

A Magical Start to the Year



It turns out that January is a magical month. First, January 16 is Appreciate a Dragon Day. In Eastern cultures, dragons are powerful beings of wisdom, magic, and longevity, and their symbolism is often used by emperors and leaders. European cultures tend to view dragons as fearsome

fire-breathing foes. These winged beasts can fly, and perhaps this is why the word *dragon* comes from a Greek word meaning “I see clearly,” as if dragons can see the entire world from above.

Then January 19 is Brew a Potion Day. Potions are believed to heal, bewitch, or poison others. In olden days, traveling salesmen and charlatans would travel across the land selling snake oil panaceas, promising to heal any and every possible ailment. Even in modern times, we see television infomercials selling products guaranteed to clear our skin, regrow our hair, or clean our upholstery. In lieu of these potions, concoct your own magical mixture or recipe and give it to someone you love on January 19.

If the magic of fantasy is too far-fetched for you this month, you could instead engage in another sort of magic: January 2 is Science Fiction Day. The mysteries of science can sometimes be even more baffling than dragons and potions. After all, who could have foretold rovers roaming Mars? A person falling to Earth in a 24-mile free dive from the edge of space? The ability to hold a computer in the palm of your hand? Of course, all of these achievements are mere science. For them to become science *fiction*, the scientific advancement must present some dreadful and unforeseen challenge.

This January, the biggest challenge may be to allow your imagination to take flight and consider dragons, potions, and scientific calamities. Then February will bring us firmly back to Earth.

January Birthdays

Those born between January 1–19 are Capricorns, the Sea Goat. Capricorn is the most stable and serious sign of the zodiac. Reliable, resourceful, and determined, Capricorns make excellent leaders and managers. Those born between January 20–31 are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests.

| | |
|---------------------------|-----------|
| Brosnan, Joann | 1/07/1947 |
| Jackson, Patricia | 1/12/1945 |
| Ossenfort, “Terry” Lester | 1/13/1949 |
| Griffiths, Robert | 1/15/1945 |
| Adamo, Linda | 1/28/1953 |

Gold Rush Gab



Dagnabbit, it's time for Talk Like a Grizzled Prospector Day on January 24. You've never heard of it, you say? Perhaps you

have heard of James Marshall, who, on January 24, 1848, discovered gold that started the California Gold Rush. Almost 100 years later, a farmer named Walter Knott built a western-themed ghost town on his berry farm. Knott's Berry Farm drew a wide audience, thanks to its guarantee that anyone who found gold on the property as part of the “panning for gold” attraction could take it home. Every January 24, Knott's Berry Farm holds its annual Prospector's Day parade. So dadgummit, hitch up yer overalls, grab yer dumfungled pan, and get ready to pan the whole consarn territory for the sockdolager of payouts!

Celebrating January

Adopt a Rescued Bird Month

Mentoring Month

International Creativity Month

Universal Letter-Writing Week
January 12–18

Buffet Day
January 2

Twelfth Night
January 5

National Word Nerd Day
January 9

Cut Your Energy Costs Day
January 10

National Hat Day
January 15

Belly Laugh Day
January 24

Bubble Wrap Appreciation Day
January 27

Chinese New Year
January 29

Down the Rabbit Hole in January

January is a significant month for *Alice in Wonderland* enthusiasts. Lewis Carroll, born Charles Lutwidge Dodgson, entered the world on January 27, 1832, and passed away on January 14, 1898. His famous tale, *Alice's Adventures in Wonderland*, began in 1862, during a boat trip where he entertained the Liddell children with an improvised story. Young Alice Liddell, the inspiration behind the heroine, urged Carroll to write it down. After two years of writing, the book was finished in 1864 and published the following year, quickly becoming a literary sensation.

The book introduced the world to memorable characters like the Mad Hatter, whose tea party never ends, and the grinning Cheshire Cat, who can disappear at will. Carroll even invented a new type of poetry, the “nonsense poem,” one of the best examples of which is “Jabberwocky,” which appears in *Through the Looking-Glass*, the sequel to *Alice's Adventures in Wonderland*.

What makes *Alice in Wonderland* so fascinating is its mix of wordplay, logic, and fantasy. Carroll was not just a writer but also a mathematician, which explains the whimsical logic and puzzling riddles that fill the story. His love of paradoxes and mathematical theories shines through in scenes like the Mad Hatter's tea party and the Queen's curious rules for croquet. This blend of intellectual play and imaginative adventure is what makes *Alice* a timeless favorite for readers of all ages.

