

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.

A Day for the Birds

National Bird Day on Jan. 5 celebrates the world's 10,000 species of birds and raises awareness about ways to protect our feathered friends.



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."

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	Wednesday	Thursday	Friday	Saturday
		New Year's Day/ Subject to Change 1 10:30 Chair Exercise 11:00 Hydration 1:30 Resolution Social 3:30 New Year Bingo 6:00 Movie Night Gentlemen's Pick Doctor Appointment Day	Subject to Change 2 10:30 Chair Exercise 11:00 Hydration 1:00 Bible Study With Peter 3:30 Bingo 6:00 Cornerstone Service	Subject to Change 3 10:00 Exercise 10:15 Hydration 10:30 Newspaper Reading 11:15 Ladies' Lunch Takeout 3:30 Bingo 6:00 Wii Challenge With Staff Doctor Appointments	Subject to Change 4 10:00 Exercise 10:45 Hydration 1:00 Happy Hour Friday 2:30 Mystery Ride 6:00 Friday Night Movie Night	Subject to Change 5 10:00 Wii Challenge 10:45 Hydration 2:30 Snowball Throwing 3:00 Saturday Movie 6:00 Trivia
Subject to Change 6 9:00 Morningside Ministries 10:00 Muffins & Coffee 1:00 Jokes With Staff 3:30 UNO 6:00 Parlor Trivia (P)	Subject to Change 7 10:00 Exercise 10:30 Massage & Hydration 1:30 Mystery Ride 3:00 Social 4:00 Manicures 6:00 Bingo	Subject to Change 8 9:00 Bible Study 10:00 Tossing Dice 11:30 Coffee & Chat 2:30 Social 3:00 Guess Who Game 6:00 Checkers Doctor Appointment Day	Subject to Change 9 10:30 Chair Exercise 11:00 Hydration 1:00 Bible Study With Peter 3:00 Social 3:30 Bingo 6:00 Cornerstone Service	Subject to Change 10 10:00 Wii Challenge 10:45 Hydration 11:15 Men's Lunch Takeout 2:30 Social 3:00 Bingo 6:00 Trivia Doctor Appointment Day	Subject to Change 11 10:00 Wii Challenge 10:45 Hydration 2:00 Happy Hour Friday Social 3:30 Friday Bingo 6:00 Friday Night Bowling	Subject to Change 12 10:00 Wii Challenge 10:45 Hydration 2:30 Social 3:00 Word Games 5:00 Saturday Bingo
Subject to Change 13 9:00 Morningside Ministries 10:00 Muffins & Cocoa 10:30 Newspaper Reading 1:30 Adult Coloring 2:00 Ice Cream Social 3:30 Bingo With Staff 6:00 Parlor Trivia (P)	Subject to Change 14 10:00 Exercise Hour 10:30 Hydration 1:00 Crocheting With Linda 3:00 Social 3:00 Guess Who Game 6:00 Movie Night	Subject to Change 15 9:00 Bible Study 10:00 Bowling 10:45 Hydration 1:30 Card Game 2:30 Social 3:30 Bingo 6:00 Movie Night Doctor Appointment Day	Subject to Change 16 10:30 Chair Exercise 11:00 Hydration 1:00 Bible Study With Peter 2:15 Mystery Ride 6:00 Cornerstone Service	Subject to Change 17 10:00 Wii Challenge 10:45 Hydration 11:15 Men's Lunch Takeout 2:30 Social 3:30 Bingo 6:00 Movie Night Doctor Appointment Day	Subject to Change 18 10:30 Chair Exercise 11:00 Hydration 1:00 Wal-Mart Run 3:00 Social 6:00 Friday Night Bowling	Subject to Change 19 10:00 Wii Challenge 10:45 Hydration 2:30 Social 3:00 Word Games 5:00 Saturday Bingo
Subject to Change 20 9:00 Morningside Ministries 10:00 Muffins & Coffee 10:30 Brain Games 1:30 Walking Club 2:00 Ice Cream Truck (FP) 3:00 Bingo 6:00 Movie Night	Martin Luther King Jr. Day 21 9:00 Bible Study 10:00 Exercise Hour 1:30 Crocheting With Linda 2:30 Social 3:00 Bingo & Popcorn 6:00 Checkers	Subject to Change 22 9:45 Music Makers 1:30 Trivia 2:00 Ice Cream Social 3:30 Bingo 6:00 Parlor Trivia (P) Doctor Appointment Day	Subject to Change 23 10:30 Hip Hop Around The World 1:30 Prayer Service With Peter 3:30 Bingo 6:00 Cornerstone	Subject to Change 24 10:00 Wii Challenge 10:45 Hydration 1:30 Flower Arrangement 2:30 Social 3:30 Bowling 6:00 Hot Cocoa Gathering Fireplace Doctor Appointment Day	Subject to Change 25 10:00 Chair Yoga 11:00 Hydration 1:30 Coffee & Chat Social 2:30 Welcome Back Captain Jack 6:00 Friday Night Bowling	Subject to Change 26 10:00 Wii Challenge 10:45 Hydration 2:30 Social 3:00 Word Games 5:00 Saturday Bingo
Subject to Change 27 9:00 Morningside Ministries 10:00 Muffins & Coffee 10:30 Fireplace Book Reading 2:00 Ice Cream Social 3:30 Bingo 6:00 Checkers	Subject to Change 28 10:00 Exercise 10:30 Hydration 1:00 Crocheting With Linda 2:30 Social 3:30 Bingo 6:00 Trivia With Staff	Subject to Change 29 9:00 Bible Study 10:00 Exercise & Hydration 12:45 Bible Study 1:30 Nails 2:30 Social 3:00 Bingo 6:00 Movie Night Doctor Appointment	Subject to Change 30 10:30 Chair Exercise 11:00 Hydration 1:00 Bible Study With Peter 3:30 Bingo 6:00 Cornerstone Service	Subject to Change 31 10:00 Volleyball 10:45 Hydration 2:30 Social 3:00 Word Games 6:00 Bingo Doctor Appointment Day	