



The Difference Between Living and Living Well

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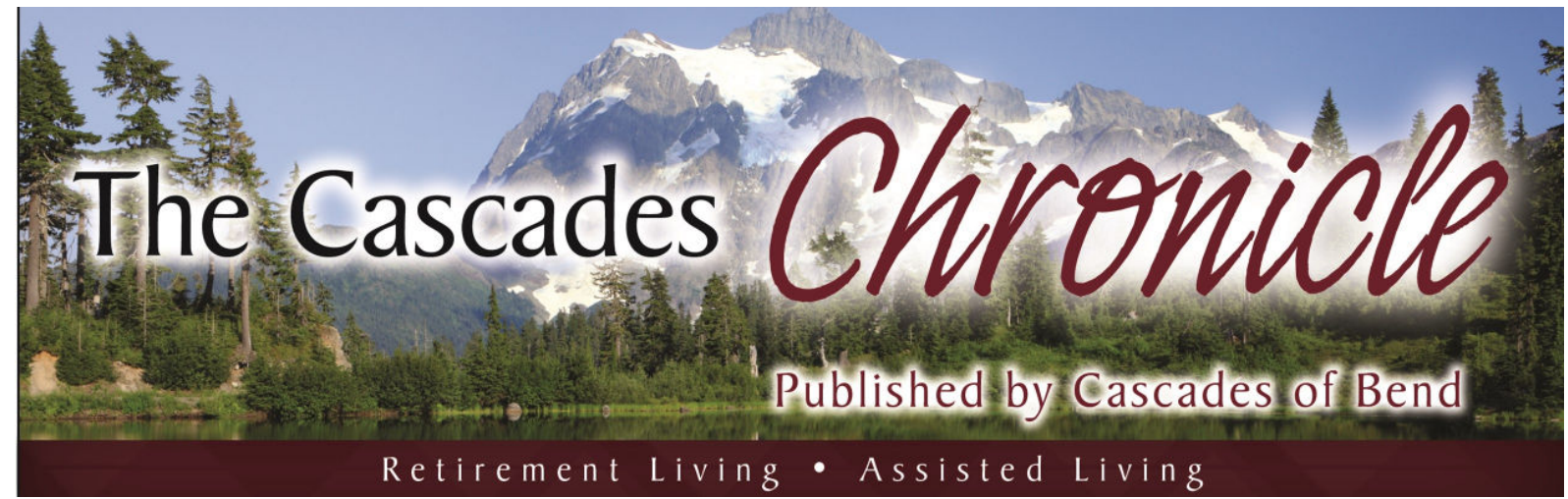
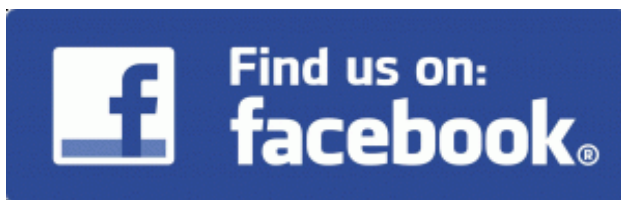
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*Articles and Photos Provided by Activity Connection



The Cascades Chronicle

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Retirement Living • Assisted Living

Celebrating January

International Creativity Month

New Year's Day

January 1

Bird Day

January 5

Make Your Dream Come True Day

January 13

Martin Luther King Jr. Day

January 17

World Snow Sculpting Championship

January 18-23

Compliment Day

January 24

Activity Professionals Day

January 28

Beginning At The End

“New year, new me” is a common refrain on January 1. For many, the start of a new year presents the opportunity for a re-start. You know what that means: dreaded new year’s resolutions. Some promise to start healthy habits like eating right and exercising. Others open new bank accounts or resolve to save more money. The boldest decision-makers might embark on life-changing journeys: a move to a new city, a decision to have a baby, or opening a new business. But just because it’s the start of a new year doesn’t mean everybody wants a new beginning. In fact, some people want just the opposite.

Zack, Zoe, and Zeke might remind you that January 1 is Z Day, a day to ditch beginnings altogether and start at the end. So many things in life are organized according to the alphabet, leaving those with Z names waiting until the end for their opportunity to shine. Sure, today is a day to give Zane and Zelda a little extra attention, but it is also a day to reverse your order of thinking. Instead of prioritizing the usual resolutions, give some attention to the items at the bottom of the list, the stuff that so often gets ignored, like trying a new hobby, donating your wedding dress to Goodwill, or even cleaning the garage.

