

Arthur's Place Post

Normandy Care Center | 22709 Lake Rd. Rocky River, OH 44116 | (440) 333-5400 |



Celebrating January

International Creativity Month

Black Diamond Month

*Mentoring Month

New Year's Day
January 1

Bird Day
January 5

Make Your Dream Come True Day
*January 13

Use Your Gift Card Day
January 15

Martin Luther King Jr. Day
*January 17

World Snow Sculpting
Championship
*January 18-23

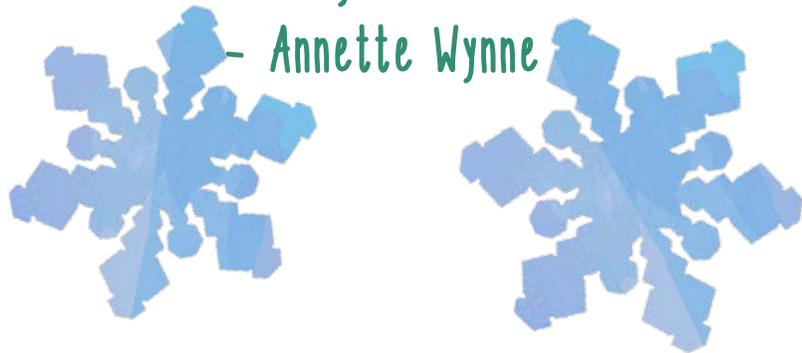
Compliment Day
January 24

Activity Professionals Day
*January 28

JANUARY

I'm January bringing you
A year of days—all brand, brand
new;
I step upon the frosty ground.
When chimes and sleigh bells ring
around;
You welcome me and children sing,
And joy comes into everything.
I bring you love and lots of cheer,
And work and friends for all the
year.

- Annette Wynne



*“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.



Dog of the Month – Siberian Husky

Siberian huskies are thick-coated, medium-sized dogs that were bred by the Chukchi people in Northeast Asia to pull dog sleds. While still used in the sport of mushing, they are also popular as family pets. Huskies are excellent hunters, runners, and sled-pullers, but they're also extremely friendly, affectionate, and loyal.

To keep warm in subzero temperatures, these often blue-eyed dogs have a double coat of fur—one short, dense layer for extra warmth, plus a longer, water-resistant coat. Their fur ranges in color from



white, black, and gray to red, sable, and tan.

These energetic, highly vocal dogs also have long, fluffy tails that double as scarves on super cold nights. Despite their similar appearance, they are not part wolf. Some cultural traditions associate huskies with protection and prosperity.

Special Days

New Year's Day
January 1

Epiphany
January 6

**Makar Sankranti
(Hindu Harvest Festival)**
January 14

Orthodox New Year
January 14

**Tu B'Shevat
(Jewish Arbor Day)**
January 16–17

Martin Luther King Day
January 17

Flower – Carnation



The carnation is the flower for January. Also known as a clove pink, this versatile flower is a species of the genus *Dianthus*, a term that means “divine flower” in Greek. Carnations are native to the Mediterranean and have been cultivated for over 2,000 years. The festive, sweet-scented blooms were used in ancient Greek and Roman ceremonial crowns and now come in a rainbow of colors, including pink, purple, blue, yellow, green, orange, white, and striped.

Birthstone – Garnet



The garnet is both the birthstone for January and the gem to celebrate a second anniversary. Though it's most frequently known for its brilliant red coloration, the garnet also grows—as crystals inside metamorphic rock—in a range of colors, including orange, fuchsia, yellow, and even blue. According to the Gemological Institute of America, rarer still is the green garnet, known as a *tsavorite*, found outside a national park in Kenya in 1967. Use any color of this stone to celebrate your favorite January birth or anniversary.

Show Your Birthday Colors!

Orange (Jan. 1–10)

You and your goal-oriented personality tend to ring in the new year with a list of resolutions. What's more, you often accomplish them all! You are a responsible and caring person. It can sometimes take a while for you to warm up to new people, but when you do, you become friends for life.

