

Did you know?

Leadership Contacts

- Mike - Campus Executive Director - 651-466-1022
- Chris - Arbors Executive Director - 651-466-1011
- Cheyenne - Arbors Director of Health Services - 651-466-1012
- Mary - Arbors Floor Nurse - 651-466-1013
- Melissa - Arbors Community Life Director - 651-466-1014
- Front Desk/Home Health Aides - 651-466-1000
- Kitchen - 651-466-1005
- Laura - Billing - 612-451-4754
- Food Service Manager - 651-466-1017
- Housekeeping - 651-466-1028
- Kathleen - Chaplain (Contact Melissa to connect with Kathleen)
- Nathan & Christelle - End of Life Doulas - 651-466-1024
- Birchwood Health Care Center - 651-464-5600



Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Feedback Forms

Feedback Forms are located by the elevator on each floor. Staff, residents and families are encouraged to use the forms at any time they have a comment/suggestion they would like to share with management. Food comment cards are located in the Dining Room.

- Activities are subject to change. Please check the bulletin board by the 1st floor elevator daily or the Dining Room TV for the most up to date schedule.
- Resident Council is a great time to talk about activity requests and to discuss questions, comments and concerns with your peers.

HEY REHAB!



Ask yourself, have you?

If any of these things are you, talk to your nurse about Rehab/Therapy Services.

- Fallen
- Lost Balance
- Stumbled
- Had Trouble Chewing
- Find Yourself More Forgetful

- Sign up for OUTINGS in the Wellness Room at least 24 hours in advance of the trip.
- Don't forget the EXERCISE BIKE is available for daily use in the LOBBY on the first floor!
- See Melissa if you would like to be part of our Health Care Center VOLUNTEER TEAM.

Onsite Services

Podiatry, Dental, Associated Clinic of Psychology, or Integrative Therapy, contact floor nurse or front desk.



Michael Riddle  
Friday, January 9th at 2pm



Wes "Squeezy" Miller  
Friday, January 16th at 2pm



January

Happy Birthday

- Barb A - 9th
- Ardy - 14th
- Janet - 19th
- Barb W - 25th
- Suzette - 26th

Edgar Frietag  
Friday, January 23rd at 2pm







VIRTUAL PROGRAM:  
**"A MOMENT IN TIME"**  
**- REMINISCE WITH RELEVANCE**  
PRESENTED BY: PHOTAVIA  
JAN 2ND AT 2PM



2026

Tuesdays and Thursdays

Coaches and Captains meeting – 1/12/26

| Week               | Whizzer Day | Crank Day | RBS    |
|--------------------|-------------|-----------|--------|
| Scrimmage Week     | 1/13        | 1/15      | 1/16   |
| Week 1             | 1/20        | 1/22      | 1/23   |
| Week 2             | 1/27        | 1/29      | 1/30   |
| Week 3             | 2/3         | 2/5       | 2/6    |
| Week 4             | 2/10        | 2/12      | 2/13   |
| Week 5             | 2/17        | 2/19      | 2/20   |
| Week 6             | 2/24        | 2/26      | 2/27   |
| Week 7             | 3/3         | 3/5       | 3/6    |
| Final 4            | 3/10        | 3/12      | NO RBS |
| World Championship | 3/17        | 3/19      | NO RBS |

\*RBS = Really Big Show\*

All Spark Performance League Items Begin at 1:00 PM

The Animal in You

**January 1–7: Sea Turtle**  
You are creative, caring, and patient. Your wise counsel is well-known among your friends, who often call on you for advice or a shoulder to cry on. While you tend to savor alone time, you also love nights out with your pals.

**January 8–15: Polar Bear**  
It's easy to see you are loyal, strong, responsible, and highly intelligent. Yet you also have a playful side that leads to much merriment. You value friendship and family above all else. Time for yourself is something you're working on.

**January 16–25: Walrus**  
Your creative spirit and problem-solving skills are legendary. Whatever the issue, you are the one who tends to come up with workable solutions. You are also a fabulous cook and host who knows how to welcome and uplift others.

