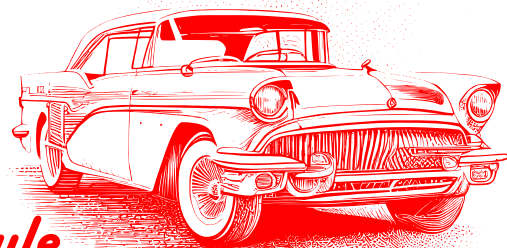


“The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.”

Melody Beattie

Do you have any goals?



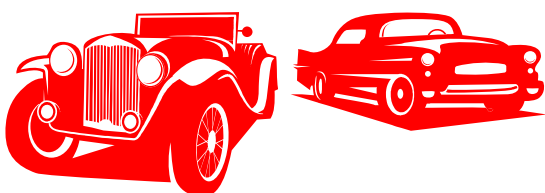
Classics never go out of style

January is National Eye Care Month

This month serves as a reminder to cherish our vision. We must not take our ability to see for granted, and take care of the very organ that makes it possible.

5 Facts About The Eye:

- You may not realize, but your eye focuses on approximately 50 objects every second.
- A normal eye can distinguish between around 10 million different colors.
- With a bundle of one million nerve fibers, the eye's complexity is second only to the brain
- 80% of all that you learn is obtained through your vision.
- Your eyes cannot be transplanted as they are connected to the brain via the optic nerve - once severed, they cannot be reconnected.



No resident birthdays in January, but... we have a few Employee Birthdays! We will now feature staff birthdays in the news letter.



Katie Jan 1
Tara Jan 4
Karla Jan 18



Bluestone Dr. Rounding Monday, January 27



Let's get to know... RA Cristina!

1. Cristina is fluent in 5 languages
2. She is a follower of Christ & loves spreading joy through his guidance. If you ever need her to pray for you, she will.



3. Cristina will be graduating from Gustavus in May with degrees in Philosophy w/ a focus in Trauma studies, Art's Entrepreneurship, and Eastern European & Eurasian Studies.
4. She will be visiting Scotland and Ireland for a tour with the Gustavus Symphony Orchestra.
5. There are numerous videos of Cristina singing and playing violin on youtube. If you look hard enough, you'll find her!

Only kid's
on the good
list at
Pheasants
Ridge!



Taking place in January... ²⁰²⁵

Jan. 1 New Years Day (Office Closed)

Jan. 20 Martin Luther King Jr. Day

Jan. 20 Inauguration Day

Activities Calendar

Mondays at 10:00am, Exercise group followed by coffee/tea and news!
 Tuesdays-Fridays exercise group at 10:30am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 RESIDENT CHOICE <i>Taylor off</i>	2 2:00 Movie and Snacks <i>Taylor off</i>	3 2:00 <i>Bingo!</i>	4 RESIDENT CHOICE
5 RESIDENT CHOICE	6 2:00 <i>Bingo!</i>	7 2:00 Snowman Activity	8 2:00 <i>Bingo!</i>	9 2:00 Resident Council Meeting	10 2:00 100 Years of Pickin' Music	11 RESIDENT CHOICE
12 RESIDENT CHOICE	13 2:00 <i>Bingo!</i> 3:45 Church Group	14 2:00 Slime Activity	15 2:00 <i>Bingo!</i>	16 No afternoon activity due to staff meeting	17 11:30 Veterans visit 2:00 Jenga	18 RESIDENT CHOICE
19 RESIDENT CHOICE	20 2:00 <i>Bingo!</i>	21 2:00 Picture Frame Craft	22 2:00 <i>Bingo!</i>	23 2:00 Cornhole Game	24 2:00 Movie and Snacks	25 RESIDENT CHOICE
26 RESIDENT CHOICE	27 2:00 <i>Bingo!</i> 3:45 Church Group	28 2:00 Karaoke Hour!	29 2:00 <i>Bingo!</i>	30 2:00 Coloring pages	31 2:00 Movie and Snacks	

