

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

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.

HEY REHAB!

Ask yourself, have you?

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

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



Onsite Services

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



Age Magnificently

Our Community Newsletter

Discover what's going on in our community.

Michael Riddle
Friday, January 9th at 2pm



January

Happy Birthday

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

Edgar Frietag
Friday, January 23rd at 2pm



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





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

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.

LIFE

TRYathlon™
 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

Monthly Gazette

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.

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!

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.



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

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: _____



2026 TRYathlon

Your Team Needs You!

Searching for January

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



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

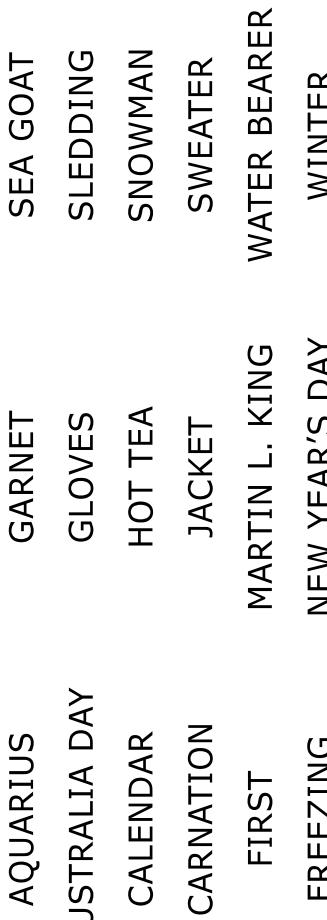
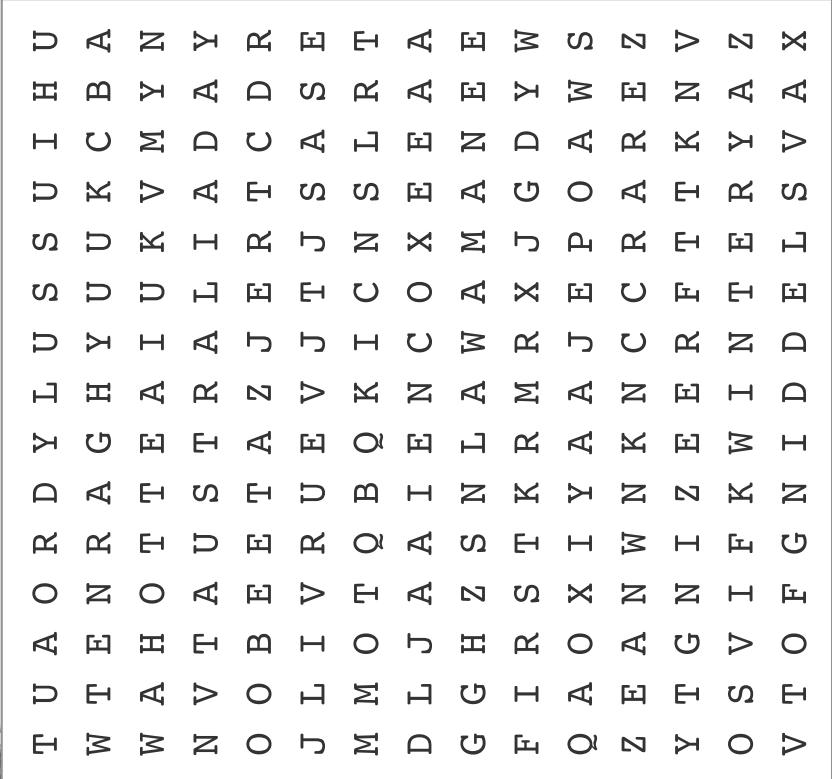
—OR—

In-Person: Vision Training Room,

Suite 150, Lifespark Corporate Office,

or in Your Senior Living Community

Lifespark™



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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.

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

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?

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.”