**January 26–31: Giraffe**  
Known for your graceful, cheerful presence, you have a knack for making those around you feel loved. You always seem to have a smile to share and are invariably friendly, kind, funny, and well-mannered. You also love spending time in nature.



Did You Know?

On January 1, 1863, President Lincoln issued the Emancipation Proclamation, declaring enslaved people in Confederate states to be free. It took until June 19, 1865, for Union troops to reach each Southern state to enforce the law.

January Zodiacs

Capricorn (The Sea Goat)  
January 1–19

Aquarius (The Water Bearer)  
January 20–31

*January's* name is actually derived from the ancient Roman god Janus, who is thought to have presided over the dawning of each new year. He was often referred to as the "god of gateways" or "god of doorways." Janus is the original "two-face," as his image is often symbolized by a face that looks both backward and forward at the same time—a reminder that the first month of the year is a good time to reflect on the events of the previous year and to recognize the proverbial clean slate of opportunity that waits immediately ahead.

Chaplain Chat



Time to Reset!  
Kathleen McCauley Chaplain



It's a new year and we hear a lot of chatter about how to reset ourselves for the new year. To start anew, refresh our outlook, adjust our attitude toward life and the world. Easier said than done. There are many ways to interpret 'reset': is it a reset of my attitude, my finances, my spiritual practices etc? Most of us get so overwhelmed by the many ways to reset, that we only entertain the ideas and never give ourselves to it. Here is a practice that might help. Go for the most systemic realignment, which might impact all the other areas of your life. A suggestion might be to start with your interior. If we can set things 'anew' inside, it most likely will affect everything we do, touch or think. Scripture is filled with these encouraging verses, to this point. (1 Peter 5:10) ***"And the God of all grace will restore, confirm and strengthen you."*** Clearly if God's grace strengthens you, you may see the world through a different lens, to see hope in the face of fear, to offer friendship/support in an isolated angry world. Then, we have a way to get traction and help to 'reset' ourselves in the Divine Grace within; for this year and always.

Setting Better Resolutions

Many of us set New Year's resolutions, and year after year, most of those yearly goals end up unfulfilled. In fact, research shows that 20% of us abandon our resolutions after just one week, and fewer than 10% of us achieve our aims. To increase the likelihood of success, set specific and realistic goals. For example, instead of vowing to write a book, promise to produce at least one page of writing each day.

What's Lucky in January?

- Lucky Color: Turquoise
- Lucky Animal: Fox
- Lucky Letter: L
- Lucky Day: Wednesday
- Lucky Plant: Orchid



January Birthdays

- Betsy Ross (U.S. flag maker) – January 1, 1752
- George Reeves (actor) – January 5, 1914
- David Bowie (singer) – January 8, 1947
- Alexander Hamilton (politician) – January 11, 1755
- John Singer Sargent (painter) – January 12, 1856
- Anne Brontë (novelist) – January 17, 1820
- Kevin Costner (actor) – January 18, 1955
- Edgar Allan Poe (writer) – January 19, 1809
- Ann Wedgeworth (actress) – January 21, 1934
- Caroline of Monaco (princess) – January 23, 1957
- Alicia Keys (singer) – January 25, 1981
- Bessie Coleman (aviator) – January 26, 1892
- Tom Selleck (actor) – January 29, 1945
- Jane Johnston Schoolcraft (poet) – January 31, 1800

January 2026

# THE MONTHLY GAZETTE

*"Winter came down to our home one night,  
Quietly pirouetting in on silvery-toed slippers of snow,  
and we, we were children once again."*

~ Bill Morgan Jr.



