



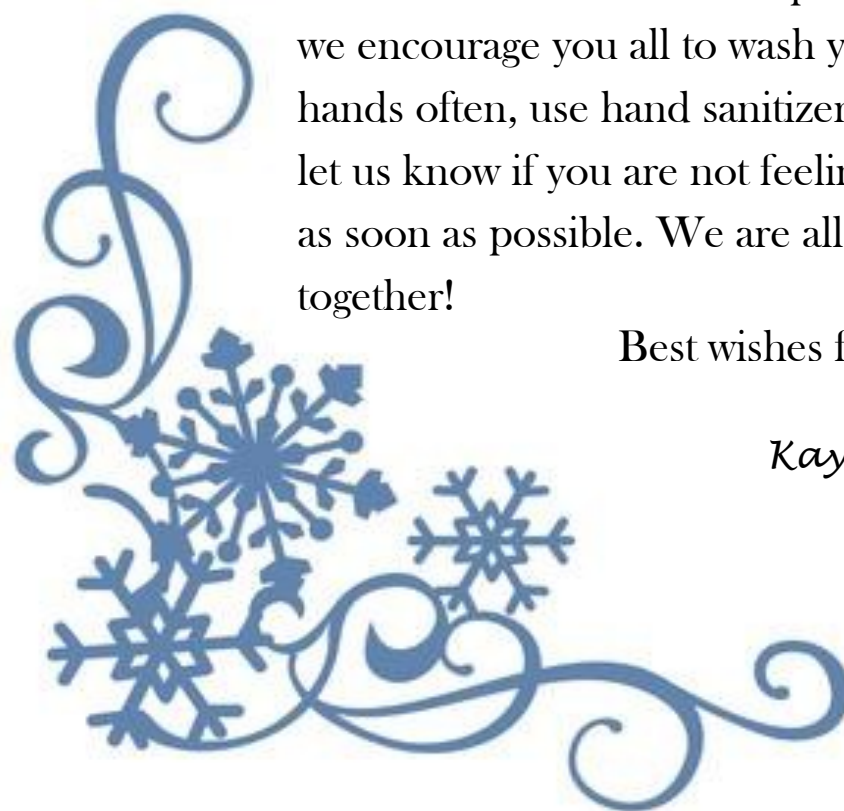
## Hello, January!

Happy New Year! As we enter the New Year, we have much to be grateful for, especially for one another. We have much to look forward to in the year ahead! Here are some small goals that you could plan on doing in the new year: learn a new skill, break a bad habit, do a good deed, talk to someone new, read a difficult book, write & send a letter, try a new food, take a risk. Let us reflect on some things that we would like to accomplish in 2026.

New year, but same Covid and Flu season. While this time is upon us, we encourage you all to wash your hands often, use hand sanitizer, and let us know if you are not feeling well as soon as possible. We are all in this together!

Best wishes for 2026!

*Kayla*



### DAILY SCHEDULE

**7:00-9:00 am Breakfast**

**9:45 am Daily Devotion**

**9:50 am Wordle**

**10:30 am Brain Games**

**11:00 am Seated Exercise**

**12:00-1:00 pm: Lunch**

**1:30—3:30pm See Calendar**

**5:00-6:00pm: Dinner**



### CELEBRATING JANUARY

**New Year's Day**

*January 1*

**Martin Luther King Day**

*January 19*

## COMMUNITY SERVICES

### HAIRDRESSER

Wednesdays

### SHOPPING

Tuesday morning errand to  
CVS

### TRANSPORATION TO MEDICAL APPOINTMENTS

Appointments made *in  
advance* with Caroline, Joan  
or Marcia

### CHURCH SERVICES

Sundays at 9:30 am to Our  
Lady of the Cape, Brewster

### ON-SITE PODIATRIST

Every 2 months

### MOBILE DENTAL

Every 6 months

### HEARING LIFE

First Monday of each month  
at 3:00 pm

## Happy Birthday!

Jan Liska January 7th

Jim Buckley January 7th

Diana Goodwin January 24th

Nikki Todis January 30th

## LIVE MUSIC

**Julie Charland - January 7th**

**Tom Telesmanick - January 14th**

**Kalifornia Karl - January 21st**

**Dan McCarthy - January 28th**

**Rob & Marco - January 29th**

# January Events

## **Community Meeting - January 2nd**

Stick around after lunch for a quick community meeting. Meet any new residents, get information about any changes and get your questions answered!

## **Janet Uhlar Lecture - January 8th**

We welcome back Janet Uhlar this month. Janet will be presenting the second part her American Revolution lecture, Freedom's Cost: The Story of Nathanael Greene.

## **Breakfast at the Keltic Kitchen January 20th**

The van will be departing at 8:30 where we will head to the Keltic Kitchen in Yarmouth for a delicious breakfast!

## **Bowling and Lunch at The Alley January 30th**

Bowling and lunch at The Alley in Orleans! Hop on the van and join us for some friendly competition and good food!



Join us in the Lobby for the Rose Bowl


Parade at 9am and then the Rose Bowl Game

at 1pm!



**Libations and live  
music every**

**Friday at 4:00 with  
our very own Sal on  
his accordion!**



## Dances with Francis

Come dance the Fox  
Trot, Waltz, and more  
with Francis on  
**Tuesday, January 13th**



**ADVENTURES WITH MIKE**

**Hop on the van and enjoy a scenic drive  
with Mike!**

**Every Friday departing at 1:30**



*An Afternoon with Janet Uhlar*

*Thursday, January 8th at 3:00*

Author, lecturer, and screenplay writer, Janet's genre is rarely seen. She is the author of two books on forgotten heroes of the American Revolution: *Liberty's Martyr: The Story of Dr. Joseph Warren* and *Freedom's Cost: The Story of General Nathanael Greene*.

*Join us in welcoming back Janet for her lecture*

***Freedom's Cost:  
The Story of Nathanael Greene***



# HAPPY NEW YEAR!



Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy



New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers