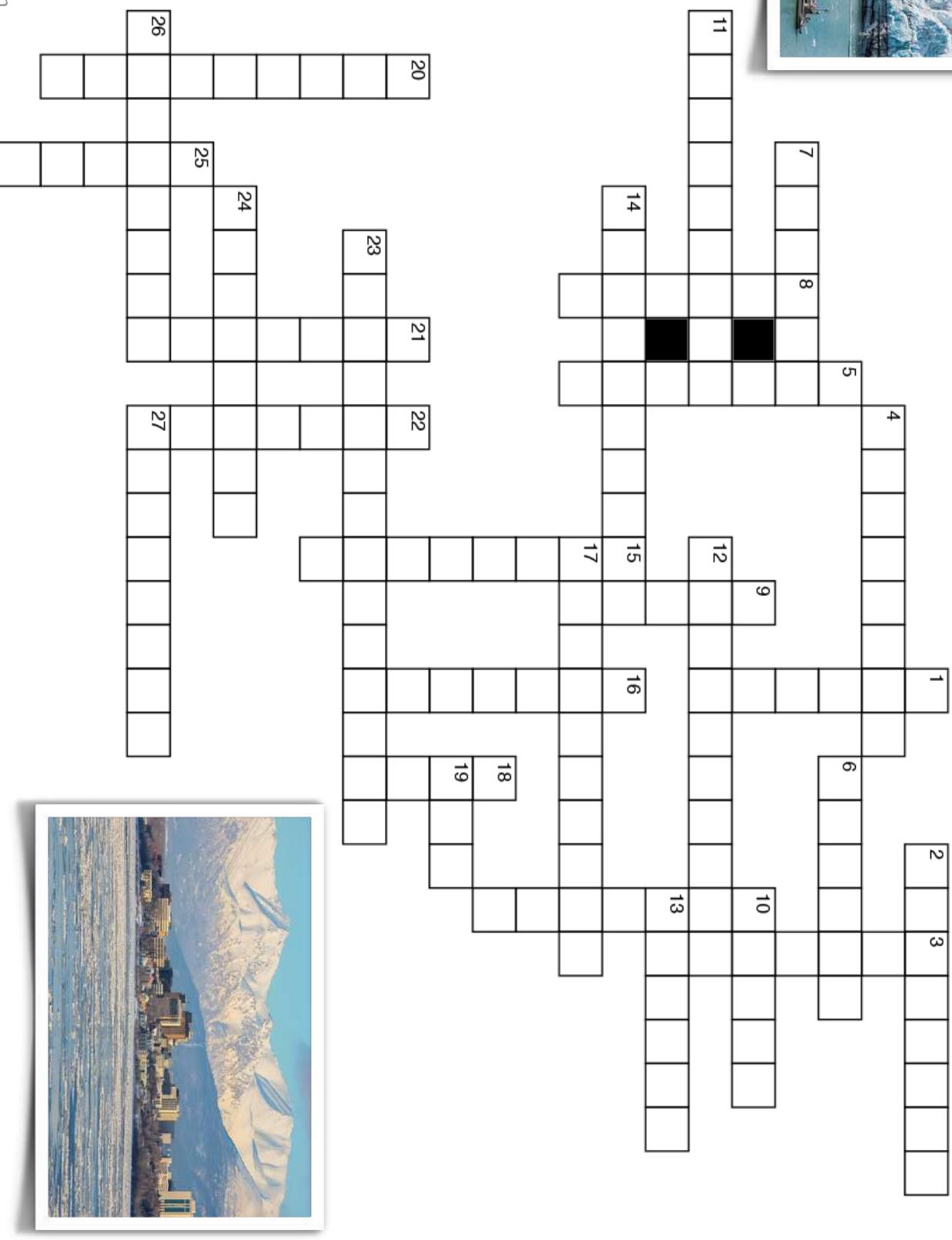
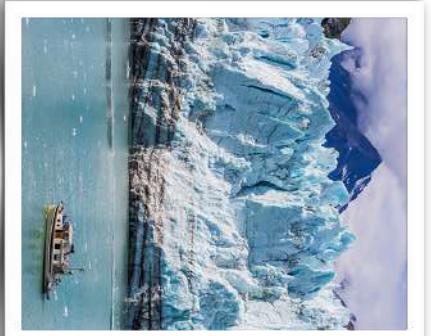
(From his sermon “Loving Your Enemies”)

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.

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

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January 2026 - Monthly Calendar

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