## Animal of the Month – Gray Wolf

The gray wolf (*Canis lupus*) is the most common type of wolf. They play a key role in ecosystem management by keeping the populations of various other mammals in check. Gray wolves eat a variety of prey, such as deer, moose, foxes, beaver, elk, hares, and rodents. These apex predators typically stand around 2.5 feet high at the shoulder, weigh up to 140 pounds for males and up to 120 pounds for females, and can run as fast as 37 miles per hour. Gray wolves are social animals that mate for life and live in tight-knit family groups, or packs. They



can be found throughout the world, including in North America, Europe, and Asia. The arctic wolf, Great Plains wolf, Northwestern wolf, and Mexican wolf are all subspecies of gray wolves. It's a myth that wolves howl at the moon—they howl to communicate with their fellow pack members. Additionally, each wolf's howl is unique—like a fingerprint!

## Special Days

**New Year's Day**  
January 1

**Trivia Day**  
January 4

**Orthodox Christmas**  
January 7

**World Religion Day**  
January 18

**Martin Luther King Jr. Day**  
January 19

**Opposite Day**  
January 25

**International Zebra Day**  
January 31

## Flower – Carnation



The carnation's history dates back to ancient Greek and Roman times, when it was used in art and decor. Christian lore says that the first carnation bloomed when Mary wept for Jesus as he carried his cross. Carnations in these early times were mostly found in shades of pale pink and peach, but over the years, the color palette has grown to include many more hues. Each color expresses a different sentiment. For example, light red conveys admiration, while dark red signifies deep love.

## Birthstone – Garnet



The birthstone of January is the garnet. The name comes from the Latin word *granatus*, which means "seed-like." In the Middle Ages, garnets were carried by travelers to protect them against accidents far from home. In ancient Asia and the American Southwest, legend has it that garnets were used as bullets because the glowing red color was said to increase the ferocity of a wound. Although garnets are usually thought of as being dark red, they are found in various other colors, including pink, green, and orange.



**TRYathlon™**

## 2026 TRYathlon

**Your Team Needs You!**

### How it works

- The TRYathlon has three separate events, The Whizzer (Walking), Arm Crank (Swimming), and Leg Crank (Biking). Each team will have an allotted amount of time to log as many miles as they can in each of these events while competing against another team. The object of the TRYathlon is to log more combined miles than the opposing team. TRYathlon is a team effort with each team member contributing however they choose. This competition is relay style so all team members have an opportunity contribute as much as they can. This event is open for all Elders living in the community.

### When:

**Scrimmage Week – 1/13 and 1/15 @1:00PM**

**TRYathlon is a 7-week regular season competition starting 1/20/2025 every Tuesday and Thursday.**

- **Tuesday at 1:00 PM - Whizzer Event 30 minutes**
- **Thursday at 1:00 PM - Arm and Leg Crank 20 minutes for each event.**

**Finals week – 3/17 & 3/19 @ 1:00PM**

**World Championship- 3/24 & 3/26 @ 1:00PM**

**Learn more by speaking with:\_\_\_\_\_**



Lifespark All Company Memorial Service

We invite you to join us as we remember, reflect, and celebrate the lives of those clients, residents, and employees who have died this past year.

‘What we have once enjoyed, we can never lose ...all that we love deeply becomes a part of us forever.’  
– Helen Keller

Wednesday, January 21, 2026  
from 2:00-3:00 p.m.

The service will feature readings and music to honor the impact these lives have had on the Lifespark community.

HOSTED BY:  
Rachael Warner, Director, Chaplaincy, Lifespark Senior Living  
Austin Felber, Lead Chaplain, Lifespark Senior Living  
Jackie Bohrer, Bereavement Coordinator and Grief Counselor, Lifespark Hospice  
Beth Nemec, Director of Community Engagement, Lifespark and Other Special Guests



EMPLOYEES CAN ATTEND:  
Virtually via Teams: scan the code to RSVP  
— OR —  
In-Person: Vision Training Room,  
Suite 150, Lifespark Corporate Office,  
or in Your Senior Living Community



Searching for January

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

AQUARIUS

AUSTRALIA DAY

CALENDAR

CARNATION

FIRST

FREEZING

GARNET

GLOVES

HOT TEA

JACKET

MARTIN L. KING

NEW YEAR'S DAY

SEA GOAT

SLEDDING

SNOWMAN

SWEATER

WATER BEARER

WINTER

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Tablet-MLK Day

WHAT AM I? 'I Have a Dream' speech

Riddle Me This

I had a vision, bright and clear,  
a world where love would  
conquer fear.  
Who am I, with courage true,  
Who dreamed a dream  
for me and you?