January is a perfect time to embrace the whimsical world of *Alice in Wonderland*. Lewis Carroll's beloved tale, now over 150 years old, continues to captivate readers of all ages. The story has inspired countless adaptations, including theater productions, ballets, and even video games, cementing its place in pop culture. This January, whether by rereading the book or exploring a new adaptation, it's worth revisiting Wonderland to marvel at the unique genius of Carroll and his enduring creation.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|---|
|  | | | 9:30 Heals and wheels 1 (L) 10:00 New year's traditions (G) 2:00 New Years Bingo! New Year's Day | 9:30 Move and Groove 2 (L) 10:00 Trivia (G) 11:00 Ladder Ball (G) 2:00 Reminiscing (O) 3:00 Name that Tune! | 9:30 Range of motion (L)3 10:00 Current Events (G) 11:00 Bowling 2:00 Happy Hour with Special Guest Dave Daviski(O) 3:00 One to One visit (AF) | 9:30 Let's get up and 4 Exercise (L) 10:00 Horoscopes (G) 11:00 You be the Judge (G) 1:00 One to One Visit (AF) 2:00 Bingo! (O) 3:00 Left Right Center (L) |
| 9:30 Let's Exercise (L) 5 10:00 Jenga (L) 11:00 Pet Therapy (AF) 1:00 One to One visit (AF) 2:00 Bowling (G) 3:00 Crossword Puzzle (O) | 9:30 Morning Stretch (L) 6 10:00 Travel Log Spain! (G) 11:00 Bean Bag Toss (G) 2:00 Wine with Cheese and Crackers (G) 3:00 Reminiscing (O) | 9:30 Range of Motion (L)7 10:00 Hang Man (G) 11:00 Horoscopes (G) 2:00 Let's make Hand-Strength Squeezers 3:00 One to One visit (AF) | 10:00 Massages with 8 Brenda (L) 2:00 Spa Day- Nails (G) 3:00 Roving Root beer Float Cart (AF) | 9:30 Morning Movement9 (L) 10:00 Current Events (G) 11:00 Jeopardy (G) 2:00 Ice Cream Sundae Making (O) 3:00 Everyone makes an Ice Cream Sundae (M/C) | 9:30 Exercising with 10 Keli (L) 10:00 Chicken Soup for the Soul (G) 11:00 Bingo! (G) 2:00 Happy Hour! (O) 3:00 Reminiscing (O) | 9:30 Move and Groove 11 (L) 10:00 This Day in History (G) 11:00 Noodle Ball (G) 1:00 One to One visit (AF) 2:00 Bingo! (O) 3:00 Sing-Fit (O) |
| 9:30 Heals and Wheels 12 (L) 10:00 Connect Four (G) 11:00 Pet Therapy (AF) 11:00 Table Tennis (G) 1:00 One to One Visit (AF) 2:00 Bowling (O) 3:00 Name that Tune (O) | 9:30 Exercise with Keli 13 (L) 10:00 Daily Horoscopes (G) 11:00 Ladder Ball (G) 2:00 Wine with Cheese and Crackers (G) | 9:30 Let's get up and 14 move! (L) 10:00 Dear Abby (G) 11:00 Bean Bag Toss (G) 2:30 Happy Hour with Regina (M/C) 3:30 One to One Visits (AF) | 9:30 Chair and Leg 15 Exercise (L) 10:00 Trivia (G) 11:00 Noodle Ball (G) 2:00 Spa Day- Nails and Hand Massages (G) 3:00 Roving Root beer cart (AF) | 9:30 Brain and Balance 16 Exercise (L) 10:00 Name that Tune (G) 11:00 Hang Man (G) 2:00 The Bakers of Parkside with Keli (O) 3:00 Let's try what we made (AF) | 9:30 Fun and Fitness 17 (L) 10:00 Chicken Soup for the Soul (G) 11:00 Bingo! (G) 2:00 Happy Hour with Special Guest Dave Daviski (O) | 9:30 Sit to Stand 18 Exercises (L) 10:00 Current Events (G) 11:00 Resident's Choice Board Games (G) 1:00 One to One visit (AF) 2:00 Bingo! (G) 3:00 Reminiscing (O) |
| 9:30 Range of Motion 19 (L) 10:00 Current Events (G) 11:00 Pet Therapy (AF) 2:00 Bowling (G) 3:00 Sing-Fit (O) Activity Professionals Week | 9:30 Full Body Work 20 Out (L) 10:00 Finish the Phrase (G) 11:00 Washer Toss (G) 2:00 Wine with Cheeses and Crackers (G) Martin Luther King Jr. Day | Move and Groove with 21 Keli! (L) 10:00 Reminiscng (G) 11:00 Left Right Center (G) 2:00 Arts and Crafts (G) 3:00 Dear Abby (G) | 9:30 Sit to Stand 22 Exercises (L) 10:00 You be the Judge (G) 11:00 Bowling (G) 2:00 Spa Day- Nails (G) 3:00 Roving Creamsicle cart (AF) | 9:30 Fun and Fitness 23 (L) 10:00 Residents read a short story (G) 11:00 Bingo! (G) 2:00 Ice Cream Sundae making 3:00 Everyone makes a Sundae (AF) | 9:30 Let's get up and 24 move (L) 10:00 Trivia (G) 11:00 Ladder Ball (G) 2:00 Happy Hour (O) 3:00 One to One visit (AF) | 9:30 All stretch 25 Exercises (L) 10:00 Daily Horoscopes (G) 11:00 Noodle Ball (G) 1:00 One to one visit (AF) 2:00 Bingo! 3:00 What's in a word? (O) |
| 9:30 Let's get up and 26 move (L) 10:00 Various Board games (G) 11:00 Pet Therapy (AF) 2:00 Bowling (G) 3:00 Roving treat cart (AF) Australia Day (Observed) | 9:30 Brain and Balance 27 Exercises (L) 10:00 This and that Trivia (G) 11:00 Bean Bag Toss (G) 2:00 Wine with Cheese and crackers (G) 3:00 Left Right Center (O) | 9:30 Morning 28 Movement (L) 10:00 Dear Abby (G) 11:00 Bowling! (G) 2:30 Parkside's Monthly Birthday Party! (M/C) 3:00 One to One visit (AF) | 9:30 Heals and Wheels 29 (L) 10:00 Chicken Soup for the Soul (G) 11:00 Chinese New Years Facts and Fun 2:00 Spa Day- Nails (G) Chinese New Year | 9:30 Chair and Leg 30 Exercises (L) 10:00 Daily Horoscopes (G) 11:00 Sing Fit (G) 2:00 The Baker's of Parkside (O) 3:00 Let's try what we made (O) | 9:30 Full Body Work 31 Out (L) 10:00 Current Events (G) 11:00 Bingo! 2:00 Happy Hour! (O) 3:00 One to One visit (AF) |  |