

THE Cambridge Landing *Lifestyle*



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MEMORY CARE COMMUNITY

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JANUARY 2025



Be a Mentor

January is National Mentoring Month, the perfect time to consider becoming a mentor. Research shows that youths who are mentored have higher self-esteem and do better in school, often moving on to higher education. They also have a lower risk of engaging in risky behavior.

As a senior, you have experiences, knowledge and skills that are extremely valuable to a young person. By sharing what you've learned, you can help your mentee solve problems and accomplish goals. You may even learn something new yourself!

The ultimate purpose of mentoring is to provide young people with a trusted adult who cares about them. You can be a safe person with whom a child or teenager can share their concerns as well as new and exciting things in their life.

Mentoring is often done through specific community programs, but there's no reason you can't find someone to mentor on your own. You are sure to discover that mentoring is fun and beneficial for both of you!



Good Luck in the New Year!

When the bells ring out on New Year's Day, another year begins. On this day, the earth has come full circle and starts on its path again. Superstitious or not, many encourage luck by eating special foods on New Year's Day.

People of Dutch origin celebrate the circle by including donuts in their feast to bring them good fortune. In southern parts of the U.S., some bank on black-eyed peas or red beans and gravy to do the trick. Others swear that corned beef and cabbage will bring them luck and prosperity in the coming year. In some cultures, the leaves of the cabbage represent paper money and are said to symbolize prosperity. Japanese Americans eat a set of foods called "osechi ryori." Each food represents a special kind of good luck, such as good health, fertility or long life.

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5 Things About: January

- January is the coldest month in the Northern Hemisphere and the hottest month in the Southern Hemisphere.
- Scholars say the name January derives from the Latin word for "door."
- With the exception of leap years, January begins on the same day of the week as October.
- The birth flower for the month is the carnation.
- The third Monday of January is recognized as Martin Luther King Jr. Day.

Fun Phrases for January

Give a shoutout to each season by displaying a letter board somewhere in your home. These trendy signs come with letters so you can spell out a new message whenever you want, whether creative, witty or inspiring. Try these ideas for January: "Snow Place Like Home," "New Year, Who Dis?" or "12 New Chapters, 365 Blank Pages."