Think-tionary

Which is the correct definition?

emancipation

A. The act of being freed from  
legal, social, or political  
restrictions.

OR

B. Enforced separation of  
racial groups

Poetry Corner

Treat people kindly  
Do what is fair  
Work for all people  
Show that you care  
These are the ways  
If we work as a team  
To remember the man  
Who said, "I have a dream."  
~ Anonymous

WORD SCRAMBLE: COUNTDOWN

Riddle Me This

What is full of  
promises on January 1,  
and full of excuses by  
January 15?

Challenge for the Day

Write down one hope for  
the year. Put it up where  
you can see it.

Food for Thought

In Spain, people celebrate  
the New Year by eating  
12 grapes at the stroke  
of midnight. Each grape  
represents a month of  
good fortune to come,  
and finishing all 12 before  
the clock stops chiming  
is believed to bring luck  
throughout the year. This  
tradition began more than a  
century ago and continues  
to be a joyful, lighthearted  
way to start the year with  
hope and togetherness.

Tablet-New Years

What Am I?

I am not spoken but carried in  
melody. My tune is gentle and  
filled with memory. I remind  
people of friendships and  
times long past. My words  
speak of not forgetting old  
acquaintances. I have been  
sung for centuries by voices  
near and far. People across the  
world know my familiar refrain.  
I travel from one generation to  
the next with ease. I connect  
those gathered together in a  
shared moment. Some join  
hands in a circle while singing  
me at midnight. Others sway  
gently, remembering those  
they love. I echo with laughter,  
smiles, and sometimes tears. I  
create feelings of both joy and  
deep nostalgia. My tradition  
is tied closely to the start of  
each year. I am the song that  
welcomes the turning of time.  
What am I?

What Am I?

I was presented in front of  
a large, historic audience,  
prewritten to convey powerful  
thoughts, ideas, and dreams.  
My purpose was to inspire  
and unite, carrying emotions  
of hope, justice, and  
determination. I was given  
during a time of significant  
political and social change.  
I am remembered for my  
ability to move people,  
especially in the fight for  
civil rights and equality. My  
intent was to inspire and leave  
a lasting impact. Excerpts from  
me are often recited to honor  
the person who delivered me.  
I was given by Martin Luther  
King Jr. on August 28, 1963,  
during the March on  
Washington at the  
Lincoln Memorial.  
What am I?

Conversational Starter

What is something you  
look forward to in the  
year ahead?

Word Scramble

C T D O N W U O N

What we do together before  
the clock strikes twelve

Fun Fact

In Denmark, people save  
old plates and dishes to  
use on New Year's Eve.  
At midnight, they throw  
the dishes at the doors  
of family and friends.  
The broken pieces are  
considered a symbol of  
luck and friendship. Did you  
know the more dishes you  
find outside your door, the  
more good friends you are  
thought to have?

Conversational Starter

What is a lesson from Martin  
Luther King's life that has  
personally impacted you?

Quotable MLK

"Darkness cannot drive out  
darkness; only light can do  
that. Hate cannot drive out  
hate; only love can do that."  
(From his sermon  
"Loving Your Enemies")

Did You Know?

Martin Luther King Jr. was  
a fan of *Star Trek*. He even  
convinced actress Nichelle  
Nichols to stay on the show  
after she received another  
offer. At the time, Nichols  
was one of the few African  
American women portraying  
a character that broke  
stereotypes. He told her  
he was deeply moved by  
what she represented.

THINK-TIONARY: (A)

RIDDLE ME THIS: Martin Luther King Jr.

