CHAIR STRETCHES 1:30- BINGO!!!!	10:30- BALLOON BAT 1:30- RESIDENT COUNCIL MEETING	10:30- CHAIR EXERCISE 1:30- BINGO!!!!	10:30- BOWLING <b>NO ACTIVITY DUE TO STAFF MEETING</b>	10:30- PARCHUTE 1:30- MOVIE: THE ODD COUPLE	HALLWAY/ OUTSIDE WALKING
21 RESIDENT CHOICE	10:30- CHAIR EXERCISE 1:30- BINGO!!!!	10:30- BALLOON BAT 1:30- FAMILY FEUD	10:30- CHAIR STRETCHES 1:30- BINGO!!!!	10:30- CATCH & THROW 1:30- CHERRY BLOSSOMS CRAFT	10:30- PARACHUTE 1:30- MARGARITA HAPPY HOUR	HALLWAY/ OUTSIDE WALKING
28 RESIDENT CHOICE	10:30- CHAIR STRETCHES 1:30- BINGO!!!!	10:30- BALLOON BAT 1:30- TIC TAC TOE	10:30- CHAIR EXERCISE 1:30- BINGO!!!!			

## January Folklore

Fog in January brings a wet spring.

A favorable January brings us a good year.

If grass grows in January, it will grow badly the whole year.

A summerish January, a winterish spring.



## I'm January

"I'm January bringing you  
 A year of days—all brand, brand new;  
 I step upon the frosty ground.  
 When chimes and sleighbells ring around;  
 You welcome me and children sing,  
 And joy comes into everything.  
 I bring you love and lots of cheer,  
 And work and friends for all the year".  
 by Annette Wynne