"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."
—Robert Brault

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1 9:00 ■ Talk with Friends 10:00 ■ Mind and Body 10:30 ■ Reminiscing Childhood Memories 2:00 ■ New Year's Day Party 3:00 ■ Axe Throwing 6:00 ■ Movie of Choice	2 9:00 ■ Talk with Friends 10:00 ■ Yoga 10:30 ■ Sensory Bins 11:00 ■ Balloon Battle 2:00 ■ Resident Council 3:00 ■ Who Am I? 6:00 ■ Resident Choice	3 9:00 ■ Talk with Friends 10:00 ■ Weights 10:30 ■ Reminiscing Childhood Memories 11:00 ■ Ball Toss 2:00 ■ Sing A Long 3:00 ■ Balloon Battle 6:00 ■ Movie of Choice	4 Virginia Birthday 9:00 ■ Talk with Friends 10:00 ■ Exercise 10:30 ■ Cornhole 2:00 ■ Sensory Bins 3:00 ■ Name that Song 6:00 ■ Resident Choice
5 9:00 ■ Talk with Friends 10:00 ■ Exercise 11:00 ■ Sunday Worship! 2:00 ■ Bowling 3:00 ■ Sort and Match Socks 6:00 ■ Resident Choice	6 9:00 ■ Talk with Friends 10:00 ■ Move to Music 10:30 ■ Paint and Chat 2:00 ■ Ladder Ball 3:00 ■ Let's Talk Polar Bears 6:00 ■ Movie of Choice	7 9:00 ■ Talk with Friends 10:00 ■ Chair Exercises 10:30 ■ Let's Make Music 11:00 ■ Riddles and Rhymes 2:00 ■ What's in the Bag 3:00 ■ Bingo 6:00 ■ Resident Choice	8 9:00 ■ Talk with Friends 10:00 ■ Mind and Body 10:30 ■ Craft Corner 2:00 ■ Axe Throwing 3:00 ■ Let's Talk Glaciers 6:00 ■ Movie of Choice	9 Law Enforcement Appreciation Day 9:00 ■ Talk with Friends 10:00 ■ Yoga 10:30 ■ Law Enforcement Visits 2:00 ■ Connect 4 3:00 ■ Sensory Bins 6:00 ■ Resident Choice	10 9:00 ■ Talk with Friends 10:00 ■ Weights 10:30 ■ Ukulele Vibes with Robin 2:00 ■ Bowling 3:00 ■ Sort and Match Socks 6:00 ■ Movie of Choice	11 9:00 ■ Talk with Friends 10:00 ■ Exercise 10:30 ■ Who Am I? 11:00 ■ Let's Talk Blizzards 2:00 ■ Ants in the Pants 3:00 ■ Science Experiment 6:00 ■ Resident Choice
Doloris Birthday, National Hot Tea Day 12 9:00 ■ Talk with Friends 10:00 ■ Exercise 11:00 ■ Sunday Worship! 2:00 ■ Tea Party 3:00 ■ Bingo 6:00 ■ Resident Choice	13 9:00 ■ Talk with Friends 10:00 ■ Move to Music 10:30 ■ Sing A Long 2:00 ■ Horseshoes 3:00 ■ Fluff and Fold 6:00 ■ Movie of Choice	14 9:00 ■ Talk with Friends 10:00 ■ Chair Exercises 10:30 ■ Science Experiment 2:00 ■ Name that Item 3:00 ■ Bingo 6:00 ■ Resident Choice	National Hat Day 15 9:00 ■ Talk with Friends 10:00 ■ Mind and Body 10:30 ■ Let's Talk Hats 2:00 ■ Toss the Hat 3:00 ■ Craft Corner 6:00 ■ Movie of Choice	16 9:00 ■ Talk with Friends 10:00 ■ Yoga 10:30 ■ Let's Make Music 11:00 ■ Price is Right 2:00 ■ What's in the Bag 3:00 ■ Conversation Ball 6:00 ■ Resident Choice	Benjamin Franklin Day 17 9:00 ■ Talk with Friends 10:00 ■ Weights 10:30 ■ Let's Talk Benjamin Franklin 2:00 ■ Craft Corner 3:00 ■ Whack A Mole 6:00 ■ Movie of Choice	18 9:00 ■ Talk with Friends 10:00 ■ Exercise 10:30 ■ Balloon Battle 2:00 ■ Listen to Music 3:00 ■ Fluff and Fold 6:00 ■ Resident Choice
19 9:00 ■ Talk with Friends 10:00 ■ Exercise 11:00 ■ Sunday Worship! 2:00 ■ Ball Toss 3:00 ■ Sort and Match Socks 6:00 ■ Resident Choice	Martin Luther King Jr. Day 20 9:00 ■ Talk with Friends 10:00 ■ Move to Music 10:30 ■ Who is Martin Luther King Jr. 2:00 ■ Cooking Corner 3:00 ■ Family Feud 6:00 ■ Movie of Choice	National Squirrel Appreciation Day 21 9:00 ■ Talk with Friends 10:00 ■ Chair Exercises 10:30 ■ Let's Talk Squirrels 2:00 ■ Craft Corner 3:00 ■ Bingo 6:00 ■ Resident Choice	National Blonde Brownie Day 22 9:00 ■ Talk with Friends 10:00 ■ Mind and Body 10:30 ■ Cooking Corner 2:00 ■ Ladder Ball 3:00 ■ Let's Tell Jokes 6:00 ■ Movie of Choice	National Pie Day 23 9:00 ■ Talk with Friends 10:00 ■ Yoga 10:30 ■ Hangman 2:00 ■ Cooking Corner 3:00 ■ Reminiscing Childhood Memories 6:00 ■ Resident Choice	24 9:00 ■ Talk with Friends 10:00 ■ Weights 10:30 ■ Bowling 2:00 ■ Sing A Long 3:00 ■ Fluff and Fold 6:00 ■ Movie of Choice	25 9:00 ■ Talk with Friends 10:00 ■ Exercise 10:30 ■ Science Experiment 2:00 ■ Axe Throwing 3:00 ■ Sensory Bins 6:00 ■ Resident Choice
Australia Day 26 9:00 ■ Talk with Friends 10:00 ■ Exercise 11:00 ■ Sunday Worship! 2:00 ■ Let's Talk Australia 3:00 ■ Whack A Mole 6:00 ■ Resident Choice	27 9:00 ■ Talk with Friends 10:00 ■ Move to Music 10:30 ■ Balloon Battle 2:00 ■ Let's Make Music 3:00 ■ Name that Tune 6:00 ■ Movie of Choice	National Lego Day 28 9:00 ■ Talk with Friends 10:00 ■ Visits with Evelyn 2:00 ■ Let's Build Legos 3:00 ■ Bingo 6:00 ■ Resident Choice	National Puzzle Day 29 9:00 ■ Talk with Friends 10:00 ■ Mind and Body 10:30 ■ Puzzle Time 2:00 ■ Hangman 3:00 ■ What's in the Bag 6:00 ■ Movie of Choice	30 9:00 ■ Talk with Friends 10:00 ■ Yoga 10:30 ■ Let's Talk Penguins 2:00 ■ Ants in the Pants 3:00 ■ Craft Corner 6:00 ■ Resident Choice	National Hot Chocolate Day 31 9:00 ■ Talk with Friends 10:00 ■ Weights 10:30 ■ Matching Game 2:00 ■ Movie and Hot Chocolate 6:00 ■ Movie of Choice	January Birthdays January 1 ~ <i>Brittany</i> January 4 ~ <i>Virginia</i> January 8 ~ <i>Crystal S.</i> January 12 ~ <i>Doloris</i> January 13 ~ <i>Chelsea</i> January 20 ~ <i>Brenton</i> Happy Birthday from all of us at Cambridge Landing!!!