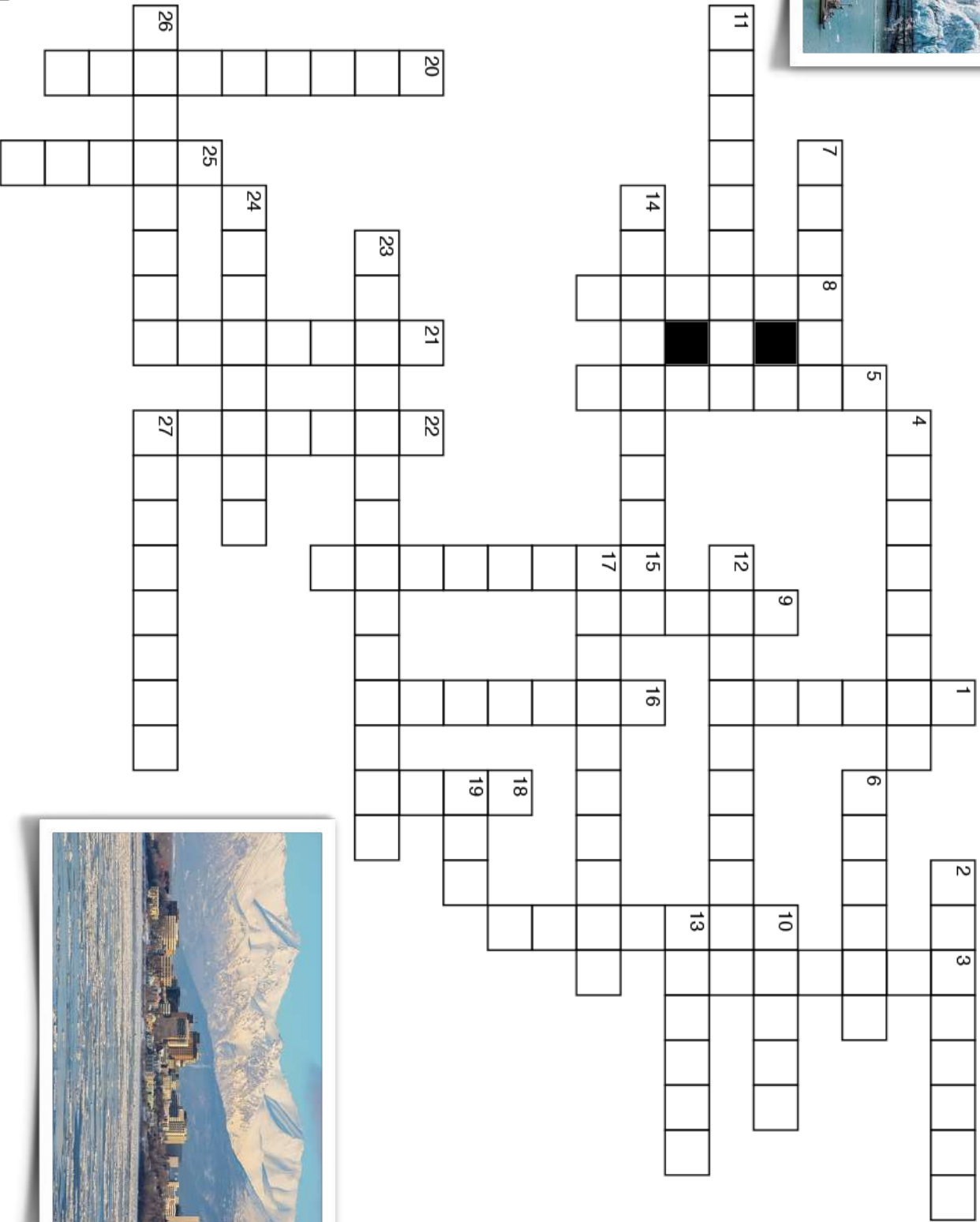
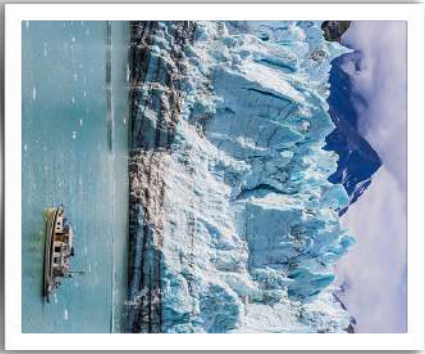
WHAT AM I? Aud Lang Syne

RIDDLE ME THIS: New Year's resolutions



# Anchorage, Alaska

Use the clues to fill in the crossword.