Yellow (Jan. 11–24)

Your sweet demeanor makes you a joy to be around, and your friends and family love having such a dependable



companion. A logical and thoughtful person, you generally make the right choice at the right time. For this reason, those around you often seek you out for advice.

Pink (Jan. 25–31)

You have a great sense of humor and a sensitive soul. You are a hard worker and give every task your all. Those close to you know they can count on you to help them get the job done—and that caring for others is your top priority. Just make sure you don't forget to take care of yourself in this new year.

Happy New Year to all!

Riddle Me This January

You see me once in New Year, twice in January, but not at all in winter.

What am I?

ANSWER: The letter A

January Zodiacs

Capricorn (Sea Goat)
January 1–19

Aquarius (Water Bearer)
January 20–31

January 1 marks the first date of each new year thanks to the Gregorian calendar introduced by Pope Gregory XIII in 1582. This new calendar was adopted throughout the British empire (and its American colonies) in 1753. January is named after Janus, the god of gateways and beginnings, depicted as a two-headed man looking forward and backward simultaneously. It is the only month with more than one U.S. federal holiday: New Year's Day and MLK Day.

New Year's Around the World

Americans often use fireworks to celebrate New Year's, while Puerto Rican children throw water out of their windows at midnight on New Year's Eve to rid their homes of evil spirits. In France, a stack of pancakes is eaten for luck and good health. In Spain, it's traditional to eat 12 grapes at midnight—one for each strike of the clock and month of the year. What's your family's New Year's tradition?

What's Lucky in January?

Lucky Color: Purple

Lucky Animal: Zebra

Lucky Letters: S and L

Lucky Day: Saturday

Lucky Plant: Snowdrop



January Birthdays

Victor Borge ("Great Dane") – January 3, 1909

Joan of Arc (French heroine) – January 6, 1412

David Bowie (singer) – January 8, 1947

Kate Middleton (British royalty) – January 9, 1982

Tex Ritter (singer/actor) – January 12, 1905

Joe Frazier (boxer) – January 12, 1944

Traci Bingham (model/actor) – January 13, 1968

Kellye Nakahara (actress) – January 16, 1948

Betty White (actress) – January 17, 1922

Edgar Allan Poe (writer) – January 19, 1809

Benny Hill (comedian) – January 21, 1924

Guy Fieri (restauranteur) – January 22, 1968

Etta James (singer) – January 25, 1938

Ellen DeGeneres (show host) – January 26, 1958

Baking Club

Tuesday January 4th

Caramel Apple and
Brie Skewers



Tuesday January 11th

Easy Cake Mix Bars



Tuesday January 18th

Crescent Roll Kielbasa
Bites

Arts

Crafts



Thursday January 6th

Perpetual Calendar

Thursday January
20th

Sock Snowman



Thursday January
27th

DIY Dotted Mug

Q: What do you call ten rabbits hopping backwards through the snow together?

A: A receding hare line.

Q: What often falls in the winter but never gets hurt?

A: Snow

Q: What did the snowman have for breakfast?

A: Frosted Snowflakes

Q: Where do snowmen keep their money?

A: In a snow bank.

Q: How was the snow globe feeling after the scary story?

A: A little shaken

January Riddles

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 restart. 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.

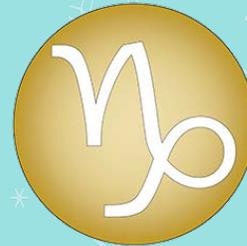
After keeping up the charade for a couple of weeks, exercising when you don't want to, and eating healthful but unappetizing foods, this is a day to be honest with yourself if you've set unrealistic or unattainable goals. Skip the workout, grab a bowl of ice cream, and retool your resolutions to make them more manageable and enjoyable! Remember, January wasn't always a month for reinvention and rebirth. 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.

January Birthdays

Sandra Noodel - 1/20

Brenda Corley - 1/25

In astrology, those born from January 1-1 are Capricorn's Goats. Like goats that perch on mountain crags, Capricorns are masters of self-control and responsibility. Intense focus and fortitude help them reach their goals.



Those born from January 2 -31 are the Water Bearers of A uarius. Just as water gives life to the land, A uarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need.