If you find resolutions to be a chore, have no fear: January 17 is Ditch New Year’s Resolutions Day. After keeping up the charade for a couple of weeks, exercising when you don’t want to, and eating healthful but unappetizing foods, this is a day to be honest with yourself if you’ve set unrealistic or unattainable goals. Skip the workout, grab a bowl of ice cream, and retool your resolutions to make them more manageable and enjoyable! Remember, January wasn’t always a month for reinvention and re-birth. January and February were the last months to be added to the calendar, falling after December. For centuries, March was used as the time of annual renewal. It wasn’t until 153 BC that the Romans decreed January 1 the new New Year, and some countries still didn’t adopt the date until the 18th century.



WINTER WORD SEARCH PUZZLE

- BLANKET
- BLIZZARD
- BOOTS
- CHAINS
- CHILL
- FIREPLACE
- FLURRIES
- FREEZE
- GLOVES
- HEATER
- ICE
- MITTENS
- PARKA
- PLAY
- POWDER
- SALT
- SCARF
- SKIING
- SLED
- SLEET
- SLICK
- SNOW
- STORM
- SWEATER
- WINDS

P B B O O T S S F U S D N I W
 B S L I C K A L S K I I N G F
 W O N S F L R E T A E W S L I
 G T G E T R E D W O P R U S R
 S L E E T C E S R Z F R Y N E
 I R X K C T E E E A R U A I P
 A V E H N V I S Z I Z F L A L
 O K I T O A T M E E I Z P H A
 V L R L A O L S L J D C I C C
 L U G A R E D B L B W G E L E
 J Y K M P U H N H F R A C S B

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
 Find and circle each word.



Service With A Smile

We look forward to most holidays as a day off from work, but Martin Luther King Jr. Day on Monday, January 17, is considered a "day on, not a day off." People all over the country are asked to volunteer in their communities on this National Day of Service.

King's legacy is one of selfless service for the betterment of society. He gave his life fighting for justice and equality for all Americans. To honor this sacrifice, spend Martin Luther King Day making an impact in your community. Volunteer to help clean up a local park or beach, act as a lunch monitor or crossing guard for a community school, or work at a soup kitchen or shelter to feed the homeless. If you are unsure what volunteering opportunities are available in your area, contact your local AmeriCorps chapter. AmeriCorps is a federal agency that mobilizes more than five million volunteers. Volunteerism not only helps your community but it also imparts volunteers with an incredible sense of accomplishment and satisfaction.

Joke Of The Month

Where Can You Go To
Practice Math On New
Years Eve?

Time Square

Resident Birthdays

Rosie K. 1/4	George J. 1/22
Roberta M. 1/5	Alice M. 1/25
Don M. 1/11	Judy C. 1/28

January Horoscopes &

Famous Birthdays

In astrology, those born between January 1-19 are the horned goats of Capricorn. As goats climb to great heights, Capricorns strive to get to the top, using discipline and common sense to find fame, prestige, and wealth. Those born between January 20-31 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving "power to the people."

- J.R.R. Tolkien (author) - January 3, 1892
- Joan of Arc (heroine) - January 6, 1412
- Zora Neale Hurston (writer) - January 7, 1891
- Elvis Presley (musician) - January 8, 1935
- Rod Stewart (musician) - January 10, 1945
- Martin Luther King Jr. (activist) - Jan. 15, 1929
- Muhammad Ali (boxer) - January 17, 1942
- George Burns (comedian) - January 20, 1896
- Virginia Woolf (writer) - January 25, 1882

The Sound Of Silence

The first week of January brings Silent Record Week. Why on earth would someone go through the trouble of putting a silent record on the turntable? In 1952, experimental composer John Cage wrote his piece 4'33", which "consisted" of four minutes and 33 seconds of silence. During the silence, any environmental sounds were supposed to be considered music. In 1959, a jukebox at the University of Detroit won fame for including three silent records. Anyone who wanted a bit of silence could buy it for the price of a song. Rumor has it that the silent records were so popular that they developed noisy scratches and had to be repeatedly replaced. Many would argue that silence is valuable. Cage agreed. It was after his study of Zen Buddhism and the religion's emphasis on silence and stillness of the mind that he composed his silent masterpiece.