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## Anchorage, Alaska

(clues)

### ACROSS

- 2. Marshy habitats
- 4. Icebergs break off them
- 6. History building
- 7. Bulk purchase club
- 10. Feathered friends
- 11. Buildings with wards
- 12. Tree trunks with tribal carvings
- 13. Online shopping mecca
- 14. Uncultivated area
- 17. Hovering aircraft; great way to see the sights
- 19. Fossil fuel
- 23. Aurora borealis
- 24. Train system
- 26. Armed forces
- 27. Pacific crustacean

### DOWN

- 1. Voyage on a large ship
- 3. Travel industry
- 5. Musher's vehicle
- 8. Park features
- 9. Antlered animal
- 10. Dam-building creatures
- 15. Transport of goods by sea
- 16. Sport where you might use a fly
- 18. Harbor
- 20. Flattop and Bold Peak; places to climb
- 21. Streetcar
- 22. Salmon of the North Pacific
- 25. Scenic sights

January 2026 - Monthly Calendar

| January 2026 - Monthly Calendar  |  |  |  |   |  |  |
|--|--|--|--|---|--|--|
| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
| <div></div> <div>Schedule is subject to change.</div>   | AA All Around<br>AR Activity Room<br>CH Chapel<br>DR Dining Room<br>L Lobby<br>WR Wellness Room                | Happy Birthday to<br>1/9 Barbara A<br>1/14 Ardath J<br>1/19 Janet A<br>1/25 Barbara W<br>1/26 Suzette H  |  | New Year's Day 1<br>3:30 Spiritual Group [AR]<br>5:30 Resident Led Chat [L]   | 10:15 Kickball [AR] 2<br>2:00 Lifelong Learning: A Moment in Time w/ LIFE Magazine – Reminisce with Relevance [AR] | 10:00 Resident Led Walk [AA] 3<br>1:30 Resident Led Chat [L]<br>3:30 Chair Exercises - Ch 95<br>5:30 Movie [L]                                     |
| 10:00 Linwood Covenant Worship [CH] 4<br>1:00 Ice Cream Delivery<br>1:30 Bingo [DR]<br>3:30 Chair Exercises - Ch 95                      | 10:15 Exercise [AR] 5<br>1:00 WALMART-24 hour advance sign up<br>3:30 Word Game [AR]<br>5:30 Movie/Popcorn [L] | 10:00 St Peter's Catholic Rosary [CH] 6<br>10:15 Coffee Talk [L]<br>1:30 Travelogue [AR]<br>3:30 Hymn Sing [AR]<br>5:30 Games w/Tammy [AR]                   | 10:00 Worship w/Thomas [CH] 7<br>10:00 Spark Performance Meeting [AR]<br>10:15 Exercise [AR]<br>10:30 Wed Loop<br>1:30 Bingo [DR]<br>3:30 Crossword Puzzle [AR]            | 10:15 Resident Council [AR] 8<br>1:30 Exercise [AR]<br>3:30 Spiritual Group [AR]<br>5:30 Resident Led Chat [L]  | 10:15 Kickball [AR] 9<br>2:00 Music w/Michael Riddle & Birthday/Welcome Party [DR]<br>3:30 Farkle [AR]             | 10:00 Resident Led Walk [AA] 10<br>1:30 Resident Led Chat [L]<br>3:30 Chair Exercises - Ch 95<br>5:30 Movie [L]                                    |