A Dream Remembered

In January, we honor the life, service and legacy of Martin Luther King Jr. He organized nonviolent boycotts and protests against racial discrimination and directed a 250,000-man march on Washington, D.C., where he delivered his famous "I Have a Dream" speech. He became the youngest person to receive the Nobel Peace Prize, and his leadership led to reform in civil rights laws for all people. This year, take a moment to remember King and the movement toward equality he inspired.

Memorable Melody: 'Frosty the Snowman'

"With a corn cob pipe and a button nose and his eyes made out of coal," a jolly, happy snowman named Frosty came to life for millions of kids in 1950 in the lyrics of this holiday song. Beloved actor and "Singing Cowboy" Gene Autry recorded the tune as a follow-up to his hit "Rudolph the Red-Nosed Reindeer." An animated TV special based on the song first aired in 1969, and has become a timeless holiday classic.



Hot Cocoa Pancakes

Enjoy a warm and cozy breakfast with these festive flapjacks.

Ingredients:

- 2 tablespoons unsweetened cocoa powder
- 1 1/2 tablespoons sugar
- 1 cup 2% or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups ready-made pancake mix
- 1/4 cup water
- chocolate syrup
- marshmallow spread
- pancake syrup

Directions:

Heat a skillet over medium-low heat or an electric griddle to 375° F.

In a microwave-safe bowl, mix cocoa powder, sugar, milk and vanilla until well combined. Heat in the microwave for 30 seconds. Next, combine the cocoa mixture, pancake mix and water. Stir until large lumps disappear, but do not beat or overmix the batter.

Pour slightly less than 1/4 cup batter onto the lightly greased skillet or griddle. Cook for 90 seconds, or until bubbles appear on the surface. Flip the pancake and cook it for 30 seconds more. Repeat with the remaining batter.

Find more recipes at Culinary.net.