| 10:00 Chisago Lakes Baptist Worship [CH] 11<br>1:00 Ice Cream Delivery<br>1:30 Hymn Sing w/Deb & Sue [L]<br>3:30 Chair Exercises - Ch 95 | 10:15 Exercise [AR] 12<br>1:00 TRYathlon Meeting [CH]<br>2:00 Word Game [AR]<br>5:30 Movie/Popcorn [L]         | 10:00 St Peter's Catholic Mass [CH] 13<br>10:15 Coffee Talk [L]<br>1:00 TRYathlon-Walking Challenge [CH]<br>3:30 Hymn Sing [AR]                              | 10:00 Forest Hills Methodist Worship [CH] 14<br>10:15 Exercise [AR]<br>10:30 Wed Loop<br>1:30 Bingo [DR]<br>3:30 Celebrating Martin Luther King Jr [AR]                    | 1:00 TRYathlon-Arm/Leg Bike Day [CH] 15<br>3:30 Spiritual Group [AR]<br>5:30 Resident Led Chat [L]  | 10:15 Kickball [AR] 16<br>1:00 Really Big Show & Award Show [CH]<br>2:00 Music w/Wes "Squeazy" Miller [CH]         | 10:00 Resident Led Walk [AA] 17<br>1:30 Resident Led Chat [L]<br>1:30 Linwood Ladies Social [DR]<br>3:30 Chair Exercises - Ch 95<br>5:30 Movie [L] |
| 1:00 Ice Cream Delivery 18<br>1:30 Bingo [DR]<br>3:30 Chair Exercises - Ch 95  | Martin Luther King Jr. Day 19<br>10:15 Pet Visits<br>1:30 Word Game [AR]<br>5:30 Movie/Popcorn [L]             | 10:00 St Peter's Catholic Rosary [CH] 20<br>10:15 Coffee Talk [L]<br>1:00 TRYathlon-Walking Challenge [CH]<br>3:30 Hymn Sing [AR]<br>5:30 Games w/Tammy [AR] | 10:00 Faith Lutheran Worship [CH] 21<br>10:15 Exercise [AR]<br>10:30 Wed Loop<br>2:00 Annual Memorial Service [CH]<br>3:30 Trivia [AR]                                     | 10:15 Exercise [AR] 22<br>1:00 TRYathlon-Arm/Leg Bike Day [CH]<br>2:30 Women's/Service Club [CH]<br>3:30 Spiritual Group [AR]<br>5:30 Resident Led Chat [L]                   | 10:15 Kickball [AR] 23<br>1:00 Really Big Show [CH]<br>2:00 Music w/Edgar Frietag [DR]<br>3:30 Blackjack [AR]      | 10:00 Resident Led Walk [AA] 24<br>1:30 Resident Led Chat [L]<br>3:30 Chair Exercises - Ch 95<br>5:30 Movie [L]                                    |
| 10:00 Worship w/Kathleen [CH] 25<br>1:00 Ice Cream Delivery<br>1:30 Painting/Coloring Group [AR]<br>3:30 Chair Exercises - Ch 95         | 10:15 Exercise [AR] 26<br>1:30 Bingo [DR]<br>5:30 Movie/Popcorn [L]  | 10:00 St Peter's Catholic Rosary [CH] 27<br>10:15 Coffee Talk [L]<br>1:00 TRYathlon-Walking Challenge [CH]<br>3:30 Hymn Sing [AR]                            | 10:00 Worship w/Thomas [CH] 28<br>10:15 Exercise [AR]<br>10:30 OUT TO LUNCH-24 hour advance sign up<br>10:30 Wed Loop<br>1:30 Word Game [AR]<br>3:30 Exploring Igloos [AR] | 10:15 Exercise [AR] 29<br>1:00 TRYathlon-Arm/Leg Bike Day [CH]<br>2:30 Health Care Center Remembrance Service [CH]<br>3:30 Spiritual Group [AR]<br>5:30 Resident Led Chat [L] | 10:15 Kickball [AR] 30<br>1:00 Really Big Show [CH]<br>2:00 Cards & Board Games [WR]                               | 10:00 Resident Led Walk [AA] 31<br>1:30 Resident Led Chat [L]<br>3:30 Chair Exercises - Ch 95<br>5:30 Movie [L]                                    |